

Schedules of Classes

Ms. Augello

Grade 7
Day 1-4
9:34-10

Grade 8
Day 1-4
10:34-11:20

Grade 6
Day 1-4
12:09-12:54

Grade 5
Day 3
12:59-1:44

Grade 6, 7
Ms. Fechtig
Day 2
12:08-12:56

Grades 5, 6, 7
Mrs. Rooney
Day 4
12:59-1:44

Grade 1
Mrs. Berg
Day 1 2:37-3:22
Ms. DeLucia
Day 2 2:37-3:22
Mrs. Wilhelm
Day 3 2:37-3:22
Mrs. Bauer
Day 4 2:37-3:22

Grade 3
Mrs. Axelrod
Day 1 2:37-3:22
Ms. Amico
Day 2 2:37-3:22
Mrs. Silva
Day 3 2:37-3:22
Mrs. Benedetto
Day 4 2:37-3:22

Island Park UFSD

Health Education Program

June 2019

Francis X. Hegarty Elementary School
Lincoln Orens Middle School

Health News



Tips for Staying Safe and Healthy During the Summer.

Lifesaving Swim Techniques (Caught in a Riptide)

- ◆ Stay Calm. The natural reaction is to fight the riptide, but struggling against the current will make you tired and increase the risk of drowning.

Swim Parallel to the Shore

- ◆ It helps to keep you out of the current, and if your arms are getting tired, float on your back.

Head to Safety

Once you are able to escape the riptide, swim to the shore, or shout and wave to get someone's attention.

Heat Stroke

- ◆ If your core temperature is too high and isn't cooled down within 30 minutes, you are at risk for permanent organ damage.
- ◆ Signs of heat stroke: Rapid breathing, quick heart rate and pulse, change in behavior, which includes dizziness, confusion, aggression, nausea or vomiting.

Source: Scholastic/Choices



Grade 1

Unit—Second Step

Emotion Management

This month, the students will learn to develop the ability to identify and manage their own strong emotions.



Lesson Objectives

- Students will learn to get along with peers, and make good choices.
- Students will understand how to cope with strong emotions and express themselves in socially acceptable ways.

Grade 3

Too Good For Drugs

This month, students will learn how alcohol use negatively affects the healthy development of their brain and other negative consequences of alcohol. They will also learn the negative short-term and long-term health effects of using tobacco products.



Lesson Objectives

- Discuss the risks associated with under-age alcohol use.
- Identify the benefits of making healthy choices related to food, rest, and exercise.
- Demonstrate the effective use of peer-pressure refusal strategies in a variety of situations.
- Discuss the risks associated with use of tobacco products.
- Identify the benefits of being tobacco free.
- Recall and practice peer-pressure refusal skills.

Grade 6

Unit- Stress and the Teenage Brain

Students will learn how the teenage brain changes when prolonged stress occurs in their life. Students will complete an inventory that helps them identify their stress and how they respond to stress.



Lesson Objectives

- Students will identify events that cause stress (stress triggers).
- Students will learn coping strategies to deal with their stress in a healthful way.
- Students will choose coping strategies to reduce stress.

Grade 7

Unit—Too Good For Drugs

Students will learn how alcohol, marijuana, and other drugs slow the functioning of the central nervous system, changing emotions, perceptions and judgment, and damage the teenage brain.

Lesson Objects

- Students will discuss the short-term and long-term effects of drug abuse on the body and mind.
- Students will understand how gastric ADH works in females and males.

Grade 8

Unit—Mental Health

The eighth graders will understand the different signs and symptoms of depression and suicide. Students will understand how many young people who commit suicide have expressed their intent prior to the actual act.

Lesson Objectives

- Students will learn that every threat of suicide should always be taken seriously.
- Students will learn to report all threats to a trusted adult.
- Students will learn that it is not safe to keep secrets about suicide threats.