

John Jay Middle School
40 North Salem Road - Route 121
Cross River, NY 10518
914-763-7500
"Learn. Care. Lead."

Mr. Jeff Swiatowicz, Principal

Ms. Monica Bermiss, Assistant Principal

Ms. Shantel Brooks, Assistant Principal

2019-2020 Open House

Our mission statement: Health class will safely explore various experiences that could happen in the future, find or share ways to move towards and/or maintain the quality on one's physical, emotional, environmental, intellectual and mental well-being.

JJMS Goal: Take the time to get to know our students well and use that knowledge to increase student engagement in our classrooms.

Subject: HEALTH

Teachers' Names: Stephen DelMoro, Christy Mitchell, Artie Blank

Curriculum: Middle School Health is currently divided within a student's 6th, 7th and 8th grade years. Within these sessions, students will engage in various activities and assignments that focus on both "Skills and Functional Knowledge" outlined in the NYS Health Guidance Document. Below are skill and content examples:

Skills		Functional Knowledge	
Self - Management	Decision Making	Physical Activity and nutrition	Unintended injury
Stress - Management	Advocacy	HIV/AIDS	Violence Prevention
Communication		Family Life, Human Growth & Development/Sexuality	Other required health areas
Planning and goal setting		Alcohol, Tobacco and other drugs resistance	

Grading and Homework: Grades will be based on point system in which a student's grade will be their points earned divided into total possible points that is then converted into a letter grade. Points are earned through class participation and assignments created during class. There will be extra credit opportunities for all interested students. Grades will be received at the end of the trimester they have health class.

Resources:

NYS Health Guidance Document information (For Parents) <http://www.p12.nysed.gov/sss/documents/GuidanceDocument4.25.update.pdf>

Extra Help: Tuesday

Teacher Contact Information: Stephen DelMoro - sdelmoro@klschools.org x2164

6TH GRADE HEALTH CURRICULUM MAP (+/- 29 days)

	Skill/Topic	Specifics
A	Emergency drill/course details	SKILL FOCUS: Decision-making and HELP Strategy, study strategy called Mind-mapping, FUNCTIONAL KNOWLEDGE: Puberty, General Body Systems and Wellness (physical, mental, emotional, social)
B	Getting to know each other (especially first group)	ice breakers
C	Mind-mapping "What Does Healthy Mean?"	Healthy=Wellness: Things people do/don't do, have/don't have...BEHAVIORS that are good for you...
D	Hygiene	Learning about basic hygiene concepts (hand washing, dental care, food prep, puberty, body odor, acne)
E	iPad presentations to group using keynote	Using technology to create presentation, advocacy... teach group what you learned about your system. Oral presentation.
F	Decision-Making	Decision-Making Steps & HELP strategy, decision-making styles, Poker Chip activity, use student -made scenarios for group to work on decision-making worksheet, then same process with individual scenarios and presentation of each scenario
E	Puberty	Very basic focus on the emotional journey
G	Sleep	Short informational video clip for importance of sleep, strategies on how to wake up feeling good.
H	Stress	What is stress, how does the body respond to stress and Kelly McGonigal's TED Talk "How to make stress your friend."
I	Group research on Body Systems & iPad presentations	iPad research and keynote presentation on basic understanding of each body system and how the systems are interdependent. Mind-map questions direct research into ways to keep system healthy and behavior that have a negative effect on system.
J	Current Health Article and/or research	News articles and/or KidsHealth.org website for student choice
K	What Does Healthy Mean Now?	Creating new mind maps on what healthy means to each student.
L	Guest Speaker: Frank Secret	"Decision-Making" plus Q&A
M	Vaping	More depth about the dangers of vaping flavoring, tobacco, alcohol and marijuana.

7TH GRADE HEALTH CURRICULUM MAP (+/- 30 DAYS)

		Skill/Topic	Specifics
<input type="checkbox"/>	A	Emergency drill reminders/course details	SKILL FOCUS: Decision-making review, Goal-setting FUNCTIONAL KNOWLEDGE: Puberty, Alcohol, Tobacco, Other Drugs (ATOD)
<input type="checkbox"/>	B	Goal-Setting	SMART GOALS versus Dreams (TED Talk by Bert Jacobs "Do What You Like, Like What you do")
<input type="checkbox"/>	C	Develop a Personal Timeline	Personal Timeline, writing a SMART goal,
<input type="checkbox"/>	D	Current Health Article(s)	Everyone reads "How Teen Social Life Affects Drug Abuse" Choice Read: Zika 101, Concussions, The Importance of Good Hydration
<input type="checkbox"/>	E	Puberty	Pre-test, Movie "Body Story: Teen Dreams," and Puberty Prezi
<input type="checkbox"/>	F	Decision-Making Review (from 6th grade curriculum)	Decision-Making Steps & HELP strategy
<input type="checkbox"/>	G	NaturalHigh.org	Natural High is a video campaign that highlights musicians, athletes, artists, actors who have chosen to live drug and alcohol free.
<input type="checkbox"/>	H	Famous Person's Timeline Comparison (Natural High Celebrity versus Celebrity with ATOD Problems)	How did alcohol and drugs have a negative impact on their famous career/life? (iPad research& small groups) Examples Whitney Houston, Charlie Sheen, CC Sabathia
<input type="checkbox"/>	I	Guest Speakers Kiri Ryan & High School Students from Prevention Awareness Council (PAC)	Decision-Making Situations
<input type="checkbox"/>	J	Tobacco	Tobacco Prezi: Health consequences, dipping, benefits of quitting & other PSA's
<input type="checkbox"/>		Vaping	dvd: Vaping: More Dangerous Than You Think
<input type="checkbox"/>	K	Alcohol	PSA opener "Teens react to Drunk Driver" What issues surround underage alcohol consumption?
<input type="checkbox"/>	L	Alcohol	Small group research: topics include Binge Drinking, DWI laws, understanding BAC, short and long -term effects on mind and body.
<input type="checkbox"/>	M	Alcoholism & Children of Alcoholics (COA)	Movie "Shattered Spirits"
<input type="checkbox"/>	N	Guest Speaker Kiri Ryan on COA	process movie
<input type="checkbox"/>	O	NIDA's Article and information "Brain & Addiction"	Pre-test/Article/Prezi/Discussion/PSA/ Addiction/ Stages of Dependency
<input type="checkbox"/>	P	"Gateway Drugs"	What is a gateway drug? How does our social acceptance of a drug(s) impact our perception of how dangerous it is? "video clip "The Truth About Marijuana" What do gateway drugs have in common?
<input type="checkbox"/>	Q	"Gateway Drugs"	Vanguard documentary: "Gateway to Heroin: OxyContin"
<input type="checkbox"/>	S	Guest Speaker : School Resource Officer Secret	Online "Decision-Making"plus Q&A

8TH GRADE HEALTH CURRICULUM MAP (+/- 30 DAYS)

		Skill/Topic	Specifics
<input type="checkbox"/>	A	Emergency drill reminders/course details	SKILL FOCUS: Decision-making review, communication & resolving conflict FUNCTIONAL KNOWLEDGE: Puberty, Human Growth & Development
<input type="checkbox"/>	B	Risk	What is risk and how do behaviors effect our overall health and well-being? Use Decision-Making process & HELP Acronym (Healthy, Ethical, Legal, Parent Approval) for one risky behavior.
<input type="checkbox"/>	C	Communication	Perception
<input type="checkbox"/>	D	Conflict & Communication	Keynote presentation and line revolution
<input type="checkbox"/>	E	"I Statements"	Introduction to "I Statements" and review decision-making model with HELP strategy. Use I statement to respond to "slur"
<input type="checkbox"/>	F	Puberty	Pre-test review, Hygiene reminder, reproductive anatomy worksheet & keynote, video "Human Body & Endocrine System." 2,3 & 4-D ultrasounds
<input type="checkbox"/>	G	Self-esteem/Self-Talk/Self-Confidence	Watch 1 of 3 TED Talks & writing assignment "Positive Letter to My Sophomore Self" to be re-read during HS health class.
<input type="checkbox"/>	H	Healthy & Unhealthy Relationships: Guest Speaker from Hopes Door	Guest Speakers, Power & Control in Dating Relationships, Discussion
<input type="checkbox"/>	I	What is Sexual Harassment?	Guest Speakers JJHS/JJMS Social workers Kiri Ryan and/or Ray DeStephan improve student understanding of DASA laws, and situations that may or may not be sexual harassment.
<input type="checkbox"/>	J	Movie "Cyberbully: Words can Hurt"	Addresses many issues including online bullying, LGBTQ+, suicide, and what to do if it is happening to you or another person.
<input type="checkbox"/>	K	Suicide Prevention and warning signals	Prezi Presentation
<input type="checkbox"/>	L	Guest Speakers Kiri Ryan & High School Students from Prevention Awareness Council (PAC)	Decision-Making Situations & Transition to High School
<input type="checkbox"/>	M	SAGA Club from JJHS	Genderbread Person and Gender Neutral Pronouns
<input type="checkbox"/>	N	Vaping	dvd: Vaping: More Dangerous Than You Think
<input type="checkbox"/>	P	Abstinence	Promoting Abstinence Assignment
<input type="checkbox"/>	Q	HIV/AIDS Video "The Announcement: Magic Johnson story"	Documentary for historical perspective, Guiding Questions to better understand the virus, how it does/does not spread, HIV to AIDS timeline.
<input type="checkbox"/>	R	Current Health Article or Discussion	Article or Discussion based on a Health current event