**Week of January 29th-February 2nd**
**Monday**--No Classes (Teacher Work Day)
**Tuesday**--Welcome to Health!  **Assignment:**  BioCollage (due Friday; criteria & example collages [here](http://weebly-file/2/5/1/3/2513991/biocollage_info.pdf);
   cardstock/materials may be obtained in class).
**Wednesday**--Completed the ISD Pre-Assessment for Health.
**Thursday**--"Toured" the classroom/course website.  Handed out Universal Passes and Gone Green Logs.
   Completed and collected "I wish my teacher knew..." index cards.  Students were encouraged to start looking
   for a 1-1.5 inch (preferrably used) binder and 6 tabbed dividers (again, used or homemade preferred) to use
​   for class.
**Friday**--BioCollages due!  Registered for [CTE Dual Credit](https://secure.techprepwa.org/studentLogin.aspx) (absent students will be called to the Career Center
   at some point to complete this process).  Reviewed the course syllabus (DO NOT print off syllabus, please...
   think of the trees!).  **Assignment:**  Read the [course syllabus](http://weebly-file/2/5/1/3/2513991/health_syllabus.pdf), then print off and complete this [Syllabus
   Signature Page](http://weebly-file/2/5/1/3/2513991/syllabus_signatures.pdf) (due next Fri.; parents/guardians will need to review the "[FLASH Introduction Letter](http://weebly-file/2/5/1/3/2513991/flash_parent_letter.pdf)" prior to
   initialing/signing the signature page).  To encourage students to *actually read* the syllabus...there will be a
​   short quiz over its contents Monday!

**Week of February 5th-9th**
**Monday**--Returned graded BioCollages.  Quiz over [Syllabus](http://weebly-file/2/5/1/3/2513991/health_syllabus.pdf) content!  [Journal Entry #1a and #1b:  Who is
   Healthy and What is Health?](http://weebly-file/2/5/1/3/2513991/journal_entries_1.docx)  Homework:  Complete [Journal Entry #2](http://weebly-file/2/5/1/3/2513991/journal_entries_1-2.docx) (AKA the 16 Personalities Test;
   due Friday; instructions [here](http://weebly-file/2/5/1/3/2513991/16_personalities_instructions.pdf)).
**Tuesday**--Handouts:  Binder Table of Contents, What is Health? Unit Learning Objectives and unit notes (pgs.
   1-4).  Discussed/Wrapped up Journal Entry #1b.  Notes:  Defined the types of health, Maslow's Hierarchy of
   Needs and the Health Continuum.
**Wednesday**--Activity/Notes:  Groups researched an assigned Health Life Skill (found on pages 1-4 of unit
   notes) and presented their findings to the class.  Presentations will continue tomorrow.
**Thursday**--Wrapped up Health Life Skill presentations/notes.  Handouts:  SMARTER Goal Article and "True to
   You" Planning Calendar.  **Assignment**:  Complete "True to You" Goal Worksheet (due *next* Thursday).
   Introduced "True to You" project and began work on goal worksheet.
**Friday**--[Syllabus Signature Page](http://weebly-file/2/5/1/3/2513991/syllabus_signatures.pdf) due!  Notes/Discussion:  Demystifying Your 16 Personalities Results.
   Handout:  Unit notes (pgs. 5-6).

**Week of February 12th-16th**Spartans United Spirit Week!
**Monday**(Cozy Day)--Reviewed for tomorrow's "What is Health?" Unit Quiz.  Activity:  Buddy Bingo (using our
   BioCollages).  Congratulations to today's BINGO winners:
                                                                                    2nd Period                          3rd Period
                                                 *Regular Bingo:*        Marie A. & Ana L.                Blake L.
                                               *Blackout Bingo:*        Han-ah L.                             Ben K.
**Tuesday**(White Shirt and Jeans Day)--"What is Health?" Unit Quiz.  The remainder of class time was used to
   work on and clarify the "True to You" Goal Worksheet (due Thursday).
**Wednesday**(Pink and Red Day)--Happy Valentine's Day!  Notes:  Relationships; began Family Relationships.
   **Homework:**  Read your assigned sections of the article, ["A Nation of Wimps,"](http://weebly-file/2/5/1/3/2513991/a_nation_of_wimps_article.pdf) as denoted below (numbers
   were assigned in class; due tomorrow):
               **One's** = Read from beginning of article through "The Fragility Factor"
               **Two's** = Read from "Welcome to the Hothouse" through "The Eternal Umbilicus"
            **Three's** = Read from "From Scrutiny to Anxiety...and Beyond" through "Boom Boom Boomerang"
              **Fours** = Read from "Just Whose Shark Tank is it Anyway?" through "Putting Worry in its Place"
**Thursday**(Red, White and Blue Day)--"True to You" Goal Worksheet due!  [Journal Entry #3:  "A Nation of
   Wimps."](http://weebly-file/2/5/1/3/2513991/journal_entries_1-3.docx)  Discussed as a class major ideas/themes coming from "A Nation of Wimps" article.  Handout:  Unit
   notes (pgs. 7-8).  Notes:  Eight Traits of a Healthy Family.  **Assignment:**  Healthy Family Traits Survey &
   Analysis (due 2/27).
**Friday** (Spartan Spirit Day)--Reviewed criteria for the Healthy Family Traits Survey & Analysis assignment (As
   discussed in class, students needing the *alternate* assignment will need to have a parent/guardian email
   Mrs. Reed requesting it).  Handouts:  "True to You" Planning Worksheets (provided so students who are
   interested in knowing what "next steps" are for their semester project would have the info over break; no
   specific action/work on the worksheets required at this time).  [Journal Entry #4:  "A Day As a Parent"](http://weebly-file/2/5/1/3/2513991/journal_entries_1-4.docx).  Notes:
   Began Community Relationships.

**Week of February 26th-March 2nd**
**Monday**--[Journal Entry #5:  Personality in Relationships.](http://weebly-file/2/5/1/3/2513991/journal_entries_1-5.docx)  Checked-in regarding Healthy Famiy Traits Survey
   and T2U Planning Worksheets (due dates for planning worksheets provided on the Planning Calendar;
   further details about completing them to come).  Notes:  Finished Community Relationships.  In-Class
   Activity:  "**W**h**A**t do you know about Washington?"
**Tuesday**--Healthy Family Traits Survey & Analysis due!  Notes:  Introduction to Environmental Health.
   Video/Notes:  "An Inconvenient Truth" (scenes 3, 4, 11, 12, 14, 16, 17, 19-21).  Handout:  Video Notes Worksheet
   (worth 10pts and will be collected with the follow-up video questions Thursday).
**Wednesday**--Video/Notes:  Finished "An Inconvenient Truth."  Assignment:  AIT Questions (completed in
​   groups).
**Thursday**--Handout:  Unit notes (pgs. 9-10).  Notes:  Finished Environmental Health.  Remaining class time
   used to finish work on the video questions; collected both the video questions and video notes at the end of
   the period.
**Friday**--Notes:  Peer Relationships.  Majority of class time was spent reviewing the T2U Planning Worksheets
   and suggestion for how to complete them (Spiritual Health Planning Worksheet due Tuesday; your other
​   health goal's planning worksheet is due 3/15).

**Week of March 5th-9th**
**Monday**--Handed back numerous scored assignments.  Checked in regarding progress on the Spiritual Health
   Planning Worksheet.  Activity:  Why Planning Pays! (an in-class demonstration; absent students need not
   make it up).  Notes:  Traits of Healthy Relationships.  **Homework:**  Brainstorm/reflect on how technology has
   changed relationships and how we communicate...for the better and for the worse; student insights will fuel
   tomorrow's discussion!
**Tuesday**--Spiritual Health Planning Worksheet due!  ["True to You" Project Outline & Criteria](http://weebly-file/2/5/1/3/2513991/project_outline.pdf) now available
   under "Course Files" below.  Handout:  Unit notes (pgs. 11-12).  Notes/Discussion:  Communication.
**Wednesday**--Announced that the due date for the second T2U Planning Worksheet has been pushed to
   March 22nd.  [Journal Entry #6:  Active Listening Inventory.](http://weebly-file/2/5/1/3/2513991/journal_entries_1-6.docx)  Notes:  Communication Styles.
**Thursday**--Activity:  Communication Simulation & Analysis (completed in class; analysis worksheet will be
​   finished and collected tomorrow).
**Friday**--[Journal Entry #7:  Practicing Assertiveness](http://weebly-file/2/5/1/3/2513991/journal_entries_1-7.docx).  Ten minutes provided in class to finish work on the
   Communication Simulation Analysis (collected).  Notes:  Finished Communication; began Conflict.

**Week of March 12th-15th**
**Monday**--Handout:  Unit notes (pgs. 13-14).  Notes:  Abuse and Violence.
**Tuesday**--Handout:  Unit notes (pgs. 15-16).  Notes:  Finished Abuse and Violence.  Activity:  Awareness Quilt.
​   Reviewed for tomorrow's unit quiz.
**Wednesday**--Social Health Unit Quiz (remember your Unit Learning Objectives to help you prepare!).
**Thursday**--T2U Project work time!
**Friday**--Video/Notes:  "Inside the Teenage Brain" (video link under "Resources" for mental/emotional health).
​   Handout:  Unit notes (pgs. 17-18).

**Week of March 19th-23rd**Tolo Week!
**Monday** (PJ Day)--Notes:  Basic Brain Anatomy and Neural Communication.  Demo:  Neural Communication.
​   Demo:  Can the brain consciously "multitask"?
**Tuesday**(Red & Black Day)--Debriefed multitasking demo.  Notes:  Memory (instructions for completing the
​   shaded boxes on pg. 18 of your notes [here](http://weebly-file/2/5/1/3/2513991/short_term_and_long_term_memory_activity.docx)).
**Wednesday**(Univeristy Day)--[Journal Entry #8:  Review](http://weebly-file/2/5/1/3/2513991/journal_entries_1-9.docx).  Notes:  Wrapped up Memory; Cognitive
   Development.  Reviewed binder check guidelines (on back of table of contents) as our first one is nearing!
**Thursday**(Twin Day)--2nd T2U Planning Worksheet due!  [Journal Entry #9:  Multiple Intelligences (Learning
​   Styles) Quiz](http://weebly-file/2/5/1/3/2513991/journal_entries_1-9.docx).  Notes:  Using the Multiple Intelligences website, define the eight learning styles listed on page
   19.  Read about "being your best learner" on pages 19-20.
**Friday**(Comfy or Dressy Day)--Notes:  Sleep.  **Assignment:**  What Sleep Means to Your Health WS
   (assignment file below; due Tues. 4/3).

**Week of March 26th-30th**
**Monday**--Handed back second T2U Planning Worksheet.  Checked in regarding the What Sleep Means to
   Your Health Worksheet assigned Friday (due next Tuesday).  Handout:  Unit notes (pgs. 21-22).  Notes:
   Defined Good Mental Health; Mental Health Terminology.  Video/Notes:  Began "Killing Us Softly 4."
**Tuesday**--Video/Notes:  Finished "Killing Us Softly 4."  [Journal Entry #10:  Video Reflection Questions](http://weebly-file/2/5/1/3/2513991/journal_entries_1-11.docx);
   followed up entry with a class discussion.
**Wednesday**--Binders due for Check #1!  Notes:  Emotions.  [Journal Entry #11:  Anger Style Inventory](http://weebly-file/2/5/1/3/2513991/journal_entries_1-11.docx).
**Thursday**--Handouts:  T2U Mentor Evaluation Forms and Unit Notes (pgs. 23-24).  [Journal Entry #12:  Review](http://weebly-file/2/5/1/3/2513991/journal_entries_1-12.docx).
   Notes:  Coping with Emotions; began Stress.
**Friday**--Notes:  Continued with Stress.  [Journal Entry #13:  Stress Tests](http://weebly-file/2/5/1/3/2513991/journal_entries_1-13.docx).

**Week of April 2nd-6th**
**Monday**--Notes:  Finished Stress.  [Journal Entry #14:  Stress Management](http://weebly-file/2/5/1/3/2513991/journal_entries_1-14.docx).  Activity:  Mindfulness Techniques
​   Practice.
**Tuesday**--What Sleep Means to Your Health assignment due!  Handout:  Unit notes (pgs. 25-26).  Notes:
   Abnormal Psychology, Suicide and Help.
**Wednesday**--Mental/Emotional Health Unit Quiz!  [Journal Entry #15:  Depression and Anxiety](http://weebly-file/2/5/1/3/2513991/journal_entries_1-15.docx).  Handout:
​   Substance Abuse Unit Learning Objectives.
**Thursday**--Notes:  Wrapped up Suicide and Help.  Activity:  [Substance Abuse Survey](https://docs.google.com/forms/d/e/1FAIpQLSfwEKSfxkFeBpAO_rEnW9kSADUoAN-9FhWppItOorFP_s2V0Q/viewform).  Handout:  Unit notes
   (pgs. 27-28).  Notes:  Intro to Substance Abuse.
**Friday**--Activity:  Abused Substance Poster Research; broke up into groups of 3-4, each group given a topic to
   research for 8-9 abused substances which will be used to create informative posters (no make up work
​   required for absent students in regard to this activity).

**Week of April 16th-20th**
**Monday**--Chatted about Spring Break.  Checked in on T2U Project progress.  Notes:  Substance abuse
​   terminology and classifications.
**Tuesday**--Handout:  Unit notes (pgs. 29-30).  Notes:  Finished substance abuse terminology.  Video/Notes:
   "Take Your Pills" (available on Netflix for absent students; video note space on page 30 of unit notes).
**Wednesday**--Video/Notes:  Continued watching "Take Your Pills."
**Thursday**--[Journal Entry #16:  Review](http://weebly-file/2/5/1/3/2513991/journal_entries_1-16.docx).  Video/Notes:  Finished "Take Your Pills"; discussed film as a class.
**Friday**--Notes:  Alcohol.

**Week of April 23rd-27th**
**Monday**--[Journal Entry #17:  Substance Abuse Terminology Review](http://weebly-file/2/5/1/3/2513991/journal_entries_1-17.docx).  **Assignment:**  Find a clean, disposable
   plastic bottle with lid for class Wednesday (snag one from a recycling bin and wash it!).  Notes:  Tobacco.
​   Demo:  Emphysema Simulation.
**Tuesday**--Carousel Notes over miscellaneous abused substances (the posters will be available in the hall for
​   the remainder of the week to reference as needed).
**Wednesday**--Activity:  Addiction Simulation (addiction logs will be collected Monday; activity guidelines [here](http://weebly-file/2/5/1/3/2513991/addiction_simulation_outline.doc)).
   Handout(s):  Addiction logs and unit notes (pgs. 33-34).
**Thursday**--[Journal Entry #18:  Addiction Opinion & Reflection](http://weebly-file/2/5/1/3/2513991/journal_entries_1-18.docx).  Notes:  Addiction.  YouTube Video:  "[Addiction](https://www.youtube.com/watch?v=ao8L-0nSYzg)."
**Friday**--Discussed/wrapped up addiction simulation (addiction logs will be collected Monday).  Notes:
​   Treatment and Prevention.  Reviewed Substance Abuse Survey results.

**Week of April 30th-May 4th**
**Monday**--Substance Abuse Unit Exam!  Addiction logs collected.  Handouts:  Unit notes (pgs. 35-36) and
   Sexual Health Unit Learning Objectives.  Discussion:  Sexual Health Unit Ground Rules.
**Tuesday**--Handouts:  Male and Female Reproductive Anatomy Diagrams.  Notes:  Male Reproductive
   Anatomy; began Female Reproductive Anatomy.
**Wednesday**--Notes:  Female Reproductive Anatomy.
**Thursday**--[Journal Entry #19:  Reproductive System Similarities](http://weebly-file/2/5/1/3/2513991/journal_entries_1-19.docx).  Handout:  Unit notes (pgs. 37-38).
   **Assignment:**  Hormones in the Human Menstrual Cycle (complete the graph and *at least* questions 1-3; due
​   tomorrow).
**Friday**--Binder Check #2!  Collected the Human Menstrual Cycle WS.  [Journal Entry #20:  "Two Truths and A
   Lie."](http://weebly-file/2/5/1/3/2513991/journal_entries_1-20.docx)  Handout:  Unit notes (pgs. 39-40).  Notes:  Pregnancy.

**Week of May 7th-11th**
**Monday**--Activity/Notes:  Sex and Gender Characteristics.  Video/Discussion:  LBGTQ Discrimination.  [Journal
   Entry #21:  Gender Stereotypes](http://weebly-file/2/5/1/3/2513991/journal_entries_1-20.docx).
**Tuesday**--Activity:  Gender Expectations Scenarios.  Sexual Attitudes Survey.  Reviewed relationships and
   communication (see your Social Health notes); discussed relationship scenarios.  Notes:  Coercion & Consent.
**Wednesday**--Coercion & Consent Scenarios.  Reviewed/discussed the Sexual Attitudes Survey results.
​   Discussion:  On-Line Safety & Preventing Sexual Violence.
**Thursday**--Handouts:  T2U Reflection Forms and unit notes (pgs. 41-44).  Notes:  [Birth Control Methods](https://www.plannedparenthood.org/learn/birth-control).
**Friday**--Activity/Notes:  STD Graffiti Posters.  Handout:  STD Graffiti Poster WS.  Demo:  Correct Condom Use.
   [Journal Entry #22:  My STD Protection Plan](http://weebly-file/2/5/1/3/2513991/journal_entries_1-22.docx).