Freshman High School Experience

Content Area: **Health & Phys Ed**
Course(s): **HEALTH 1**
Time Period: **Semester 1**
Length: **2 weeks**
Status: **Published**

Standards

2.1.12.PGD.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.
2.1.12.PGD.2	Predict how healthy and unhealthy behaviors can affect brain development and impact physical, social and emotional stages of early adulthood.
2.1.12.EH.1	Recognize one's personal traits, strengths, and limitations and identify how to develop skills to support a healthy lifestyle.
2.1.12.EH.2	Analyze factors that influence the emotional and social impact of mental health illness on the family.
2.1.12.EH.3	Describe strategies to appropriately respond to stressors in a variety of situations (e.g., academics, relationships, shootings, death, car accidents, illness).
2.1.12.EH.4	Analyze and adapt mental and emotional health messages and communication techniques to peers and other specific target audience (e.g., dimensions of health).
2.3.12.PS.1	Apply a thoughtful decision-making process to evaluate situations and influences that could lead to healthy or unhealthy consequences (e.g., peers, media).
2.3.12.PS.6	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.

Enduring Understandings

1. As students enter high school, it is imperative for them to adapt to the many changes in their new learning environment. ***HE.9-12.2.1.12.EH*** *- Emotional Health - [Core Idea] - Self-confidence, personal traits, stress, limitations, and strengths impact the mental and emotional development of an individual*

2. The relationship and mentorship between upperclassmen and underclassmen can promote an environment of communication, respect, and trust. ***HE.9-12.2.1.12.SSH*** *- [Core Idea] - Healthy individuals establish and maintain healthy relationships by utilizing positive communication and social skills to interact effectively with others*

3. It is important for students to understand the school/community resources available to them and how to access them when/if in need. ***HE.9-12.2.1.12.SSH*** *- Social and Sexual Health - - [Core Idea] - Knowledge of and access to resources is beneficial in providing support to individuals and families dealing with difficult situations.*

Essential Questions

1. What are the common struggles that freshmen face when entering high school?

2. What roles can the upperclassmen play in helping freshman students adapt to life as a WHRHS student?

3. What resources are available to help our students adapt?

Knowledge and Skills

Performance expectations are:

- Participate in team building activities and ice breakers to help students form connections with classmates. ***HE.9-12.2.1.12.SSH.3***
- Identify personal uncertainties regarding WHRHS and create avenues with resources that students can rely on. ***HE.9-12.2.1.12.EH.3***
- Recognize and access the school resources designed to help with the transition to WHRHS.(Peer Leaders, SAC, Lunch Lounge). ***HE.9-12.2.1.12.CHSS.6***
- Develop communication and social skills that will help them interact within the Watchung Hills community. **HE.9-12.2.1.12.EH.1**

Transfer Goals

1. Students will be able to independently recognize the challenges that arise during high school.

2. Students will be able to independently understand what school resources are available to them when facing adversity.

3. Students will be able to independently utilze the available resources proactively rather than reactively.

Resources

Welcoming and supporting students through navigating the first days of school
https://docs.google.com/presentation/d/16TOw6RDVc9Zh5dEUfG1JjAU2EjjBaWDZ1hGoKP8msc0/edit#slide=id.p1

Peer Leaders - https://www.whrhs.org/co-curricular/clubsactivities-2/public-service/peer-leadership-program

WHRHS Student Assistance Counselors/Guidance Counselors - https://www.whrhs.org/guidance/counselor-directory-2

Assessments

https://docs.google.com/document/d/1z90hu2-lCXoUTewriJPJTl5846tUuXMFSuMHD8is0yI/edit

Modifications for Diverse Learners

https://docs.google.com/document/d/1cUIE1QRfV7jJNjgU2NdcW1x91UAyDENe/edit