

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 6,7,8

Day 3

12:08-12:58

Grade 2

Day 1 1:47-2:32

Mr. Tramutolo

Day 2 1:42:30

Miss Amico

Day 3 1:47-2:30

Mrs. Kane

Day 4 1:47-2:30

Mrs. Bauer

Grade 4

Mrs. Bosch

Day 1 2:30-3:18

Island Park UFSD

Health Education Program

January 2020

Francis X. Hegarty Elementary School
Lincoln Orens Middle School

Health News

What is the Negativity Effect?

The negativity effect is the universal tendency for bad situations/events and emotions to affect us more strongly than the positive ones.

People focus so much on bad news, that it tends to magnify its power, and we forget about all the good that is really surrounding all of us.

Source: Tierney, John, Baumeister, F. Roy. (2019, December 28-29). For the New Year, Say No to Negativity. *The Wall Street Journal*, p.C1-2.

Solutions

♦ The Rule of Four. It takes four good things to overcome one bad thing. For example, at least four uplifting news stories for every bad one. Or plan on four compliments to make up for one critical comment.

♦ Put the bad moments to good use. The pinnacle of the negativity effect is its ability to teach and motivate. So we can look for the useful lessons.

♦ Capitalize on the good moments. Sharing positive/good news is an effective strategy to become happier, so try to rejoice in a friend's good fortune.

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—Social Emotional Learning (Second Step)



Lesson Concepts

- Learn practical strategies from each other for overcoming roadblocks and resolving lingering conflicts.
- Recognize the difference between conflicts and bullying.
- To be better able to help someone being bullied or get help themselves if they need it.

Lesson Objectives

- Identify roadblocks that can make resolving serious conflicts difficult.
- Explore strategies for overcoming roadblocks.
- Identify ways to help someone who is being bullied.

Assessment

Students choose an idea they heard in class or one of their own, and create an anti-bullying mini-poster. They must identify a practical strategy to help someone being bullied.

Grade 7

Unit—College and Career Readiness



Lesson Concepts

- Compare and contrast opportunities for teamwork, collaboration and leadership in health science.
- Describe strategies for assessing, adjusting personal behaviors to meet workplace expectations.

Group Research Project

Investigate and determine what Health Science Pathway is most needed in your community and explain how this pathway would minimize illnesses and promote health.

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