**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).