

New Bedford Public Schools
Division of Adult & Continuing Education

New Bedford High School Evening Extension

2019 – 2020 School Year
Trimester III

Learning Packet #2
for
Health

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Email Ms. Faria with questions/concerns regarding this packet at the email address listed above.

Due date: May 5, 2020

NBPS Health Evening Extension
Health Class
Trimester 3

Happy April!!

On the last day of school, I collected emails from those students who were present. If you were absent or have not received an email from me, please send me an email at sfaria@newbedfordschools.org.

We will be using Canvas as our Learning Management System (LMS) versus Google Classroom. This is due to the restrictions google puts in place and not everyone having a NBPS email address. In order to join the class, I need to send you an invite via email. Again, it is important that I have your correct email address. Once you get the email, all you need to do is click on the link and it will walk you through the steps.

The first few assignments have been posted to NBPS and to our Canvas classroom. At this time, all assignments and links for completing the daily prompts have been posted in our Canvas classroom. In addition, you will have to answer a daily prompt each day we are 'scheduled' for class. This information can also be found on the NBPS and Canvas. All assignments should be submitted via Canvas classroom. Daily prompts will have links to a google form where you can document your answers.

Updated Assignment Links:

- [Daily Prompts 4/6 - 4/8](#)
 - [Response document for 4/8 Daily Prompt ONLY](#)
- [Photo and Voice Journal](#)

Please feel free to contact me via email or through Canvas with any questions or concerns.

Stay healthy!

Mrs. Faria

Date	Skill	Prompt
4/6	Analyzing Influences	<p>Internal and external influences can be both positive and negative, contributing to positive and negative health outcomes.</p> <ul style="list-style-type: none"> • Make a list of positive, external influences that contribute to good sexual health. • Make a list of positive, internal influences that contribute to good sexual health. <p><u>Answer Form</u></p>
4/6	Analyzing Influences	<p>You are invited to sleep over at your friend's house. During the sleepover, one of your friends pulls a bottle of vodka out of their backpack and starts pouring it into a cup. A friend of yours says "I think I'm going to have my parents come pick me up." Another friend says "pour me a glass!"</p> <ul style="list-style-type: none"> • Using the above scenario, identify the positive influences and express why these influences will positively affect your health. • Using the same scenario, identify the negative influences and identify strategies to counteract the negative influences. <p><u>Answer Form</u></p>
4/7	Interpersonal Communication	<p>Time to Talk: Watch this YouTube video This Is Not Your Parents Health Class with an adult, parents/guardians..</p> <p>Compare and contrast your current health class with your parents' health class.</p> <p>**If you don't have access to the video, talk with an adult/parents/guardians to answer the above prompt.</p>
4/8	Interpersonal Communication	<p>Time to Talk: Distracted Driving.</p> <p>Talk to your parents/guardians about specific family rules for driving.</p> <ul style="list-style-type: none"> • What are the consequences for breaking those rules? • What is our family plan for an emergency situation related to drunk driving? <p>(who do I call, what do I say, etc.)</p> <p><u>Answer Form</u></p>

Daily Prompt Response

Time to Talk: Watch this

YouTube video [This Is Not Your Parents Health Class](#) with an adult, parents/guardians..

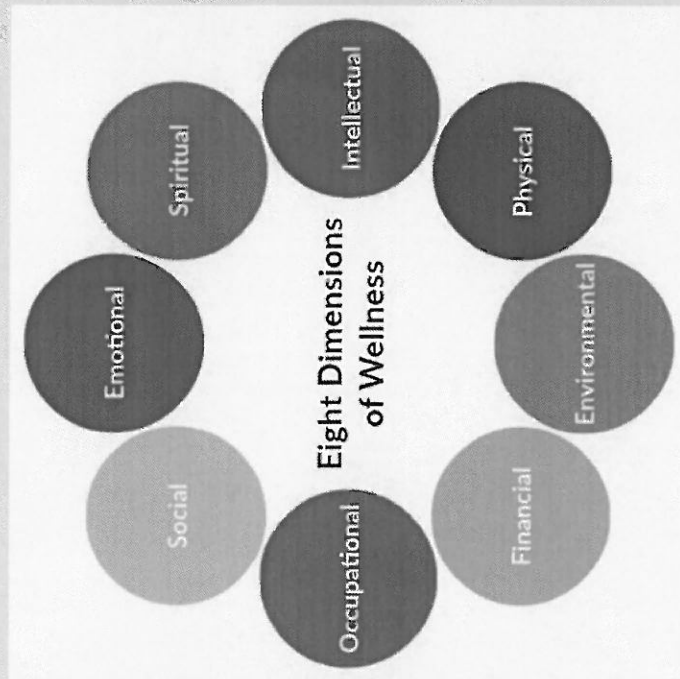
Compare and contrast your current health class with your parents' health class.

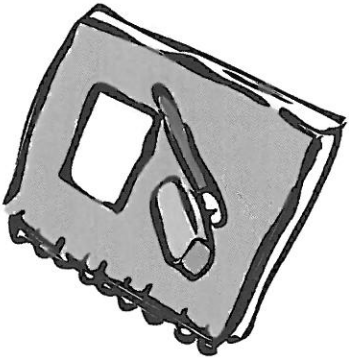
**If you don't have access to the video, talk with an adult/parents/guardians to answer the above prompt.

My Health Class Differences:	Similarities	Parents Health Class: Differences

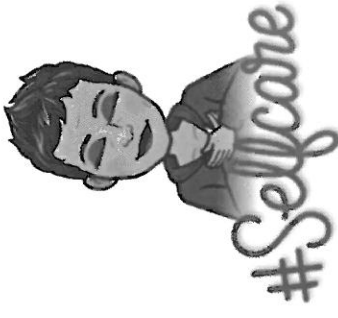
Dimensions of Wellness

HEALTH
PHOTO + VOICE
PROJECT JOURNAL





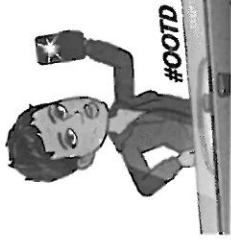
Purpose:



Over the next 6 weeks we are going to create a Photo/Voice journal giving consideration to 6 of the Dimensions of Wellness. This project will enrich our prior knowledge and allow us to dive deeper into our social and emotional learning. We are going to reflect on each of our personal experiences and use this opportunity to capture images, discuss different topics, and collaborate on our skill building opportunities in Health! I am looking forward to seeing all of your amazingness!

Mrs. Faria

Elements of a Photo Voice Journal



Photographs:

Students will capture/ or find images that mean something to them regarding each of the specific journal topics.

Each journal entry must have a minimum of 3 pictures.

You can do this by making an video/iMovie, google slide, Prezi, PowerPoint, etc. It is YOUR choice.

Discussions/Journal entries

Use the prompts to answer the weekly questions

Create a Google slideshow that will be ongoing throughout this time.

Take this time and reflect, enjoy self discovery, and collaboration.



PHYSICAL WELLNESS

Take care of your body for optimal
health and functioning



Week 1

**PHYSICAL
WELLNESS**



Week 1

Physical Wellness - Regular physical activity, healthy eating, medical/self-care, and avoidance of substance abuse contribute to physical well-being.

Photo Options: (Choose at least 3)

- Take/or find a picture of you eating a healthy meal and/or snack.
- Take/or find a picture of you doing some form of exercise.
- Take/or find a picture of you being outside doing some sort of activity.
- Take/or find a picture of you doing a chore in your house.
- Take/or find a picture of you preparing a meal for you and/or family
- Take/or find a picture of a food label of something you ate
- Take/or find a picture of an exercise plan you have created for the next 6 weeks
- Take/or find a picture of "social distancing"



HAVE FUN WITH THIS!

Week 1

Physical Wellness (Focus on Nutrition and Exercise)

Journal Prompts (Answer at least 3)

- What do you think of social distancing? Do you think this is a good way of curbing the virus? What changes have you or will you make during this time.
- What is the role of exercise for you in the next 6 weeks? What is it going to look like?
- How does making healthy choices regarding your nutrition change throughout this school closure?
- What do you think the effects regarding supply and demand are playing on food options during this time?
- What do you think about all of the sport suspensions/closures (professional, collegiate, and school athletics) will impact our country, community, school and/or self.
- How can you advocate for healthy choices in your family regarding physical wellness right now and in the next 6 weeks?



HAVE FUN WITH THIS!

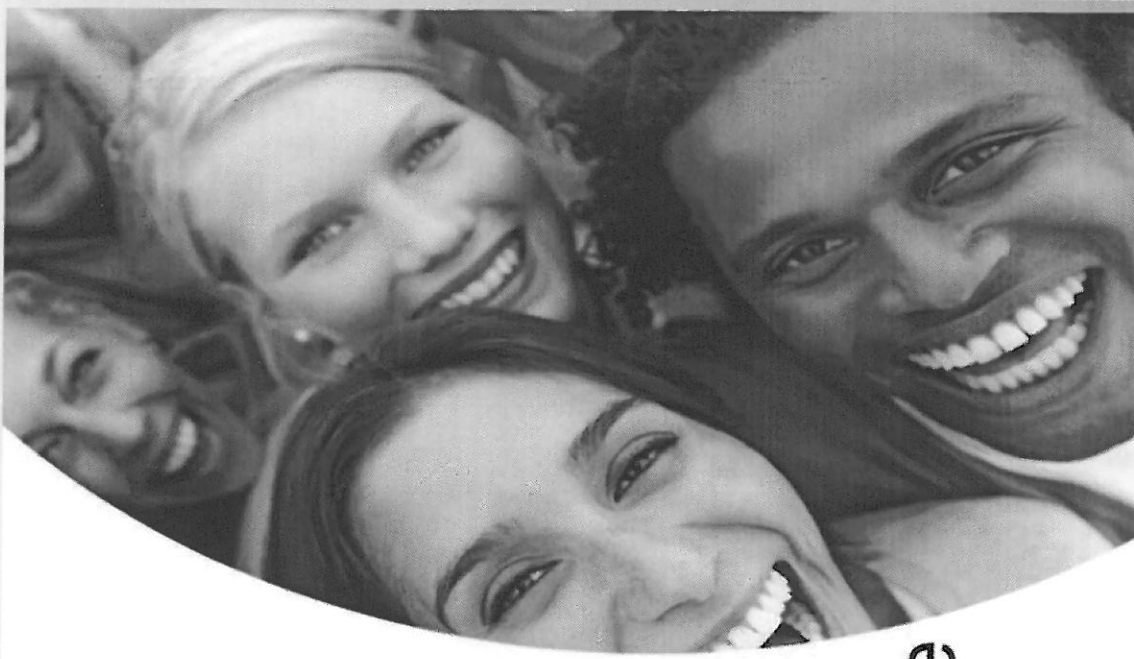
Week 2

**SOCIAL
WELLNESS**



SOCIAL WELLNESS

**Build relationships
with others, deal with
conflict appropriately,
and connect to a positive
social network**



Week 2

Social Wellness- Doing activities that build friendships and support better living conditions for all in the community contributes to social well-being.

Photo Options (Choose at least 3)

- Take/or find a picture of you helping a friend or family member doing something
- Take/or find a picture of what social distancing is
- Take a screenshot of an appropriate text message to a friend giving support
- Take/or find picture of your favorite social media app
- Take/or find a picture of a community group that is set up to help out in our community
- Take/or find a picture of something that potentially could cause a conflict during the time
- Take/or find a picture of a friend
- Take/or find a picture an activity you love to do with your family



HAVE FUN WITH THIS!

Week 2

Social Wellness- Doing activities that build friendships and support better living conditions for all in the community contributes to social well-being.

Journal Prompts (Answer at least 3)

- How has not being in school now for over a week impacted your social wellness?
- How has "social distancing" affected your social wellness? Why?
- Thinking about the future, how will this closure of school affect your friendship circles? Will it or not? Why or why not?
- Name a compassionate way you've supported a friend or family member recently. Then write down how you can do the same for yourself.
- Make a list of the people in your life who genuinely support you, and who you can genuinely trust, why?
- I really wish others knew this about me...
- What is the best advice someone has ever given you? Furthermore, what impact did this have on your life?

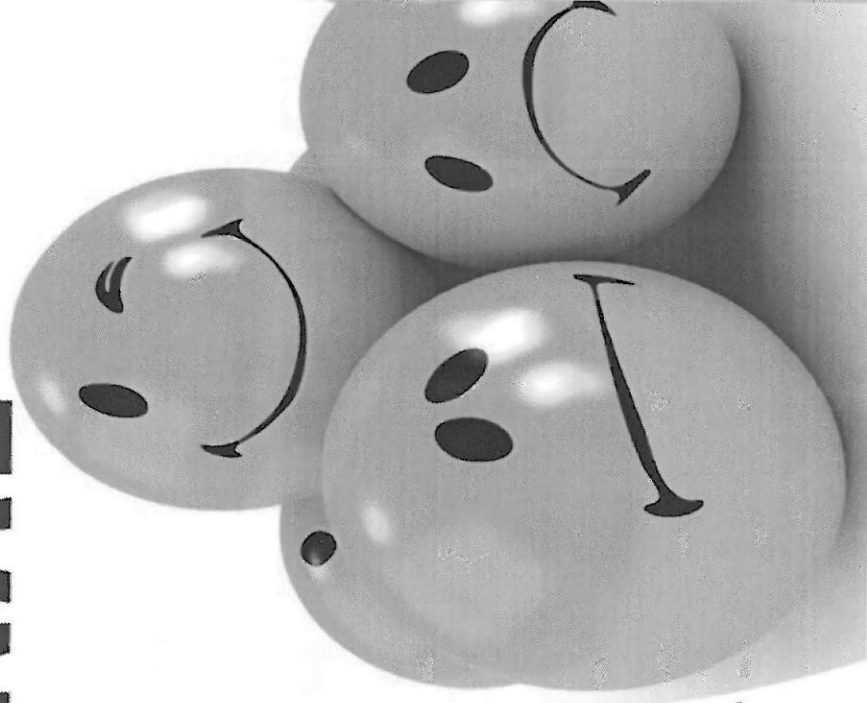
My friend



HAVE FUN WITH THIS!

EMOTIONAL WELLNESS

Have a positive attitude,
high self-esteem, a strong
sense of self, and the ability
to recognize & share a
wide range of feelings with
others in a constructive way.



Week 3

EMOTIONAL
WELLNESS



Week 3

Emotional Wellness: Being aware of and accepting of personal feelings and being sensitive and responsive to the emotional states of others contribute to emotional well-being.

Photo Options (Choose at least 3)

- Take/or find a picture of something that causes you stress
- Take/or find a picture of something you do that relieves your stress
- Take/or find a picture of someone that makes you happy
- Take/or find a picture of something or some place that brings you joy
- Take/or find a picture of a visual sign of stress in yourself or someone else
- Take/or find a picture of something that has surprised you during this time of closure

Love,



HAVE FUN WITH THIS!

Week 3

Emotional Wellness: Being aware of and accepting of personal feelings and being sensitive and responsive to the emotional states of others contribute to emotional well-being.

Journal Prompts (Answer at least 3)

- When I'm in pain — physical or emotional — the kindest thing I can do for myself is...
- Make a list of 30 things that make you smile.
- The words I'd like to live by are...
- What are 5 things in your life that cause you stress? Why? What do you do to relieve your stress?
- Write about your first love — whether a person, place or thing.
- What can you do at this time to help relieve someone else's stress during the school closure?
- What can you learn from your biggest mistakes?



HAVE FUN WITH THIS!

Week 4

**ENVIRONMENTAL
WELLNESS**



ENVIRONMENTAL WELLNESS

Be aware of the interactions between the environment, community and yourself and behave in ways that care for each of these responsibly.

Week 4

Environmental Wellness-The capability to live, work, and play in a clean and safe environment that is not detrimental to health.

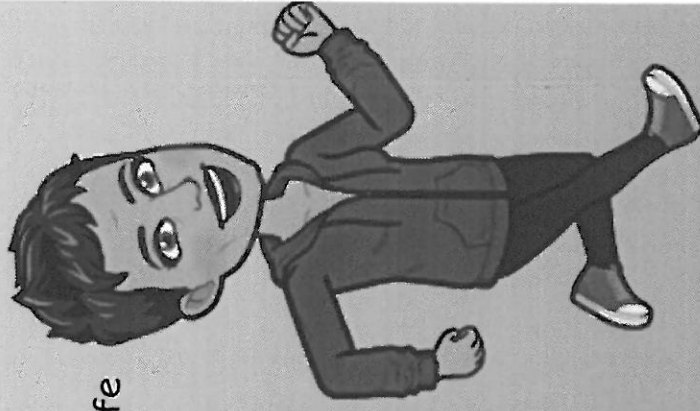
Photo Options (Choose at least 3)

- Take/or find a picture of something you recycled
- Take/or find a picture of something positive in your current environment
- Take/or find a picture of an environmental issue currently facing us during this school closure
- Take/or find a picture your space at home you do school work in
- Take/or find a picture of you in nature or doing an outdoor activity
- Take/or find a picture something that brings you joy in your environment

PLEASE



RECYCLE



HAVE FUN WITH THIS!

Week 4

Environmental Wellness-The capability to live, work, and play in a clean and safe environment that is not detrimental to health.



Journal Prompts (Answer at least 3)

- Write about a place that you fell in love with or holds a special place in your heart.
- My favorite way to spend the day outdoors would be...
- What do you think the environmental impact of all of us potentially being indoors for these 6 weeks may cause?
- Are you a city, a country or a beach person? Why?
- Where do you see our community environment at EHS when we return for the remaining of the school year? Different? Same? Why?
- Reflect on how our environment has changed in the last 5 years

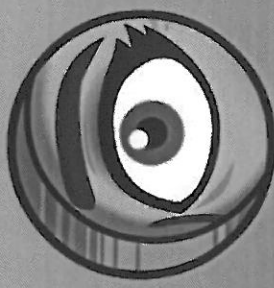


HAVE FUN WITH THIS!

INTELLECTUAL WELLNESS

Be open to new
ideas, be creative,
think critically,
and seek out
new challenges

Week 5



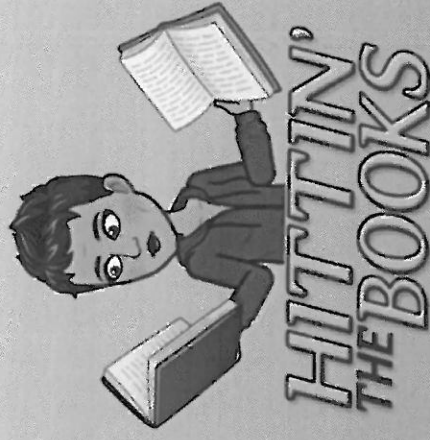
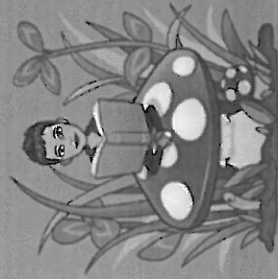
**INTELLECTUAL
WELLNESS**

Week 5

Intellectual Wellness- Engaging your mind in ongoing learning for personal growth contributes to intellectual well-being.

Photo Options (Choose at least 3)

- Take/or find a picture of your favorite book
- Take/or find a picture of something you struggle with in school
- Take/or find a picture of something you work on everyday that would fall under Intellectual wellness
- Take/or find a picture someone that stimulates learning for you
- Take/or find a picture something that you have thought of differently since COVID 19
- Take/or find a picture of something you consider challenging



HAVE FUN WITH THIS!

Week 5



Intellectual Wellness- Engaging your mind in ongoing learning provides personal growth that contributes to intellectual well-being.

Journal Prompts (Answer at least 3)

- How do you maintain balance in your life? For example, are there any changes you would like to or NEED to make? Have the last 5 weeks changed your views? How does it relate to Intellectual Wellness
- Are you addicted to social media? Assess yourself honestly and explore how it impacts your life and intellectual wellness and what changes, if any, you can make
- What does growing older mean to you?
- What advice would you give your 20-something self about intellectual wellness
- Reflecting back to your SMART Goals, how is this closure affecting them?
- What was one thing you love to learn about? Why?



HAVE FUN WITH THIS!

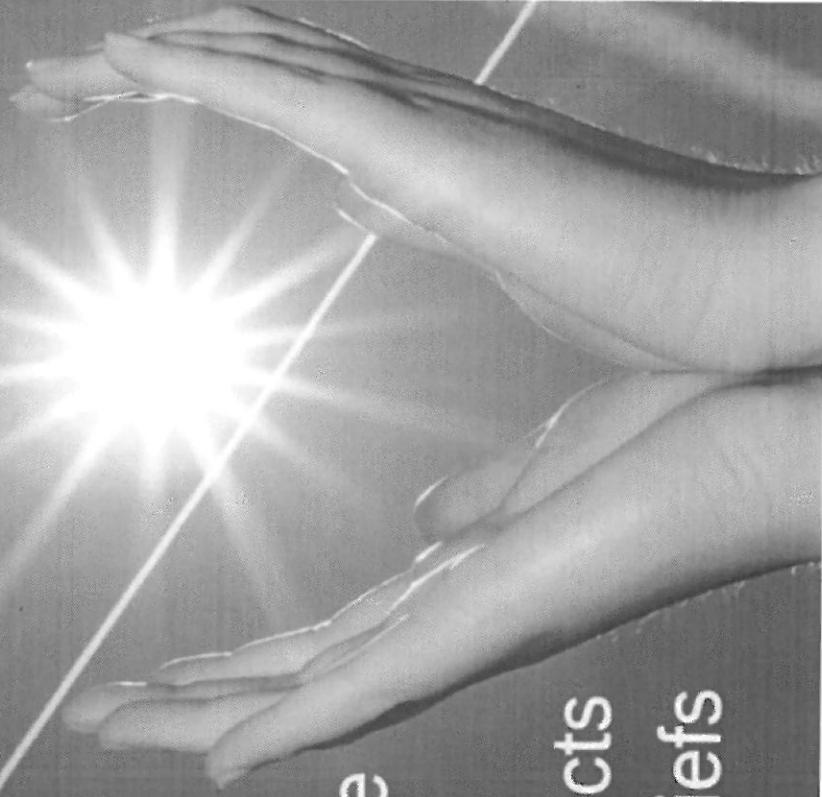
Week 6



**SPIRITUAL
WELLNESS**

SPIRITUAL WELLNESS

Find meaning in life
events, demonstrate
individual purpose,
& live a life that reflects
your values and beliefs



Week 6

Spiritual Wellness - Doing activities that cultivate hope, gratitude, forgiveness, and a sense of connectedness to the world contributes to spiritual well-being

Photo Options (Choose at least 3)

- Take/or find a picture of something/ someone you are grateful for
- Take/or find a picture that supports your beliefs and values
- Take/or find a picture that demonstrates hope to you
- Take/or find a picture of something or someone that inspires you
- Take/or find a picture of a spiritual quote that you like and aligns with your values and beliefs
- Take/or find a picture that demonstrates spiritual wellness to you



GRATEFUL



HAVE FUN WITH THIS!

Week 6



Spiritual Wellness - Doing activities that cultivate hope, gratitude, forgiveness, and a sense of connectedness to the world contributes to spiritual well-being

Journal Prompts (Answer at least 3)

- What touched me today from the media (social, t.v. movies, news, etc)?
- Who or what inspired me this week?
- What made me smile today? What made you sad?
- What's the best thing that happened to me this week?
- The two moments I'll never forget in my life are... Describe them in great detail, and what makes them so unforgettable.
- If you were stranded on a desert island, what is the one thing and the one person you would choose to have with you and why?



HAVE FUN WITH THIS!

Please make sure your finished
slideshow is emailed or shared with
me at

sfaria@newbedfordschools.org

You did it!!!!



DO NOT
SEE
TO
WALK