

Dear Parents and Students,

I hope you are having a wonderful summer! Let me be the first to welcome you to your course on Health and Nutrition!

I'm Dr. Andrea Marconi Nastelli, and I will be your course facilitator for the 2024-2025 academic year. A little bit about myself. My family and I moved to Tampa from Northern Virginia nine years ago this Fall. My husband, John, and I have two children, Noah (13 years old) and Ava (11 years old), who also attend T.E.A.C.H. I have an undergraduate degree in biology, and I am a Doctor of Chiropractic who has completed extensive postgraduate studies in the areas of prenatal and postnatal as well as pediatric chiropractic from the International Chiropractic Pediatric Association (ICPA), earning my CACCP. I owned and operated a busy private holistic practice in Northern Virginia for over a decade, where I served an amazing community and wonderful families. While I am not in private practice during this intersection of my life, I currently offer my time to a non-profit organization, while prioritizing time with our young children.

I feel very blessed to be able to dive in alongside your family's educational journey this year and merge my knowledge and clinic experience with the Apologia Health and Nutrition curriculum. I enjoy very much teaching the wonders of the human body, all the benefits that come from living a healthy lifestyle, and how to be a good steward of what God has gifted us. I cannot say enough great things about how strong Apologia's Health and Nutrition curriculum is. I was blown away at the richness of this curriculum last year as the student and I moved from module to module! Your student is going to learn so much this year about how they can be in partnership with their health and well-being.

As you prepare for the upcoming year, you may want to gather the supplies necessary for class.

Course Materials:

- Thin binder OR folder and notebook paper
- Colored pencils, highlighters, pencils
- Student text: 2nd Edition, [Apologia, Health and Nutrition Basic Set](#). (Student Text and Student Journal) Author: Dr. Laura Chase. ISBN: 978-1-940110-34-9-90000.

**NOTE: Textbooks can purchase locally at [The HomeSchool Hive in Carrollwood](#) and forgo shipping cost.

During home study days, parents are encouraged to assist their child's learning and are able to access all module exam answer keys on the Apologia website under "book extras". "Extra Books" is located as an online tool only. Progress can be monitored through the chapter study guide and retention activities we will perform in class, and parents are encouraged to review all study guides and module exams assigned. The Student Journal book is consumable, as most work can be completed here. I will scan to see if study guides are completed and will collect module exams for a grade biweekly, whenever applicable. Please note that, in alignment with Florida homeschool statute, my providing a grade does not take away from your parent-led educational responsibility I am simply contracted with the sole responsibility to facilitate learning. Per our T.E.A.C.H. handbook:

"The parent(s) is in ultimate control of their children's education. In no form is T.E.A.C.H. held accountable for the progress or lack of progress of a student's academics. As the parent, you fully understand that you are responsible for transcripts, grades, and any dynamic of their learning environment. The instructors at T.E.A.C.H. are contracted with the sole responsibility to facilitate learning." -TEACH Student Handbook

To make the most of our 60 minutes together each week, my goal is to bring to life each module by providing an interactive learning environment. Please know I am available for questions and student support, should you desire. My goal is student success, so please never hesitate to reach out.

Our class meets on Wednesdays from 10–11:00 a.m. in room ED1. This course will follow the syllabus provided at Open House ((and also found on Mellow Yellow Student Portal)) throughout the year. I am looking forward to meeting you and your at Trinity's open house! We're going to have a fantastic year together!

In Health,

Dr. Andrea M. Nastelli