



I am Melanie Henage. I teach Physical Education K-6 and Career and Technical Education (CTE) at Freedom Academy. I graduated with a Bachelor's degree from Brigham Young University in December 2008 in physical education with a minor in family life. I have a Level 1 license to teach K-12 physical education. I have a family and consumer science endorsement that certifies me to teach CTE Introduction.

I love being active and having fun. I love all activities, but some of my favorites are: ultimate frisbee, frisbee golf, golf, skiing, wakeboarding, wakesurfing, slalom skiing, basketball, soccer, and racquetball.

I enjoy scrapbooking, cooking, crocheting, editing photos, and creating. I also love playing the piano and the oboe. My favorite book is Mistborn. My husband and I currently own and manage Naturel Freezer Jam found in Reams and Maceys. It's so yummy! It's been quite the adventure starting a business.

My favorite foods are BBQ corn on the cob and mashed potatoes with gravy. We have a fabulous ice cream maker, so I LOVE homemade vanilla ice cream. My other favorite dessert is my great-grandmother's homemade peach pie – it's melt in your mouth delicious!!!

My goals for my physical education students are:

- 1-Students find joy and desire to be physically active both in class and outside of class
- 2-Students discover at least one activity they love that they could continue doing throughout their lives
- 3-Students learn and know the importance of physical activity and personal wellness

My goals for my CTE students are:

- 1-Learn about the different job opportunities that are available to them.
- 2-Start and prepare now for their futures