Teacher Spotlight

You can always find him in the gym if you follow the sound of music in the halls. He keeps the kids moving and shaking with loads of physical activity. His epic "Sun Dance" at VFES outdoor activities is legendary. **Mr. Alex Johnson** is a favorite among the students with his games at gym, after school sports clubs and Falcon Fun Camp in the summer and over breaks. He never stops moving! He did stop moving long enough to answer some of our questions so parents and students could get to know the man that keeps our kids active. This is what he had to say…

Tell us about you in a nutshell: I have a two year old son and 5 brothers and sisters. I have two younger nieces that I loved to always play games with when I was in high school and college. I realized while I was in college that I wanted to do something that was going to make me happy for a long time and give me the opportunity to show students how important and fun physical activity can be.

Where did you grow up: Nebraska, England, Texas, Pennsylvania

Where did you go to College: Penn State University

What is your Favorite Color: Blue

What is your Favorite Song: Under the Bridge (Red Hot Chili Peppers)

What is your favorite book: Season of Life

 What is your Favorite App: Spotify

Do you play any sports: Play rugby and crossfit

If you could go anywhere in the world, where would you go: New Zealand

What was your favorite subject in elementary school: Math and PE

What is your Hero Super Power: Thoughtfulness

What food do you dislike the most: Lima beans

When you were a kid, was your bedroom messy or neat: Neat (thanks Mom)

If you could have lunch with anyone famous who would it be and what would you ask them? Lou Holtz. What are some of the secrets to being a great coach?

Vanilla or Chocolate: Chocolate

Sweet or Salty: Both

Favorite Candy: Peanut butter Twix

What is the one thing that you always remember your Mom or Dad telling you that has stuck with you growing up? Every day before school my Mom told me to **"work hard."**