# Wellness Department

6-12 Wellness Curriculum Coordinator: Prudy Pilkanis
Follow us on twitter: @hwrsd_wellness Fall 2016 Vol. 9

**INNOVATIVE CURRICULUM HAPPENINGS**: An innovative collaboration between **Project Adventure, Inc**. **Physic** and **Computer Aided Design (CAD) science** classes is under way this fall at the Regional. **Ms. Lodge-Schiff's physic class'** for first semester are structured around the engineer design process to create an outdoor adventure element. As students learn more physics as well as more about Project Adventure's mission statement and requirements they will continuously redesign their element and present their design to a panel from **Project Adventure** in January 2017.

Students in **Mr. Walsh's CAD** classes will put in a "bid" explaining how they will create the various physic classes designs. His students will utilize **SolidWorks** and a **Makerbot 3-D printer** to create a miniature version of each design for the Physic student's presentation. **Project Adventure, Inc**. has graciously donated a scholarship to their week long **Leadership Camp** to one of the student's from the group with the winning design. Thank you to **Project Adventure, Inc**., **Ms. Lodge-Schiff** and **Mr. Walsh** for all the hard work and dedication to the development of curriculum to bring our students a learning experience which is relevant and extends their learning beyond the walls of the school.

## *THANK YOU:*

*Thank you to Dodge Tree of Wenham Ma for donating woodchips for our outdoor adventure areas.*

***Thank You Project Adventure, Inc. Beverly MA:***

In keeping with Project Adventure's new philosophy of giving back to the local community and in celebration of working together with HWRSD for over 40 years, Project Adventure volunteered their time and services to inspect our outdoor adventure course and climbing elements.

Project Adventure
Advancing Active Learning

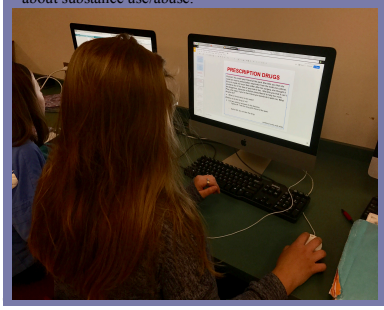
## Middle School <u>Kim Adsit</u> <u>Josh Wedge</u>

The students at Miles River started the year with team building and problem solving activities. Mrs. Adsit and Mr. Wedge are trying to foster a greater sense of community and cooperation within the framework of PE this year. The first month was focused on leadership, cooperation, teamwork, communication, perseverance, and effort. The students ended September by beginning a soccer unit. The unit featured skill development, drills, large-sided games, small-sided games, and mastery of rules and terms. As they move towards colder months the Miles River program is working on ultimate ball, ultimate football, and flag football with the middle school students. Once, inside for the Winter Mrs. Adsit and Mr. Wedge will be moving into their fitness training/testing unit, and also beginning volleyball as they head towards Winter break.

**District Information:** K-12 Wellness teachers are aligning our Transfer Goals with the National Standards in Health and Physical Education. Discussions have occurred around the "shifts" in Physical Education and Health over the years, the purpose of these shifts and the outcomes needed to reflect these shifts. The department is working towards HWRSD goal to: "Work collaboratively in course groups to develop, implement, and redesign units that reflects the shifts to curriculum, assessment, and instruction that are implied by content-area standards and the transfer goals."

## Middle School Health

<u>Danielle Petrucci</u>, Life Skills Teacher: The Miles River Middle School is looking forward to having the Improbable Players perform on February 3, 2017. This is a performance troupe, which presents educational theater for substance abuse prevention. Their Mission Statement is: "Improbable Players educate the public about substance abuse prevention through performances and theater workshops - presented by actors who themselves are in long-term recovery - that help people." Thank you to the Foundation for Alcohol Education for funding this performance. "The Foundation supports small grant requests that encourage, promote and impart by education, a knowledge of the effects of alcoholic beverages in adolescence, and encourages drug and alcohol abstinence." Check out the picture below: Students are researching drugs and applying healthy decisions about substance use/abuse.




# High School Wellness

<u>Matt Gauron, Jim LaSelva, Tawny Palmieri, Prudy Pilkanis</u>

**<u>Grade 9 Health and Wellness</u>**: This semester has been going extremely well for our freshman. We have been practicing our skills for lifelong sports such as ultimate Frisbee and volleyball. After developing and getting comfortable with these types of skills that will last their whole lives, learning the rules and regulations of the games comes naturally and makes participation more enjoyable. In the health classroom, we have been discussing digital citizenship and working on our iBook's through BookCreator. There have been five major lessons that students will utilize their creativity while applying the objectives and essential questions for each throughout their books. Next we will be moving on to our healthy relationships unit with our guest speaker and adjustment councilor, Sue Howland providing a lesson on the types of abuse.

**<u>Grade 10 Adventure Leadership Education 1</u>: Our adventure students have been provided experiential learning opportunities necessary for developing cooperation, teamwork, trust and communication skills. Through low level initiatives and problem solving activities the students have gained an understanding of group dynamics, risk taking and empathy. Recently, the student's have demonstrated the responsibility for belaying each other when climbing the challenge course. In the classroom, students have researched Digital Literacy & Citizenship and demonstrated their knowledge through presentations, skits and iMovies.**

**Yoga and Pilates**: Through demonstration and application, students are developing flexibility, muscular strength, and endurance through a variety of Pilate's exercises and yoga asana movement forms. During the quarter students have worked on correct body alignment through the application of body awareness and self-visualization during the execution of yoga asanas and Pilate's exercises. Students have also built a large repertoire of asanas and exercises they utilize to meet their specific fitness needs each class.

**Adventure Leadership 2** This new elective is providing students with the opportunity to understand, develop and practice leadership skills that can be applied to all components of one's life here at HW and beyond. Students have been discovering what it means to be a member of a group and the stages of grou development in order to work together towards a common goal. Students have worked on goal setting, getting to know you activities, and some moderate to difficult group challenges, self-reflection and group assessments. Students have also begun to take themselves off the ground challenging themselves on low climbing and high climbing elements such as the Mohawk Walk, TP Shuffle and Trust Falls, Cat Walk, and Flying Squirrel. In the health classroom have just completed a unit in Digital Citizenship displaying the understanding via a Project Based Learning Assignment.

**Personal Fitness Training:** Students have been introduced to a variety of health literacy concepts and skills essential for creating a personal fitness plan. Students have participated in group and individualized fitness instruction developing their understanding of heart rate, overload principle, and stability by utilizing a variety techniques. Special thank you to **Senorita Lopes** and **Rich Butterworth**. Ms. Lopes a HS Spanish teacher and fitness/spin instructor lead a cardio spin class. Mr. Butterworth, a former Middle School PE teacher, projected the student's hear rate on the wall during a group fitness class using Heart Tech Plus technology.

**Competitive Games:** Students who have chosen to take this course have a strong desire for individual and team competition. Students thus far have participated in both traditional and non-traditional activities such as Ultimate Frisbee, Flag Football, Softball, Volleyball, Badminton, Pickleball, etc. Most activities have been modified to enhance the learning process, increase the individual participation, and to provide an enjoyable atmosphere for all participants.