

Family and Consumer Science:

Julia Witzig - Chefs' classes are learning about kitchen safety and food borne illnesses. Students have made several breakfast foods during the long blocks. The Child Development students are visiting our elementary schools every Monday. They are getting hands on experience while working with the students. Students are learning about the stages of development, disabilities and how to support children with different needs. The 21st Century Foundations students are learning about recognizing roles and responsibilities, analyzing well being, identifying needs vs. wants, identifying influences, and recognizing values and standards as part of the Understanding Yourself Unit. Students have also been developing independent living skills.



Middle School

Kim Adsit, Josh Wedge

Early fall was spent working on soccer and flag football skills and small-sided games for grades 6-8. Late September through the middle of October, classes focused on group cooperative activities and problem solving challenges. Students used a variety of equipment including hanging ropes in the gym, scooters and stepping "stones".

For two weeks, students have been training at fitness stations in preparation for the fitness gram test, which will include the pacer test, crunches and push-ups.

For pictures and more information on what is going on in the gym, check out our website:

google.com/site/milesriverpe



In conjunction with the district's School Improvement and Strategic plans, the Wellness teachers are updating and writing 6-12 curriculum documents to ensure students receive a sequential Physical Education, Health and Family and Consumer Science learning experience.

Middle School Health

Danielle Petrucci: Students in 6th and 7th grade complete Service Learning Projects (SLP) each quarter. Service Learning is more than community service. Students investigate a need in the community, research a community partner, execute a plan of action to help solve the problem, reflect on their progress, and teach the class what they've learned. The cross-curricular SLP is proven to build student confidence, give meaning to what we learn in school, and increases student satisfaction, reducing dropout rates. We have seen many amazing projects completed this year including over 300 meals donated to the ACORD Food Pantry and pillowcases hand made by students donated to Beverly Hospital. Life Skills is designed to lay the foundation towards becoming healthy, adult citizens who are aware, knowledgeable, create change, and contribute to the community.

High School Wellness

Matt Gauron, Connie Hoar, Jim LaSelva, Prudy Pilkanis,

Digital Citizenship: Students are developing an understanding of their roles and personal responsibility in a changing digital world.
Grade 9: Students are discussing stress, depression & suicide, developing coping mechanisms for stress, identifying warning signs and methods for helping someone with depression. We are working in the fitness room developing and designing personal fitness plans. iPads are being utilized for journaling and as a feedback tool for developing motor skills. Sue Howland, the school adjustment counselor has been working with us to develop coping skills.
Grade 10: Outdoor Education students are developing teamwork and problem solving skills through group challenges. Students are looking forward to using this learning as they start to climb the high elements.



Yoga and Pilates: Students are learning skills to adapt and modify Yoga poses and Pilate's exercises to meet their personal needs, and develop core strength and body alignment.
Competitive Games and Fitness Training: Students are learning to create, develop, and practice their own fitness routines as well as utilize valuable teamwork skills in an enjoyable competitive environment.
Special Thanks: To **Appleton Farms** and **HW Food Services**: Juniors took a walking field trip to the farm and helped with the harvest which the **HW Food Services** cooked as a farm to table feast as part of their nutrition unit.
Looking Forward to: **Wenham Fire Department** coming in and co-teaching to enable students to get their CPR certification.