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District News: The 6-12 Wellness teachers have been meeting regularly this semester to discuss student learning concerns and developing a logic model to address these concerns. This model specifies teaching strategies to be utilized, expected student outcomes and the evidence we will use to show that these outcomes are being met.

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- Josh Wedge MS Physical Education
- Danielle Petrucci MS Health
- Matt Gauron HS Wellness
- Jamie Hanson HS Wellness
- Jim LaSelva HS Wellness

Thank you to Friends of MRMS/HWHS

To whom it may concern: On behalf of the Hamilton-Wenham 6-12 Wellness Department I want to thank the **Friends of MRMS/HWHS** for their support in providing a grant for the **Remote Control Performance** by **Deanna's Educational Theater Inc.**

Deanna's Educational Theater Company is a nonprofit organization that offers inter-active performance-based presentations covering current health issues. It is a highly interactive, theatre based presentation that explores issues associated with unhealthy relationships and bystander intervention using scenarios very familiar to young people. "**Remote Control** encourages bystander intervention and highlights how young people can help prevent unhealthy relationships."

This performance directly connects with the High School and Middle School health curriculum as well as to the K-12 Wellness transfer goal for students to independently use their learning to take personal responsibility for making healthy choices which are physically, socially, emotionally and intellectually balanced.

Thank you again to the **Friends of MRMS/HWHS** for the grant which provided students with learning opportunities beyond the walls of the building and enables them to apply their decision-makings skills to real-life situations. Written by: Prudy Pilkanis



Update on HeartTech Monitor EdFund Grant

The technology portion of the grant is now complete. Our “General-tron” has been installed in the gymnasium. This is an 11’ by 15’ retractable screen with supporting technology, which enables teachers to mirror their devices for students during PE classes. A permanent screen with a sound system and supporting technology has been installed in the fitness room. Teachers are discovering endless possibilities to utilize this technology to increase the learning of all our students.

A special thank you to Alan Taupier, Director of Technology for providing his expertise on the technology portion of the grant.



Check out the Faculty Flash Mob during the Holiday Assembly. A great demonstration on how dance and movement can provide personal enjoyment. Notice the “General-tron” showing the dancing in bigger than life size.

HWRHS Flash Mob RAW Footage



Looking forward to.....

Bill Phillips of *New Beginnings* is coming in March 2018 and speaking with grade 10 Adventure Leadership 1 students about the use and abuse of substances. Thank you to the **Foundation for Alcohol Education** for funding this speaker. New Beginnings is a program “to promote awareness and acceptance of alcoholism and other dependencies as a health issue of grave concern to everyone, with major ramifications to the welfare of the community.” William (Bill) Phillips, President and founder of *New Beginnings*, will meet with students in small groups to discuss the most current issues students deal with every day as well as strategies and approaches to encourage students to make responsible decisions.



To Access past Wellness Newsletters and the Wellness Academic sites for a synopsis of course offerings please click on the links below:

High School

<http://hwrhs.hwschools.net/page.cfm?p=2230>

Middle School

<http://hwrhs.hwschools.net/page.cfm?p=1768>

Middle School Health: written by Danielle Petrucci

A big thank you to Merry Kaulbach, parent of the Hamilton-Wenham community and employee of the MA Department of Developmental Services, for coordinating an influential speaker in the Life Skills classroom. Eighth grade students were visited by Jeremy, a man who previously overdosed on opioids and is now dealing with the consequences of his poor choices. Jeremy grew up similar to the students at Miles River, he had a good family where his sister was his best friend. As a teenager he started smoking marijuana which led to a downward spiral of drug use. One year, on St. Patrick's day, Jeremy's sister handed him a pill which led to Jeremy's overdose. Jeremy is now wheelchair bound needing 24 hour assistance. This was an eye-opening experience for students who had questions prepared for Jeremy for a conversation. After the experience, students said that they were inspired by Jeremy's courage to share his story and that it was a wake up call to the truth about drugs and alcohol.

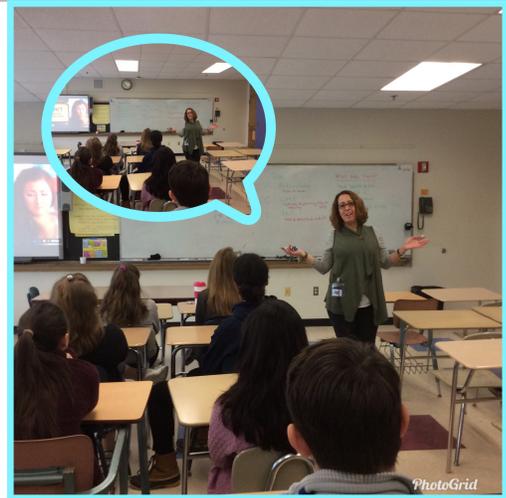
Miles River Middle School Physical Education: written by Kim Adsit and Josh Wedge

Over the past couple months the Miles River Middle School PE classes have been working on volleyball, fitness, and badminton. Recently, the program gained an extra space to help accommodate some of their very large classes. The room is attached to the gym, and will serve as a fitness room for the middle school students. It will take a little time to get the room fully operational, and equipped, but Mrs. Adsit and Mr. Wedge will be using it as an additional space for a variety of activities for the time being.



Grade 9 Wellness: written by Matt Gauron and Jamie Hanson

The 9th grade Health and Wellness students have been utilizing 3 areas of our facility during the second quarter. Each week, time was split between the fitness room, health classroom, and the gymnasium. Much of our focus in the gym and fitness room this quarter has been learning how to measure heart rate to improve cardio output. With the use of our new Heart Tech Plus technology, students can easily gauge how hard they are working. They can see on screen what their heart rate is in real time and use this information to access certain target heart rate zones by controlling their work rate. It has proven to be educational, motivating, and enjoyable experience for the students. In the health classroom, our students have discussed topics in sexuality and in mental health. Thank you to Sue Howland (School Adjustment Counselor) for presenting the S.O.S. program on suicide prevention. Also thanks to Kristen Lazzaro (Guidance Chair) for providing S.O.S. training to the Wellness Dept.



Dr. Kristen Lazzaro, K-12 Director of Guidance co-teaching SOS lessons with Grade 9 Wellness teachers.

Personal Fitness Training: written by Jamie Hanson

This quarter in Personal Fitness Training students continued working towards achieving their fitness goals that they established at the beginning of the semester. Students have been increasing their overall health and wellness throughout the semester utilizing their personalized fitness and meal plans, as well as establishing healthy habits that will last a lifetime. Furthermore, through group and individual workouts, we explored various training concepts such as TRX, Spin, HIIT, stability ball training, kettle bell training, and much more. Lastly, through our problem-based learning projects, we demonstrated our knowledge of various nutrition topics through group presentations.



Yoga and Pilates: written by Prudy Pilkanis

During the second quarter, students worked on correct body alignment through the application of body awareness and self-visualization. Students have also built a large repertoire of asanas and exercises they utilize to meet their specific fitness needs each class. They created their own personal yoga and Pilate's routines utilizing BookCreator and incorporating multiple apps. The purpose of this activity was for students to develop, design, review and revise a personal fitness practice, which they will be able to utilize now and in the future. "Guests" were invited to join the classes providing students with opportunities to demonstrate their knowledge in a real time learning experience.



Adventure Leadership Education 2: written by Matt Gauron

As noted in our previous newsletter, the storm, in late October, created much damage to our outdoor challenge course. The high winds knocked over two large oak trees that were essential to the structure of the course. As a result, much of the course was shut down for the fall. Only a few elements remained that were deemed operational for the students to climb. We therefore utilized the climbing elements we had left. Students demonstrated technique, perseverance, and grit by climbing 30-40 feet above the ground.

Fellow classmates belayed one another showing responsibility and establishing trust. Climbing gave way to cold and snowy weather in early December forcing us to come inside. We could then again focus on team building activities where students get to experience what it means to be part of a group. For health, our students have just finished a Project Based Learning assignment based on Mass Curriculum State Standards and presented their findings to their class.



**Lifetime Activities and Competitive Games:
written by Jim LaSelva**

The Lifetime Activities & Competitive Games students have had opportunities to demonstrate their striking and agility skills by participating in learning activities such as pickleball, volleyball, basketball and floor hockey. The students had to identify and predict the trajectory of a moving object and ready their body position for a successful return and/or strike. The classes were able to perform their knowledge by participating in friendly tournaments.

In the classroom, the students shared what they learned from their Problem-Based-Learning assignment by utilizing their technology and presentation skills. A component of this assignment students found most useful was to interview a person that has professional experience with the subject. In one project the students learned about the harmful effects of BPA found in many of our plastics we use on a daily



Why is BPA Harmful?

- As stated earlier BPA is an estrogen mimic meaning it can affect the body's hormone levels, it can mess with growth, cell repair, energy levels, and reproduction.
- Every person's body is sensitive to hormone changes and a large enough imbalance can cause large shifts in your overall health.
- BPA is in almost every plastic product you can buy on the market
- Even the smallest amount of BPA can be harmful
- In a liquid container the liquid absorbs the BPA from the container itself which is why it gets into the body.
- BPA disrupts the growth of young children and babies




ALE 2 Student climbing on the Kitten Crawl



Sue Howland and Alison Trimby, School Adjustment Counselors co-teaching SOS with Grade 9 Wellness classes