



Prudy Pilkanis: 6-12 Wellness Curriculum Coordinator

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Department Staff

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District News: The 6-12 Wellness teachers met as a group on the April 2, 2018 teacher professional development day. The teacher's developed formative and summative assessments to support all students' learning. We continued to develop, review and revise our curriculum maps to ensure of their alignment to state and national standards while meeting the educational needs of all of our students.

Thank you to Foundation for Alcohol

To whom it may concern: On behalf of the Hamilton-Wenham Regional High School Wellness Department and grade 10 students I want to thank the **Foundation for Alcohol Education**, Hamilton MA for their support in providing a grant for our **Teen Substance Abuse Education** speakers from **New Beginnings**. "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." **New Beginnings** is a program "to promote awareness and acceptance of alcoholism and other dependencies as a health issue of grave concern to everyone, with major ramifications to the welfare of the community." William (Bill) Phillips, President and Founder of **New Beginnings**, met students in small groups to discuss the most current issues students deal with every day as well as strategies and approaches to encourage students to make responsible decisions. Along with Bill, additional speakers shared with students their personal battles with substance addiction, the consequences of their decisions, and the effects of those decisions on themselves and their families. Thank you again to the **Foundation for Alcohol Education** for the grant which provided students with learning opportunities beyond the walls of the building and enables them to apply their decision-makings skills to real-life situations.

Written by Prudy Pilkanis

NEW BEGINNINGS PROGRAM

A Comprehensive Wellness Education Initiative for Schools, Parents and Community

Teen Substance Abuse Prevention Education

We need your help to keep us going...

Dear Friend,

For many years, the New Beginnings Program has provided a comprehensive education for schools, parents and communities free of charge. The valuable prevention education and true life testimonies have had a substantial impact on the youth of our community. The success of the New Beginnings Program depends on the support of individuals like you.

The drastic reduction in state funding has necessitated the cutting of expenditures necessary to effectively reach the youth in our community.

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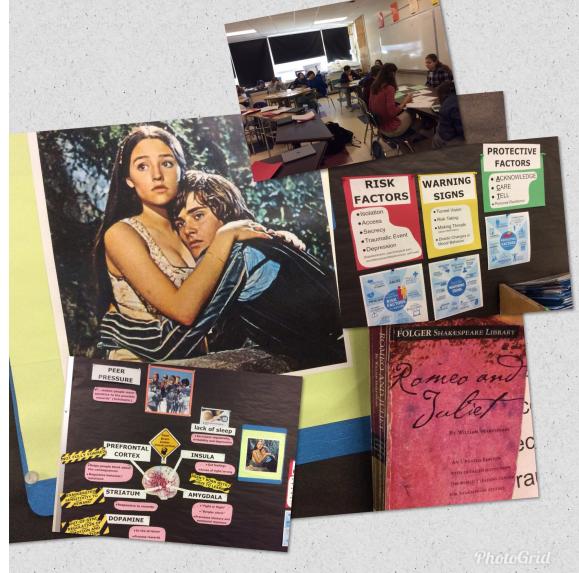


To whom it may concern: On behalf of the Wellness Department and grade 10 students I would like to thank the Hamilton Police Department and the Wenham Police Department for all their support at Hamilton-Wenham Regional High School during our Grade 10 substance abuse and decision-making unit.

Ofc. Kent Richards, HPD and Det. Shane Kavanagh, WPD met with each grade 10 Wellness class to discuss valuable information concerning substance abuse, O.U.I., Social Host Law while also answering a myriad of student-generated questions. Through these conversations students discuss the essential questions: What is the impact of our decisions? How are our decisions influenced over time? Thank you again to Ofc. Richards, HPD and Det. Kavanagh, WPD for this interactive experience which provided students with learning opportunities beyond the walls of the building and enables them to apply their decision-makings skills to real-life situations. **Written by** Prudence Pilkanis

Cross Curricular Connections with the English Department:

Students in Ms. Sette's, Mrs. Burnett's, Ms. Stephens's and Mr. Hickey's grade 9 English classes discuss peer pressure, warning signs and risk factors of suicide and the development of the teenage brain as they read and analyze **Romeo and Juliet**. This is a great example of the development of cross-curricular threads to increase student's learning! Thank you to Ms. Sette and Mrs. Burnett for developing this new approach to teaching **Romeo and Juliet!**



EdFund HeartTech Monitor Grant Update

The Wellness teachers are discovering endless possibilities to incorporate the use of our new HeartTech monitors, the giant "General-tron" screen in the gym and the screen with sound system in the fitness room into all of our classes. Thank you to the HamiltonWenham Edfund for supporting the grant to purchase this innovative teaching tool and supporting technology.

To Access past Wellness Newsletters and the Wellness Academic sites for a synopsis of course offerings please go to the links below:

High School

<http://hwrhs.hwschools.net/page.cfm?p=2230>

Middle School

<http://hwrhs.hwschools.net/page.cfm?p=1768>

Middle School Health: written by Danielle Petrucci

8th grade students were visited by volunteer Jeremy Hand from the North American Family Institute (NAFI/NFI) discussing the risks associated with participating in drug use and abuse. Having a family history of drug abuse, Jeremy began using marijuana as a teen which led to alcohol use and ultimately anything he could get his hands on. One St. Patrick's Day Jeremy took a methadone pill mixed with alcohol. He overdosed and survived, but now Jeremy lives his life in a chair with severe brain injury and paralysis. Jeremy's goal is to educate students about the dangers of drug use from his real-life story. Students said his visit was "eye opening" and that they "will never do any drugs. We are extremely appreciative of Jeremy to share his story having a profound impact on our students. A big thank you to Merry Kaulbauch for coordinating this new partnership for the Life Skills classroom.



Miles River Middle School

Physical Education: written by Kim Adsit and Josh Wedge

Miles River Middle School has been participating in team building activities for two weeks in the spring. Students have cooperatively completed obstacle courses, built structures out of foam blocks, played "volleyball" with a 6-foot diameter cage ball, and made mountains with the parachute. Students practiced working with teammates to create a supportive environment where everyone was able to succeed and complete the task or activity.



Grade 10 Adventure Leadership Education 1: written by Jim LaSelva The sophomores have been developing strategies to enhance their 21st Century skills. Students are placed in learning situations where cooperation, communication and leadership are necessary to accomplish problem-solving initiatives. As the course evolves these experiences start to develop trust within a group. It is then necessary for students to apply proper spotting and safety techniques on low-level elements where some students may be lifted off the ground. It is amazing to observe students assume safety responsibility for themselves and others during activities such as the Geo-Crossing and the Nitro Swing. We are anxious to get outdoors and begin working together on the challenge course.

In the health classroom, the sophomores have researched and discussed substance abuse, addiction and methods of recovery. The students were provided with experiences for developing a deeper understanding of the opioid crisis and the links between over-prescribed and abused painkiller medication and how easy it may correlate to Heroin & Fentanyl addiction. We discussed healthy decision-making and stressed the dangers of driving under the influence and what to do if a friend is intoxicated. The students wore fatal vision goggles and failed at performing simple motor skills. During this unit we had special guest speakers Wenham Detective Kavanagh and Hamilton Police Officer Richards spend the day with all of our classes. The officers answered questions and discussed the new laws of recreational use of marijuana, the dangers of hosting a house party and the social host liability law.

Also, we were fortunate to host Bill Phillips from the New Beginnings Program through The Foundation of Alcohol Education grant. During this unique presentation, several young people accompanied Bill and shared their tragic stories of addiction and battles with recovery. In the beginning of the semester students learned Hands-Only CPR.



Fitness Training: written by Matt Gauron

This elective course has provided our students with the opportunity to understand and appreciate fitness and nutrition as a part of leading a healthy lifestyle. So far, our students have been introduced to a wide variety of fitness concepts that foster and enhance one's wellbeing. Students have participated in both instructor directed and independent learning experiences. Some of the experiences include: TRX training, Heart Tech. Plus monitoring system, spinning, flexibility, large and small group games, individual sports/skill training, weight training, group fitness training, etc. Going forward, students will focus on developing, designing and implementing goals in these 3 areas:

- 1 Health related- fitness
- 2 Skill related- fitness
- 3 Nutrition.

Yoga and Pilates: written by Prudy Pilkanis

During this semester students have been developing their muscular strength, endurance and flexibility as they learn how to perform yoga asanas and Pilates exercises. The students are taught modifications and extensions to utilize at their own pace as they move towards proficiency in each class. Practice occurs throughout the week utilizing a variety of equipment such as exercise rings, toning balls, yoga balls, TRX and resistant bands to enable all students to deepen their mastery of the skills. Through self-visualization students develop an understanding of alignment and through the application of body awareness they develop fluidity of movement and confidence in their skills.

**Adventure Leadership Education 2: written by Jim LaSelva**

Working with others, problem solving and taking healthy risks while keeping each other safe is part of everyday life with this semester's ALE-2 students. The course takes students on a deeper journey into understanding group dynamics, thoughtful communication and identifying the roles of leadership. See my twitter @jimlaselva for some of the team building activities the students have been engaged in: Trust Line, Nuclear Waste Removal, Crate Stacking, Blindfold Maze and Horizontal Climbing Wall to name a few. In the classroom, students are creating and solving Problem based Learning topics including designing a Video Extravaganza.

Lifetime Activities and Competitive Games:

written by Jamie Hanson

This quarter in Lifetime Activities and Competitive Games student's ranging from grades 9-12, have come together to build a positive, supportive, team oriented learning environment. Through activities such as Ping-Pong, pickleball, badminton and floor hockey students' have had the opportunity to develop their health and skill-related fitness, as well as build leadership, cooperation, and communication skills that will prepare them for their future. This quarter's final unit will be volleyball. During this unit, a student directed tournament would take place providing everyone with roles ranging from team manager to referee. In the classroom, our students have been working vigorously on their Consumer Health Problem-Based Learning projects. Through research, analyzing data, and preparing a persuasive argument to support their problem statements, students are developing an understanding of their consumer rights and gaining skills that will benefit them for a lifetime.



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