

**Schedules of Classes**  
**Ms. Augello**

**Grade 7**

Day 1-4

9:38-10:23

**Grade 8**

Day 1-4

10:29-11:14

**Grade 6**

Day 1-4

11:18-12:03

**Grade 5**

Day 1

12:59-1:44

**Grade 6**

**Ms. Fechtig**

Day 3

12:08-12:56

**Grades 6 ,7, 8**

**Mrs. Rooney**

Day 4

12:59-1:44

**Grade 2**

**Mrs. Kane**

Day 1 2:05-2:32

**Mrs. O'Driscoll**

Day 2:05-2:32

**Mrs. Kolensky**

Day 3 2:05-2:32

**Grade 4**

**Mrs. Roberts**

Day 1 2:35-3:20

# Island Park UFSD

**Health Education Program**

**January 2019**

**Francis X. Hegarty Elementary School  
Lincoln Orens Middle School**

## **Health News**

### **The Teenage Caregiver**

Approximately 1.4 million teenagers are taking care of a family member. Seventy-two percent of child caretakers are taking care of a parent, or grandparent. Ten percent help out with younger siblings.

Teenage caregivers are responsible to look after a family member who may be sick, disabled, or elderly. The role of a caretaker is challenging and they may have to give up some of their social life, hobbies, and sports teams. It can be physically and emotionally draining for some teenagers.

## **MANAGING**

(The secret life of a teenage caregiver.)

- ◆ **Make a list.** Viewing it on paper can help with prioritizing.
- ◆ **Deep Breathing.** Taking 10 deep breaths to slow your heart rate and it can help you focus.
- ◆ **Sleep.** Sleeping at least 8-9 hours helps to keep your energy levels high.
- ◆ **Use social media wisely.** Staying connected with friends/family can serve as a support system.



Source: Scholastic/Choices  
Source: Jennifer Katzenstein, Ph D., director of psychology/neuropsychology at Johns Hopkins All Children's Hospital

## **Grade 2**

### **Unit- Second Step (Empathy)**

#### **Key Concepts**

Students will learn that people can have different feelings about the same situation and that feelings are natural. They will learn that empathy is feeling or understanding what someone else is feeling.



## **Learning Objectives**

- Identify others' feelings using physical, verbal, and situational clues.
- Label their own feelings as the same as, or different from others' feelings.
- Determine whether others' feelings have changed, in response to scenarios.

## Grade 4

### Unit—Second Step (Emotional Management)

#### Key Concepts

Students learn that when they experience strong feelings, it's hard to think clearly. Unmanaged, strong emotions can lead to negative behavior and negative consequences. They will understand that staying in control of their emotions and actions will help them get along better with others and be more successful at school.



#### Lesson Objectives

- Describe what triggers their own strong emotions.
- Identify what happens in their brains and bodies when they experience strong emotions.
- Demonstrate the ability to interpret escalating emotions.
- Determine their own personal "signal" to identify and name strong feelings as they happen.

## Grade 6

### Unit—Personal Health and Physical Activity

#### Students will understand:

- Regular physical activity can protect their health, reduce stress, and build self-esteem.
- How to stay safe when participating in physical activities and outdoor activities.



#### Lesson Concepts

##### Students will be able to:

- Understand how regular physical activity benefits the three areas of health.
- Identify which lifestyle changes can increase their physical fitness.



#### Assessment

*ELA Writing—Personal Opinion  
Strength Training for Kids: How and Why?*

## Grade 7

### Unit—First Aid

#### Key Concept

Students will learn first aid procedures for shock, heart attacks, wounds and nosebleeds. They will learn the universal precautions and guidelines that help protect people from diseases that are spread by blood and body fluids.

#### First Aid Project

**Oral Presentations—Groups will demonstrate proper steps to follow for an emergency situation.**

## Grade 8

### Unit— Mental and Emotional Health

#### Lesson Concepts

- Understanding mental health disorders and how to reduce the stigma.
- Identifying the differences between depression and suicide and the preventive steps to take in each case.
- Understanding grief and how to comfort a grieving person.

#### Project

**Animal Stress Stories—Booklet**

