**LINDEN PUBLIC SCHOOLS**

Linden, New Jersey Course of Study

# HEALTH EDUCATION 9

School………………………………Linden High School

Department…………………………….Health Education

Length of course… One Marking Period (5 days a week)

Credit………………………………………………..1.25

Grade Level…………………………………………….9

Prerequisites………………………………………..None

Date…………………………………….August 18, 2022

# RATIONALE, DESCRIPTION AND PURPOSE

The Linden School District’s Health Education Program provides students with the opportunity to learn positive health practices and understand the significance of applying this knowledge to improve the quality of their lives. The kindergarten through twelfth grade Comprehensive Health Curriculum strives to make wellness a lifestyle choice and promotes individual health through health literacy.

Health 9 is a one marking period course taken by all ninth-grade students. It is designed to expand upon the foundation of information gained by students in grades six, seven and eight. It affords students the opportunity to utilize the information and decision-making skills necessary to achieve personal wellness.

This course is designed to introduce the concept of wellness and the importance of taking personal responsibility for maintaining a healthy lifestyle. The leading causes of injury and death in our country today are related to one’s lifestyle. Since adolescence is a time in which many new and important lifestyle decisions are made, the course focuses on communication skills and effectively using decision making models. Students will practice using such models in class by applying them to real-life situations. They are encouraged to utilize these tools in their lives when making lifestyle choices while taking into account their personal and family values and goals. This course develops the life skills necessary to improve the six components of health/wellness and coping strategies relating to grief. Students explore the topics of mental health, suicide prevention, human sexuality, and alcohol education.

# OBJECTIVES

The following objectives align with the New Jersey Student Learning Standards for Comprehensive Health and Physical Education as well as the Linden Board of Education expectations for student achievement. The corresponding state standards are stated at the end of each objective.

**Students:**

## Personal Growth and Development

* 1. Develop a health care plan that includes practices and strategies designed to support an active lifestyle, attend to mental health, and foster a healthy, social and emotional life.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.PGD.1*

* 1. Predict how healthy and unhealthy behaviors can affect brain development and impact physical, social and emotional stages of early adulthood.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.PGD.2*

## Pregnancy and Parenting

1. Compare and contrast the advantages and disadvantages of contraceptive and disease prevention methods (e.g., abstinence, condoms, emergency contraception, dental dams).

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.PP.1*

1. Develop a plan to eliminate or reduce risk for unintended pregnancy and/or STIs (including HIV) and identify ways to overcome potential barriers to prevention.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.PP.2*

1. Identify trusted adults, including family members, caregivers, school staff, and health care professionals to ask questions and discuss pregnancy and other health topics.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.PP.3*

1. List the major milestones of each trimester of fetal development utilizing medically accurate information.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.PP.4*

1. Analyze factors that can impact the health of a baby (e.g., fetal alcohol syndrome, sudden infant death syndrome, low birth weight, premature birth, genetics).

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.PP.5*

1. Analyze personal and societal factors that can influence decisions about pregnancy options, including parenting, abortion, safe haven, and adoption.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.PP.6*

1. Analyze the emotional, social, physical, and financial effects of being a teen or young adult parent.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.PP.7*

1. Assess the skills needed to be an effective parent.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.PP.8*

1. Evaluate parenting strategies used at various stages of child development based on reliable sources of information.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.PP.9*

## Emotional Health

1. Recognize one’s personal traits, strengths, and limitations and identify how to develop skills to support a healthy lifestyle.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.EH.1*

1. Analyze factors that influence the emotional and social impact of mental health illness on the family.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.EH.2*

1. Describe strategies to appropriately respond to stressors in a variety of situations (e.g., academics, relationships, shootings, death, car accidents, illness).

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.EH.3*

1. Analyze and adapt mental and emotional health messages and communication techniques to peers and other specific target audience (e.g., dimensions of health).

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.EH.4*

1. Analyze the influences of peers, family, media, social norms and culture on the expression of gender, sexual orientation, and identity.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.SSH.1*

1. Advocate for school and community policies and programs that promote dignity and respect for people of all genders, gender expressions, gender identities, and sexual orientations.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.SSH.2*

1. Analyze current social issues affecting perceptions of sexuality, culture, ethnicity, disability status and make recommendations to address those issues.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.SSH.3*

1. Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others (defining and understanding the laws of consent and dating violence).

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.SSH.4*

1. Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.SSH.5*

1. Analyze the benefits of abstinence from sexual activity using reliable resources.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.SSH.6*

1. Analyze factors that influence the choices, and effectiveness of safer sex methods and contraception, including risk-reduction and risk-elimination strategies.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.SSH.7*

1. Describe the human sexual response cycle, including the role of hormones and pleasure.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.SSH.8*

1. Analyze the personal and societal factors that could keep someone from leaving an unhealthy relationship.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.SSH.9*

1. Analyze the state and federal laws related to minors’ ability to give and receive sexual consent and their association with sexually explicit media.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.SSH.10*

## Community Health Services and Support

1. Analyze the opportunities available at home, in school, and in the community to support the mental health of oneself or an individual.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.CHSS.1*

1. Develop an advocacy plan for a health issue and share this information with others who can benefit.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.CHSS.2*

1. Explain the purpose of the Safe Haven Law and identify locations in your community.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.CHSS.3*

1. Identify medically accurate sources of information and local services that provide contraceptive methods (including emergency contraception and condoms) and pregnancy options (including parenting, abortion, safe haven, adoption, and prenatal care).

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.CHSS.4*

1. Analyze a variety of health products and services based on cost, availability, accessibility, benefits and accreditation in the home, school, and in the community (e.g., suicide prevention, breast/testicular self-examination, CPR/AED, life skills training, menstrual products).

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.CHSS.5*

1. Evaluate the validity of health information, resources, services, in school, home and in the community.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.CHSS.6*

1. Describe how individuals and local, state, and global advocacy organizations can collaborate to address common local and global health and social issues (e.g., hunger, clean water, organ/tissue donation).

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.CHSS.7*

1. Investigate how local, state, and global agencies are addressing health issues caused by climate change and share this information in an appropriate setting.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.CHSS.8*

1. Develop an action plan to assist individuals who have feelings of sadness, anxiety, stress, trauma, or depression and share this information with individuals who will benefit.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.1.12.CHSS.9*

## Personal Safety

1. Apply a thoughtful decision-making process to evaluate situations and influences that could lead to healthy or unhealthy consequences (e.g., peers, media).

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12.PS.1*

1. Analyze the short- and long-term consequences of sharing sexually explicit images (sexting) or messages with individuals or posting online.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12.PS.2*

1. Summarize New Jersey motor vehicle laws and regulations, Safe Stops, and determine their impact on health and safety (e.g., organ/tissue donation, traffic safety, avoid driving distractors, seatbelt use, the use of hand-held devices).

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12.PS.3*

1. Investigate the relationship between alcohol, drug use, and motor vehicle crashes and analyze the short- and long-term consequences of these actions.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12.PS.4*

1. Identify the state and federal laws related to intimate partner and sexual violence (e.g., sexual harassment, sexual abuse, sexual assault, domestic violence).

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12.PS.5*

1. Describe the types of abuse (e.g., physical, emotional, psychological, financial, sexual) and the cycle of violence as it relates to sexual abuse, domestic violence, dating violence, and gender-based violence.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12.PS.6*

1. Analyze recruitment tactics that sex traffickers/exploiters use to exploit vulnerabilities and recruit youth.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12.PS.7*

1. Develop strategies to communicate effectively, safely, and with empathy when using digital devices in a variety of situations (e.g., cyberbullying, sexting).

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12.PS.8*

1. Evaluate strategies to use social media safely, legally, and respectfully.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12.PS.9*

1. Analyze the short- and long-term consequences of sharing sexually explicit images (sexting) or messages with individuals or posting online.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12.PS.10*

## Health Conditions, Diseases and Medicines

1. Develop a health care plan to help prevent and treat diseases and health conditions one may encounter (e.g., breast/testicular exams, Pap smear, regular STIs testing, HPV vaccine). Medicines treat or relieve diseases or pain and are prescribed by a physician or accessed over the counter.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12.HCDM.1*

1. Provide examples of how drugs and medication mimic or arrest the action of certain cells in the body, and how abusing drugs can affect the human body.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12.HCDM.2*

1. Evaluate the benefits of biomedical approaches to prevent STIs (e.g., hepatitis B vaccine, HPV vaccine) and HIV (e.g., PrEP, PEP). Public health policies are created to influence health promotion and disease prevention and can have global impact.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12.HCDM.3*

1. Evaluate emerging methods to diagnose and treat diseases and health conditions that are common in young adults in the United States and in other countries (e.g., hepatitis, stroke, heart attacks, cancer,).

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12.HCDM.4*

1. Analyze local, state, and international public health efforts to prevent and control diseases and health conditions (e.g., vaccinations, immunizations, medical exams, gene editing, artificial organ systems, prosthesis). Mental health conditions affect individuals, family members, and communities.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12.HCDM.5*

1. Analyze and discuss the evidence of the emotional and social impact of mental health illness on families, communities, and states (e.g., depression, anxiety, Alzheimer’s, panic disorders, eating disorders, impulse disorders).

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12.HCDM.6*

## Alcohol, Tobacco and other Drugs

1. Examine the influences of drug use and misuse on an individual’s social, emotional and mental wellness.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12.ATD.1*

1. Compare and contrast the incidence and impact of commonly abused substances on individuals and communities in the United States and other countries (e.g., tobacco,

e-cigarettes, vaping products, alcohol, marijuana products, inhalants, anabolic steroids, other drugs).

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12.ATD.2*

1. Explore the relationship between individuals who abuse alcohol, tobacco, and other drugs with an increase in intentional and unintentional health-risk behaviors.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12.ATD.3*

## Dependency, Substances Disorder and Treatment

1. Correlate duration of drug use and abuse to the incidence of drug-related deaths, injuries, illness, and academic performance.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12.DSDT.1*

1. Analyze personal choices and behaviors related to substance use and misuse to determine if they align with personal values and beliefs.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12.DSDT.2*

1. Examine the drug laws, and regulations of the State of New Jersey, other states and the affects; healthy and unhealthy on individuals, families, schools, and communities (e.g., vaping products, e-cigarettes, cannabis and CBD products, opioids).

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12.DSDT.3*

1. Utilize peer support and societal norms to formulate a health-enhancing message to remain drug free.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12.DSDT.4*

1. Evaluate the effectiveness of various strategies and skills that support an individual’s ability to stop misusing and abusing drugs and remain drug free (counseling, peer coaching, professional peer support group, and family counseling and support).

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.3.12.DSDT.5*

# CONTENT, SCOPE AND SEQUENCE

The ninth-grade health curriculum provides the students with necessary information and life skills to take charge of their health. An emphasis is on health promotion, prevention, and acquiring the life skills necessary to evaluate health information for the purpose of advocating for their own health. Students are encouraged to make healthy decisions by reflecting on their own personal and family values with respect to the gender, culture, ethnic, racial and religious differences. Throughout the course, students are encouraged to go beyond the classroom by seeking assistance from parents, school, community and national online resources as covered in the curriculum. Students receive the necessary hours to meet the New Jersey Health mandates for alcohol and drug education, STI’s and HIV/AIDS education.

## Personal Growth and Development

* 1. Definition of Health
     1. Compare and contrast the past and current definitions of health/wellness
        1. absence of disease
        2. free from illness
     2. Components of health
        1. physical
        2. mental
        3. emotional
        4. social
        5. environmental
        6. spiritual
     3. Controllable and uncontrollable risk factors
        1. lifestyle behavior
        2. age/genetics/family history
        3. environmental conditions
        4. assessing one’s own health (How Healthy Am I? self-assessment)
        5. goal setting
        6. character development (values and morals clarification)
        7. decision making models
        8. collaboration with others

## Emotional Health

* 1. Wellness -the integration of attitudes and behaviors that lead to optimum health.
     1. Assessing one’s own health (How Healthy Am I? self-assessment)
     2. Verbal/ nonverbal communication
     3. Social media
        1. texting/emoji
        2. cyberbullying/sexting
        3. safe use of technology
        4. environmental conditions
        5. characteristics of positive mental health
     4. Grief/loss
        1. coping with loss
        2. types of loss
        3. Utilizing resources
     5. Body Image/Self-Esteem
     6. Disorders of the mind
        1. definition
        2. types
           1. depression
           2. eating disorders
           3. body dysmorphic disorder
           4. bipolar disorder
           5. schizophrenia
           6. anxiety disorders
           7. obsessive-compulsive disorders
           8. post-traumatic stress
           9. phobias
           10. seasonal affective disorder
           11. attention deficit/hyperactivity disorder
           12. addiction
  2. Social and Sexual Health
     1. “I”-messages vs. “You”-messages
     2. Techniques for active listening
     3. Refusal skills
     4. Communication styles
        1. passive
        2. aggressive
        3. assertive
        4. passive-aggressive
     5. Defense mechanisms
  3. Human Sexuality
     1. Definition (difference between sex and sexuality)
     2. Ranges of healthy behaviors that demonstrate affection without sexual intercourse
     3. Benefits of Abstinence:
        1. provide time to develop priorities in life/control over one’s life
        2. allow for opportunity to know oneself
        3. commit to personal and family values when considering sexual behaviors
        4. learn when it is safe to share emotionally intimate thoughts and feelings
        5. learn healthy and safe ways to demonstrate affection
        6. time to develop a support system of trusted adults to discuss questions and find appropriate resources
        7. avoid potential health risks
        8. avoid situations which encourage sexual activity
     4. Myths about sexuality
        1. sex drive cannot be controlled
        2. once one becomes sexually active the behavior continues
        3. having sex shows that a person is in love
        4. having sex helps to keep a boyfriend/girlfriend
     5. Condoms
        1. proper use of condoms
        2. communication
        3. protection
     6. Sexually Transmitted Diseases/Infections
        1. types
        2. HIV/AIDS
        3. testing
        4. transmission
        5. treatment
        6. prevalence

## Community Health Services and Support

* 1. Knowledge and availability of health resource - Treatment
     1. Suicide Prevention
        1. facts about suicide
        2. warning signs for suicide
           1. feeling hopeless
           2. neglecting basic needs
           3. experiencing loss of energy
           4. taking more risks
           5. using drugs and alcohol
           6. giving away personal things
        3. help and resources
           1. take all talk of suicide seriously and do not keep secrets
           2. seek professional help at the school level (counselor, nurse, etc.) or through outside resources (parents, doctors, hotlines, etc.)

## Alcohol Tobacco and other Drugs

* 1. Alcohol Education (Alcoholism & Addiction) and Binge Drinking
     1. Benefits of an alcohol-free lifestyle
     2. Effects on body
     3. Blood Alcohol Concentration
     4. Factors of alcohol on the body
     5. Effects of alcohol
     6. Laws pertaining to drugs and alcohol
     7. Treatment and resources

# INSTRUCTIONAL TECHNIQUES

Teachers employ a variety of teaching methodologies to meet the needs of the diverse learners in the course. Techniques include:

* 1. lecture
  2. discussion/debate activities
  3. videos with corresponding activities
  4. role-play activities
  5. reading
  6. guest speakers
  7. writing assignments
  8. projects and student-generated presentations
  9. research projects using internet-based resources, magazines, books, interviews, blogs, instant messaging, applications, etc.
  10. For strategies to differentiate for special education students, English Language Learners, Students at Risk of School Failure, Gifted and Talented Students, and Students with 504 Plans, please consult the Accommodations and Modifications appendix in the appendices section of this document.

# TECHNOLOGY

In this course, students demonstrate their growth in the following skill areas:

* 1. responsible use of technology
  2. completion of age-appropriate and content related research using quality resources
  3. creation of presentations
  4. questioning and evaluating information obtained from quality resources
  5. adherence to the district’s Acceptable Use Policy

# EVALUATION

Student mastery of the course objectives are evaluated using a variety of assessment tools may include but not limited to the following:

* 1. tests/quizzes
  2. writing assignments
  3. role-play activities
  4. class discussions
  5. debates
  6. projects
  7. individual and/or group presentations
  8. student self-assessments

# PROFESSIONAL DEVELOPMENT

Following are some suggested approaches for the teachers’ continued professional development:

* 1. Attending in and out of district professional development courses and conferences to increase knowledge and teaching skills in the following areas:
     1. course content
     2. instructional methodologies and strategies with a focus on differentiated learning
     3. technology
     4. diversity
  2. Observing and collaborating with colleagues both in and out of the content area
  3. Reading content related journals and articles and best practices
  4. Professional development opportunities on Response to Intervention (RTI) concepts, practical applications, and sustainability

**VIII. CONTROVERSIAL STANDARDS**

A. Parental consent to opt-out of instructional activities aligned within Standard 2.1: Personal and Mental Health

B. Addresses the needs of each student to gain knowledge and skills in caring for themselves, interacting effectively, respectfully and safely with others, and analyzing the impact of health choices.

**IX. DIVERSITY, EQUITY, AND INCLUSION**

1. Use students’ interests in conceptualized tasks
2. Expose students to a diverse group of educators
3. Design assessments and assignments with a variety of response types
4. Use systematic grading and participation methods
5. Encourage students to embrace a growth mindset

**APPENDIX I**

**Comprehensive Health and Physical Education Practices**

Standard 2.1- Personal and Mental Health Standard 2.2 - Physical Wellness Standard 2.3 - Safety

**APPENDIX II**

**Comprehensive Health and Physical Education Practices**

The Ten Comprehensive Health and Physical Education practices describe the ways in which individuals in these ﬁelds engage in their careers as well as reﬂect the actions and behaviors of

active, informed, responsible individuals and contributing community members. Curriculum writers and educators will want to consider how they can design learning experiences that will enable their students to develop these skills in conjunction with the content knowledge reﬂected in the core ideas and performance expectations.

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| **Practice** | **Description** |
| Acting as | Individuals who possess health and physical literacy understand the |
| Responsible | obligations and responsibilities of being a member of a community. |
| and contributing | They demonstrate this understanding every day through their |
| member of society | interactions with others. They are conscientious of the impacts of their |
|  | decisions on others and on their environment. They consider the |
|  | short-term and long-term consequences of their actions and seek to act |
|  | in ways that contribute to the betterment of their families, teams, |
|  | community, and school. They are reliable and consistent in going |
|  | beyond the minimum expectation and in participating in community |
|  | outreach that serves the greater good. |

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| Building and maintaining healthy relationships | Individuals who possess health and physical literacy establish and maintain healthy relationships by utilizing positive communication and social skills to interact eﬀectively with others. They are aware of others’ feelings and ideas. They respect diﬀerences and identify ways to resist inappropriate social pressure. Students demonstrate the ability to prevent and resolve interpersonal conﬂicts in constructive ways.  They identify who, when and where, or how to seek help for oneself or others when needed. |
| Communicating clearly and  eﬀectively (verbal and nonverbal) | Individuals who possess health and physical literacy communicate thoughts, ideas, emotions and action plans with clarity, using written, verbal and/or visual methods. They are excellent communicators who master movements, word choices, and use of eﬀective tone and presentation skills to articulate ideas and movements. They are skilled at interacting with others as they are active listeners who speak clearly and with a purpose. They demonstrate and perform movements and skills with accuracy and balance. They consider the audience and prepare accordingly to ensure the desired outcome. |
| Resolving conﬂict | Individuals who possess health and physical literacy acknowledge problems in school and in the community and develop skills to create strategies to resolve the issue. They are aware of the reason(s) of the conﬂict and quickly take positive action to address the problem. They thoughtfully probe the root cause of the conﬂict prior to introducing a  resolution. They carefully consider the consequences both positive and negative to resolve the conﬂict. Once a resolution is agreed upon, they follow through to ensure the conﬂict is resolved, whether through their own actions or the actions of others and they take the necessary steps to eliminate the conﬂict from recurring. |
| Attending to personal health, emotional, social and physical well-being | Individuals who possess health, emotional, social and physical literacy understand the relationship between the body and the mind. They create and implement a personal self-care plan that promotes a healthy lifestyle. They recognize the importance of a healthy diet, regular exercise, and promote mental health activities that lead to healthier behaviors. They also take regular actions that contribute to their personal, emotional, and social well-being by regulating emotions, understanding personal self-care, and engaging in appropriate  self-expression. Establishing outlets that are safe and take place in healthy environments allow for positive social interaction for self and others. They recognize that an active body promotes an active healthy mind that contributes to their overall health. |
| Engaging in an active lifestyle | Individuals who possess health and physical literacy understand the importance of wellness and being active throughout their lifetime. They understand that daily activity is crucial to establishing and maintaining good health habits of regular exercise, a balanced diet, and healthy |

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|  | social and mental activities that encourage help seeking skills. They know that an active lifestyle lowers the risk of cardiovascular diseases by strengthening the immune system. They also take regular action to contribute to their active lifestyle with regular health exams, a personalized ﬁtness plan, and balanced daily schedule that provides the peace of mind and satisfaction required to fully enjoy an active lifestyle. |
| Engaging in an active lifestyle | Individuals who possess health and physical literacy understand the importance of wellness and being active throughout their lifetime. They understand that daily activity is crucial to establishing and maintaining good health habits of regular exercise, a balanced diet, and healthy social and mental activities that encourage help seeking skills. They know that an active lifestyle lowers the risk of cardiovascular diseases by strengthening the immune system. They also take regular action to contribute to their active lifestyle with regular health exams, a personalized ﬁtness plan, and balanced daily schedule that provides the peace of mind and satisfaction required to fully enjoy an active lifestyle. |
| Making decisions | Individuals who possess health and physical literacy make informed, responsible decisions in order to lead a lifestyle that promotes wellness. Students examine their options and consider their values, their own beliefs, and consequences, that will impact their decisions. They  develop, implement, and model eﬀective critical thinking skills in their decision-making process. They consider the impacts of the decisions to self and others and evaluate whether the results of their decision promote one’s health or present a risk. They analyze if a decision can be made individually or collaboratively. |
| Managing-self | Individuals who possess health and physical literacy understand and practice strategies for managing one’s own emotions, thoughts and behaviors. They recognize the skills needed to establish and achieve success in situations. They identify and apply skills, such as  self-regulating, self-control, asking questions, and setting goals to persevere and overcome barriers. They research reliable sources to inform and engage in healthy behaviors. They reﬂect on personal experiences, and recognize their strengths, traits and limitations to avoid risky or dangerous behaviors and situations. |
| Setting goals | Individuals who possess health and physical literacy are focused with a plan in mind and a task to complete. They set high but realistic standards, prioritize responsibilities, utilize time wisely and think short and long-term to achieve the intended results. Goal-setters are organized, self-directed, highly motivated, curious, and desirous of living healthy and productive lives. |

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| Using technology tools responsibly | Individuals who possess health and physical literacy ﬁnd and maximize the productive value of existing with new technology to accomplish personal and professional tasks. They are ﬂexible and adaptive in  acquiring and operating new technology. They are proﬁcient with ubiquitous technology applications. They understand the laws, inherent risks - personal and organizational - of technology applications, and they take actions to prevent or mitigate these risks as responsible users. |

**APPENDIX III**

**NEW JERSEY STUDENT LEARNING STANDARDS FOR ENGLISH LANGUAGE ARTS**

Anchor Standards – Reading: Key Ideas and Details

NJSLSA.R1. Read closely to determine what the text says explicitly and to make logical inferences and relevant connections from it; cite specific textual evidence when writing or speaking to support conclusions drawn from the text.

NJSLSA.R2. Determine central ideas or themes of a text and analyze their development; summarize the key supporting details and ideas.

Anchor Standards – Reading: Craft and Structure

NJSLSA.R4. Interpret words and phrases as they are used in a text, including determining technical, connotative, and figurative meanings, and analyze how specific word choices shape meaning or tone.

NJSLSA.R5. Analyze the structure of texts, including how specific sentences, paragraphs, and larger portions of the text (e.g., a section, chapter, scene, or stanza) relate to each other and the whole.

Anchor Standards – Reading: Integration of Knowledge and Ideas

NJSLSA.R7. Integrate and evaluate content presented in diverse media and formats, including visually and quantitatively, as well as in words.

NJSLSA.R8. Delineate and evaluate the argument and specific claims in a text, including the validity of the reasoning as well as the relevance and sufficiency of the evidence.

Anchor Standards – Writing: Text Types and Purposes

NJSLSA.W1. Write arguments to support claims in an analysis of substantive topics or texts, using valid reasoning and relevant and sufficient evidence.

NJSLSA.W2. Write informative/explanatory texts to examine and convey complex ideas and information clearly and accurately through the effective selection, organization, and analysis of content.

Anchor Standards – Writing: Production and Distribution of Writing

NJSLSA.W4. Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.

NJSLSA.W6. Use technology, including the Internet, to produce and publish writing and to interact and collaborate with others.

Anchor Standards – Writing: Research to Build and Present Knowledge

NJSLSA.W7. Conduct short as well as more sustained research projects, utilizing an inquiry- based research process, based on focused questions, demonstrating understanding of the subject under investigation.

Anchor Standards – Speaking and Listening: Comprehension and Collaboration NJSLSA.SL1. Prepare for and participate effectively in a range of conversations and collaborations with diverse partners, building on others’ ideas and expressing their own clearly and persuasively.

NJSLSA.SL2. Integrate and evaluate information presented in diverse media and formats, including visually, quantitatively, and orally.

NJSLSA.SL3. Evaluate a speaker’s point of view, reasoning, and use of evidence and rhetoric.

Anchor Standards – Speaking and Listening: Presentation of Knowledge and Ideas NJSLSA.SL4. Present information, findings, and supporting evidence such that listeners can follow the line of reasoning and the organization, development, and style are appropriate to task, purpose, and audience.

NJSLSA.SL5. Make strategic use of digital media and visual displays of data to express information and enhance understanding of presentations

**APPENDIX IV**

**NEW JERSEY STUDENT LEARNING STANDARDS**

**FOR MATHEMATICAL PRACTICE**

SMP1- Make sense of problems and persevere in solving them

SMP2- Reason abstractly and quantitatively

SMP3- Construct viable arguments and critique the reasoning of others

SMP4- Model with mathematics

SMP5- Use appropriate tools strategically

SMP6- Attend to precision

SMP7- Look for and make use of structure

SMP8- Look for and express regularity in repeated reasoning

**APPENDIX V**

**NEW JERSEY STUDENT LEARNING STANDARDS FOR SCIENCE**

Physical Science Performance Expectations

4-PS4-1. Develop a model of waves to describe patterns in terms of amplitude and wavelength and that waves can cause objects to move.

4-PS4-3. Generate and compare multiple solutions that use patterns to transfer information.

4-PS4-2. Develop a model to describe that light reflecting from objects and entering the eye allows objects to be seen.

4-PS3-1. Use evidence to construct an explanation relating the speed of an object to the energy of that object.

4-PS3-2. Make observations to provide evidence that energy can be transferred from place to place by sound, light, heat, and electric currents.

4-PS3-3. Ask questions and predict outcomes about the changes in energy that occur when objects collide.

4-PS3-4. Apply scientific ideas to design, test, and refine a device that converts energy from one form to another.

4- PS1-1. Develop a model to describe that matter is made of particles too small to be seen.

5-PS1-2. Measure and graph quantities to provide evidence that regardless of the type of change that occurs when heating, cooling, or mixing substances, the total weight of matter is conserved.

5-PS1-3. Make observations and measurements to identify materials based on their properties.

5-PS1-4. Conduct an investigation to determine whether the mixing of two or more substances results in new substances.

5-PS2-1. Support an argument that the gravitational force exerted by Earth on objects is directed down.

5-PS3-1. Use models to describe that energy in animals’ food (used for body repair, growth, motion, and to maintain body warmth) was once energy from the sun.

Life Science Performance Expectations

4-LS1-1. Construct an argument that plants and animals have internal and external structures that function to support survival, growth, behavior, and reproduction.

4-LS1-2. Use a model to describe that animals receive different types of information through their senses, process the information in their brain, and respond to the information in different ways.

5-LS1-1. Support an argument that plants get the materials they need for growth chiefly from air and water.

5-LS2-1. Develop a model to describe the movement of matter among plants, animals, decomposers, and the environment.

Engineering, Technology, and Applications of Science Performance Expectations

3-5-ETS1-1. Define a simple design problem reflecting a need or a want that includes specified criteria for success and constraints on materials, time, or cost.

3-5-ETS1-2. Generate and compare multiple possible solutions to a problem based on how well each is likely to meet the criteria and constraints of the problem.

3-5-ETS1-3. Plan and carry out fair tests in which variables are controlled and failure points are considered to identify aspects of a model or prototype that can be improved.

Science and Engineering Practices

P1 - Asking Questions and Defining Problems P2 - Developing and Using Models

P3 - Planning and Carrying Out Investigations

P4 - Analyzing and Interpreting Data

P5 - Using Mathematics and Computational Thinking P6 - Constructing Explanations and Designing Solutions P7 - Engaging in Argument from Evidence

P8 - Obtaining, Evaluating, and Communicating Information

Disciplinary Core Ideas PS4.A - Wave Properties

PS4.B - Electromagnetic Radiation

PS4.C - Information Technologies and Instrumentation PS3.D - Energy in Chemical Processes and Everyday Life ESS1.A - The Universe and its Stars

ESS1.B - Earth and the Solar System ESS1.C - The History of Planet Earth ESS2.A – Earth

Materials and Systems

ESS2.B - Plate Tectonics and Large-Scale System Interactions ESS2.C - The Roles of Water in Earth’s Surface Processes ESS2.D - Weather and Climate

ESS2.E - Biogeology

ESS3.A - Natural Resources

ESS3.B - Natural Hazards

ESS3.C - Human Impacts on Earth Systems

ESS3.D - Global Climate Change

LS1.A - Structure and Function

LS1.B - Growth and Development of Organisms

LS1.C - Organization for Matter and Energy Flow in Organisms

LS1.D - Information

Processing

LS2.A - Interdependent Relationships in Ecosystems

LS2.B - Cycles of Matter and Energy Transfer in Ecosystems

LS2.C - Ecosystem Dynamics, Functioning, and Resilience

LS2.D - Social Interactions and Group Behavior

LS3.A - Inheritance of Traits

LS3.B - Variation of Traits

LS4.B - Natural Selection

LS4.C - Adaptation

LS4.D - Biodiversity and Humans

ETS1.A - Defining Engineering Problems

ETS1.B - Developing Possible Solutions

ETS1.C - Optimizing the Design Solution

Cross Cutting Concepts CCC1 - Patterns

CCC2 - Cause and effect: Mechanism and explanation

CCC3 - Scale, proportion, and quantity

CCC4 - Systems and system models

CCC5 - Energy and matter: Flows, cycles, and conservation

CCC6 - Structure and function

CCC7 - Stability and change

*The entire standards document may be viewed at:* [*http://www.state.nj.us/education/cccs/2016/science/*](http://www.state.nj.us/education/cccs/2016/science/)

**APPENDIX VI**

**NEW JERSEY STUDENT LEARNING STANDARDS FOR TECHNOLOGY**

Standard 8.1: (Educational Technology) All students will use digital tools to access, manage, evaluate, and synthesize information in order to solve problems individually and collaboratively and to create and communicate knowledge.

*The entire standards document may be viewed at* [*http://www.state.nj.us/education/cccs/2014/tech/*](http://www.state.nj.us/education/cccs/2014/tech/)

**APPENDIX VII**

**NEW JERSEY STUDENT LEARNING STANDARDS**

**FOR 21st CENTURY LIFE and SKILLS**

Standard 9.1: (21st-Century Life and Career Skills) all students will demonstrate the creative, critical thinking, collaboration, and problem-solving skills needed to function successfully as both global citizens and workers in diverse ethnic and organizational cultures.

Standard 9.3: (Career Awareness, Exploration, and Preparation) all students will apply knowledge about and engage in the process of career awareness, exploration, and preparation in order to navigate the globally competitive work environment of the information age.

Standard 9.4: (Life Literacies and Key Skills) All students will develop key literacies and technical skills such as critical thinking, global and cultural awareness, and technology literacy\* that are critical for students to develop to live and work in an interconnected global economy.

*The entire standards document may be viewed at* [*https://www.nj.gov/education/standards/chp/*](https://www.nj.gov/education/standards/chp/)

*The entire standards document for Career Readiness, Life Literacies, and Key Skills may be viewed at* <https://www.nj.gov/education/standards/clicks/>

**APPENDIX VIII**

**New Jersey Competencies for Social Emotional Learning**

Social and emotional learning (SEL) refers to the process by which children and adults acquire and effectively apply the knowledge, attitudes and skills necessary to do the following: understand and manage emotions; set and achieve positive goals; feel and show empathy for others; and make responsible decisions. Students in SEL programs are more likely to attend school and receive better grades and are less likely to have conduct problems. Successful infusion of SEL can result in positive behaviors, increased academic success, and caring communities.

**APPENDIX IX**

**Integrated Accommodations and Modifications for Special Education Students, English Language Learners, Students at Risk of School Failure, Gifted and Talented Students, and Students with 504 Plans (N.J.A.C. 6A: 8**)

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| **Special Education** |
| **ENVIRONMENT** |
| Preferential Seating |
| Adjust time for completion of assignments when needed |
| Adjust length of assignments when needed |
| Allow additional oral response time |
| Break tasks (including long range assignments) into manageable steps |
| Provide copies of notes |

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| Reduce the number of problems on a page |
| Provide assistance with organizing a notebook or folder |
| Repeat/ clarify directions when needed |
| Make frequent checks for work/assignment completion. |
| Modify homework and class work if needed |

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| Extend time on tests/quizzes |
| Provide study guides for tests |
| Provide oral component when needed |
| Modify format when needed- (ex: limit choices, word bank, shortened written responses) |
| Allow a private workspace when needed (study carrel, separate desk, desk away from the group) |
| Allow opportunities for movement (e.g., help with supplies, change to different part of room to work, carry messages to office) |
| Assist the student to keep only the materials required for the lesson on the desktop |
| Provide a seat away from distractions (or noise) |
| **MATERIAL/BOOKS/EQUIPMENT** |

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| Allow use of a calculator |
| Allow use of a number line |
| Allow use of counting chips |
| Modify worksheets |
| Provide visual aids (pictures, flash cards, etc.) |
| Provide auditory aids (cues, tapes, etc.) |

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| Use manipulatives |
| Provide hands-on learning activities |
| **INSTRUCTIONAL STRATEGIES** |
| Check work in progress |
| Provide immediate feedback |
| Provide extra drill/practice |
| Provide review sessions |
| Provide models |
| Highlight key words |

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| Provide pictures/charts |
| Use mnemonics |
| Support auditory presentations with visuals |
| Have student restate information |
| Provide lecture notes/outline |
| Give oral reminders |
| Give visual reminders |

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| Review directions |
| Use graphic organizers |
| Assign partners |
| Repeat instructions |
| Display key vocabulary |
| Monitor assignments |
| Provide visual reinforcement |
| Provide concrete examples |

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| Use vocabulary word bank |
| **ORGANIZATION** |
| Post assignments |
| Provide a desktop list of tasks |
| Give one paper at a time |
| Provide extra space for work |
| List sequential steps |
| Provide folders to hold work |

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| Post routines |
| Use pencil box for tools |
| Reorganize poorly designed worksheets to create simple, easy-to-follow layouts and formats |
| Give advance warning when transition is going to take place |
| Provide structure for success |
| Provide a contract, timer, etc., for self-monitoring |

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| Give the student a prompt when he/she is off task (e.g., move close to the student, speak to the student, etc.) |
| **TEST/QUIZZES/TIME** |
| Give prior notice of test |
| Provide oral testing |
| Provide extra time for written work |
| Provide modified tests |
| Rephrase test questions/directions |
| Preview test procedures |
| Provide shortened tasks |
| Provide extra time for tests |

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| Read test to student |
| Provide test study guides |
| Limit multiple choice options |
| Provide extra time for projects |
| Pace long term projects |

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| Simplify test wording |
| Provide hands-on projects |
| Allow extra response time |
| **ENGLISH LANGUAGE LEARNERS** |
| **GRADING** |
| Standard Grades vs. Pass/Fail |
| **CONTINUUM OF ENGLISH LANGUAGE DEVELOPMENT** |
| Pre K-K WIDA CAN DO Descriptors |
| Grades 1-2 WIDA CAN DO Descriptors |
| Grades 3-5 WIDA CAN DO Descriptors |
| Grades 6-8 WIDA CAN DO Descriptors |
| Grades 9-12 WIDA CAN DO Descriptors |

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| **SIOP COMPONENTS AND FEATURES** |
| **PREPARATION** |
| Write content objectives clearly for students |
| Write language objectives clearly for students |

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| Choose content concepts appropriate for age and educational background levels of students |
| Identify supplementary materials to use |
| Adapt content to all levels of student’s proficiency |
| Plan meaningful activities that integrate lesson concepts with language practices opportunities for reading, writing, listening, and/or speaking |
| **BUILDING BACKGROUND** |
| Explicitly link concepts to students' backgrounds and experiences |
| Explicitly link past learning and new concepts |
| Emphasize key vocabulary for students |
| **COMPREHENSIBLE INPUT** |
| Use speech appropriate for students' proficiency level |
| Explain academics tasks clearly |
| Use a variety of techniques to make content concepts clear (e.g., modeling, visuals, hands-on activities, demonstrations, gestures, body language) |
| **STRATEGIES** |

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| Provide ample opportunities for students to use strategies (e.g., problem solving, predicting, organizing, summarizing, categorizing, evaluating, self-monitoring) |
| Use scaffolding techniques consistently throughout lesson |

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| Use a variety of question types including those that promote higher-order thinking skills throughout the lesson |
| **INTERACTION** |
| Provide frequent opportunities for interaction and discussion between teacher/students and among students about lessons concepts, and encourage elaborated responses |
| Use group configurations that support language and content objectives of the lesson |
| Provide sufficient wait time for student responses consistently |
| Give ample opportunities for students to clarify key concepts in LI as needed with aide, peer, or LI text |
| **PRACTICE/APPLICATION** |
| Provide hands-on materials and/ manipulatives for students to practice using new content knowledge |
| Provide activities for students to apply content and language knowledge in the classroom |
| Provide activities that integrate all language skills |
| **LESSON DELIVERY** |
| Support content objectives clearly |
| Support language objectives clearly |
| Engage students approximately 90-100% of the period |
| Pace the lesson appropriately to the students' ability level |

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| **REVIEW/EVALUATION** |

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| Give a comprehensive review of key vocabulary |
| Give a comprehensive review of key content concepts |
| Provide feedback to students regularly on their output |
| Conduct assessments of student’s comprehension and learning throughout lesson and all lesson objectives |
| **STUDENTS AT RISK OF SCHOOL FAILURE (I&RS RESOURCE MANUAL)** |
| **ACADEMICS** |
| Provide necessary services (Lit Support, Math Support, OT, PT, speech, etc.) |
| Literacy Support Interventions (Appendix B of IS forms) |
| Prompt before directions/questions are verbalized with visual cue between teacher and student |
| Task list laminated and placed on desk for classroom routines and organization |
| Preferential seating |
| Provide structure and positive reinforcements |
| Sustained working time connected to reward (If/Then statement) |
| Frequently check for understanding |
| Graphic organizers |
| Tracker |
| Slant board |

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| Access to accurate notes |
| Additional time to complete tasks/long-term projects with adjusted due dates |
| Limit number of items student is expected to learn at one time |
| Break down tasks into manageable units |
| Directions repeated, clarified, or reworded |
| Frequent breaks during class |
| Allow verbal rather than written responses |
| Modify curriculum content based on student's ability level |
| Reduce readability level of materials |
| Allow typed rather than handwritten responses |
| Use of calculator |
| Use of a math grid |
| Provide models/organizers to break down independent tasks |
| Access to electronic text (e.g., Downloaded books) |
| Provide books on tape, CD, or read aloud computer software |
| Provide opportunities for using a Chromebook as well as assistive technologies |
| Provide buddy system |
| Adjust activity, length of assignment, and/or number of problems, including homework |

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| Provide assessments in a small group setting |
| Educate/train relevant staff with regards to the signs/symptoms, promote tolerance of needs, and/or providing assistance |
| Communication with parents |
| Gradual release of responsibility related to writing prompts (Proximity, Sentence Starter, Attempt independently) |
| Rubric-based checklist |
| Target specific number of details and focus on organization with post-its |
| Accept late work/homework without penalty |
| Previewing material (access to PowerPoint slides, novels, syllabus, study guides when available) |
| **SOCIAL/EMOTIONAL** |
| Children's books addressing presenting problem |
| Student jots down presenting problem and erase when it goes away |
| Meet with guidance counselor |
| Student jots down presenting problem and erase when it goes away |
| Attendance plan |
| Utilize nurse during episodes of presenting problem |
| Provide short breaks |

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| Attendance plan |
| Communication with parents |

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| Assign "jobs" to reduce symptoms |
| Counseling check-ins |
| Praise whenever possible |
| **ATTENTION/FOCUS** |
| Seat student near front of room |
| Preferential seating |
| Monitor on-task performance |
| Arrange private signal to cue student to off-task behavior |
| Establish and maintain eye contact when giving oral directions |
| Stand in proximity to student to focus attention |
| Provide short breaks when refocusing is needed |
| Use study carrel |
| Arrange physical layout to limit distractions |
| Frequently ask questions to engage student |
| Refocusing and redirection |

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| Behavior/time management system |
| Group directions 1 step at a time |
| Assign "jobs" to reduce symptoms |

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| Arrange physical layout to limit distractions |
| Frequently ask questions to engage student |
| Educate/train relevant staff with regards to the signs/symptoms, promote tolerance of needs, and/or providing assistance |
| Extended time on assignments/assessments |
| Provide assessments in a small group setting |
| Provide buddy system |
| Establish and maintain eye contact when giving oral directions |
| Permit the use of headphones while working |
| **SCHOOL REFUSAL/ELEVATED ABSENTEEISM** |
| Attendance plan |
| **GIFTED AND TALENTED STUDENTS** |
| **CURRICULUM** |
| Acceleration |

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| Compacting |
| Telescoping |
| Advanced Placement Courses |
| **INSTRUCTION** |
| Grouping |

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| Independent Study |
| Differentiated Conferencing |
| Project-Based Learning |
| Competitions |
| Cluster Grouping Model with Flexible Grouping |
| Differentiated Instruction |
| Summer Work |
| Parent Communication |