

Family and Consumer Science: Julia Witzig -

Chefs' I: Students learned about kitchen safety, food borne illnesses and made several breakfast foods. For the *Biggest Loser* project they were Life Coaches. They evaluated, planned and implemented a variety of workouts, meals and counseling plans to positively impact their *Biggest Loser* contestant's overall health and quality of life.

The **21st Century Foundations** students worked on their traveling skills this quarter. Students looked at different places to go in Boston, picked a place they would like to visit in the city and mapped out their trip using the commuter rail and MBTA T-line maps. The students continued to work together on making healthy meals and snacks once a week throughout the semester.

Chefs' II: Students analyzed the "American Diet" and what serious illnesses can result from one's choices. Students made several meals throughout the quarter during the long blocks.



In conjunction with the district's School Improvement and

Middle School Kim Adsit Josh Wedge

Miles River students completed fitness training and testing in early March. Students ran the pacer test, and completed the curl up and push up test.



The middle school has been working on a variety of track and field events for the past few weeks. Weather conditions have required all of the events to be taught inside. So far we have tried the high jump, shot put and standing broad jump. Students are taught proper event techniques and then practice the events at the stations set up in the gym.



District Information:

Wellness teachers are developing 6-12 curriculum maps to align with State Standards. These maps provide students in Health, Physical Education and Family and Consumer Classes instructional opportunities to develop the 4 C's of 21st Century Skills: Critical Thinker, Communicator, Collaborator and Creator. As part of the District's mission to develop the whole child please [Click here to view the updated HWRSD Wellness Policy.](#)

Middle School Health

Danielle Petrucci: Please join us at the Samaritan's annual Breakfast For Hope in support of suicide prevention. As a partner for their Education & Outreach Program for the past six years, Danielle Petrucci - Life Skills Teacher, is a key speaker at the event sharing her student's feedback about the impact the Samaritans program has made at our school. We invite parents, students, teachers, and community members to hear the stories of compassion and hope on May 13 at the Grand Ballroom, Sheraton Hotel Boston from 8-9am.

Link to more information: <http://samaritanshope.org/events/breakfast-for-hope/>

Did you know?

Common Causes of Death for teenagers (15-24):

- #1 Accidents
- #2 Suicide
- #3 Homicide

High School Wellness

Matt Gauron, Jim LaSelva, Tawny Palmieri, Prudy Pilkanis,

Thank you: Hamilton Police Department, our guest speakers during the grade 10 substance use and abuse unit. Sgt Karen Wallace, Ofc. Kent Richards and Ofc. Andrew Neill spoke with students on a variety of topics such as alcohol and marijuana use and abuse, Social Host Law, O.U.I., as well as decision-making skills. [Click here](#) to view our thank you letter in the HW Patch.

Grade 9: In health students discussed, analyzed and evaluated the differences between healthy and unhealthy relationships. A special thank you to Sue Howland and Rebecca Steinberg for collaborating with the Wellness teachers. Students are utilizing this knowledge to develop skills needed throughout their lives as they navigate the community beyond the walls of HW. In the gymnasium students are creating their own personal fitness plans to develop their health-related fitness skills. [Click here](#) to view a link of a video student's created to teach their peers proper form while exercising.

Grade 10: Students were provided a myriad of learning experiences from researching illegal substances, role-playing refusal skills, presenting drug information to their peers and participating in a mock trial. In conjunction with the health portion of class students participated in a wide variety of team building Outdoor Education activities as well as spending time outside utilizing the snowshoes.



Grade 11: Yoga and Pilate's students have been learning a wide variety of Pilate's exercises and yoga asanas. They are working to develop their own mini exercise routines to meet their own fitness needs. As part of this process students are provided opportunities to teach their routines to their peers articulating correct form and various ways these exercises/asanas can be adapted to meet an individual's physical needs on any given day.

Grade 11: Competitive Games and Fitness Training Students had opportunities to connect with life-long health and nutrition while collaborating with their peers to build healthy meals. They also utilized their volleyball skills in an exciting and competitive round robin tournament.

Looking Forward: *Grade 10 and Grade 5 Cross District Project Adventure Day.* Grade 10 students will put into action all the leadership skills they have been developing this year while they lead fifth grade students from all three elementary schools in team building utilizing experiential learning experiences.