

NEWS FROM THE WELLNESS DEPARTMENT

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Welcome Back!!!

The Wellness Department is excited for the 2010-2011 school year! Members have been working during the summer to continue building a strong program. There are many new things happening this year in the Wellness Department.

The year 2 physical education curriculum will be implemented this year for students in grades 9 & 10. Students will participate in a variety of activities such as archery, badminton, volleyball, cooperative games, fitness and ultimate games.

Grade 9 Health will focus on tobacco, alcohol and other drugs (TAOD) and mental health. A portion of the mental health unit will include the *S.O.S Suicide Prevention Program*. This program focuses on recognizing the signs of depression and suicide and provides students with strategies and resources on how to deal with it.

Grade 10 Health will focus on healthy and responsible relationships and cardiopulmonary resuscitation.

Grade 11 & 12 WORKOUT- Students will have an opportunity to work out all semester! They will learn how to create and follow an individualized workout plan while recording their performance and making modifications as needed to reach their individual goals.

Grade 11 & 12 LIFETIME ACTIVITIES- This course is designed for students who prefer to be active in individual and small team activities that promote lifelong fitness. Some activities include archery, golf, yoga, fitness, badminton and volleyball.

Grade 11 & 12 TEAM SPORTS- This course is designed for students who prefer to participate in team-based activities. Some activities may include floor hockey, basketball, team handball, ultimate games and baseball/softball.

Some reminders!!

Grade 11 & 12 ALTERNATIVE- Students who have received approval to use an outside activity to fulfill their physical education requirement must meet with Mr. Carroll to review the criteria that will have to be completed in order to receive credit for the experience. The criteria includes: keeping a daily log of participation; regular meetings with Mr. Carroll and submission of an essay describing the activity and how it supported the five health components of fitness. A meeting will be scheduled by Mr. Carroll in early September to review the process and receive the daily log. Students who intend to use a school sport to fulfill their physical education requirement must successfully complete the season and receive a certificate upon completion. Successful completion will be determined by practice / game attendance and effort.