

WELCOME TO JUNIOR WELLNESS

Health not just for today but for life!

Welcome Class of 2016

Junior Year will be a year course reflecting on the 7 wellness components

This aligns with the Mass State and National Health and Physical Education Standards.



7 Wellness Components

- Intellectual
- Physical
- Emotional
- Social
- Environmental
- Vocational
- Spiritual



Course Expectations

- ▣ Health is a graduation requirement (4 years)
- ▣ A numerical grade is given each term
- ▣ A participation/attendance/preparation grade will be given each class (5 points)
- ▣ This will be recorded on IPASS after each class

EVALUATION

50% - Term test or project

25% - class activities or quizzes

25% - participation/attendance*/attitude-behavior/preparation

Attendance

- ▣ Three absences will result in a FAIL (55) lower term 4
- ▣ Unexcused absence = 2 points off participation grade
- ▣ Excused absence = 1 point off participation grade



Areas of Study

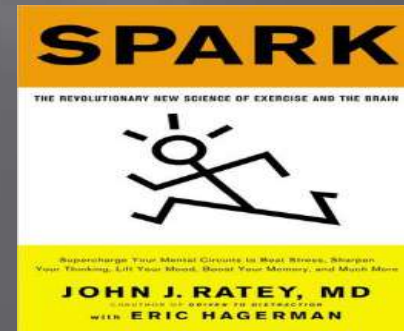
- ▣ Nutrition review/Label Reading
- ▣ Body Image – including Eating Disorders and Steroid Use
- ▣ Cancer – Awareness, Signs and Symptoms
- ▣ Alcohol - Decision Making – Distracted Driving
- ▣ Sports Injuries – Lyme Disease
- ▣ Human Sexuality including Teen Pregnancy , Relationships and Sexually Transmitted Diseases and Infections

Also in Class

- ▣ The Ethicist -The New York Times
- ▣ *A friend and I spent the weekend camping. On Monday morning, we were late getting on the road. I was going to be late for a summer course and asked my friend to hurry. At some point, I noticed that we were traveling at 130 m.p.h. I did not say anything because I wanted to make it back to class. Shortly after, we were stopped for speeding. My friend thinks I should help pay for the \$500 ticket. I did not tell him to drive 130 m.p.h. Do I have an obligation to help with this ticket? NAME WITHHELD, HOUSTON*
- ▣ I'm glad you "noticed" that you were traveling 130 m.p.h. That would be a rather extreme phenomenon not to notice, even if you were writing this letter from Germany and commuting on the autobahn.
- ▣ You concede that you urged your friend to "hurry," which equates to directly telling him to drive faster than the posted speed limit (unless your friend regularly drives his vehicle *below* the legal limit, but — considering the manner in which he tried to satisfy your request — that does not seem like a plausible possibility). You didn't instruct him to drive 130 m.p.h., but you also didn't tell him to slow down when you realized he was. And while you both overslept, you were the only person who had a stake at arriving anywhere at a specific time. Your buddy broke the law to compensate for your irresponsibility.
- ▣ As the vehicle's operator, the driver is legally responsible for the violation. As the motivating factor of this infraction, you are ethically responsible. Split the difference.

- ▣ Ted Talks
- ▣ Why lunch ladies are superheros
- ▣ by Jarrett Krosoczcka

- ▣ Excerpts from the book



Class of 2016

- ▣ We hope that the juniors will be acquiring the skills to become young adults
- ▣ Including Goal Setting
- ▣ Decision making
- ▣ Advocating for themselves
- ▣ Making good choices
- ▣ Staying Positive
- ▣ And Be ready for Life!!

