

Family and Consumer Science: Julia Witzig **Chef's** classes began the year learning about kitchen safety and foodborne illnesses. Students are applying safety and sanitation practices to prevent kitchen accidents and cross-contamination. They have begun to evaluate and discuss their own eating habits and how to make improvements on their overall health. Delainey Broggi, a Culinary Presenter from Johnson & Wales University classes demonstrated her culinary skills for the classes.

Child Development students are learning about a child's literacy development and phonological awareness. Students have begun making weekly visits to Buker, Cutler and Winthrop Elementary School, making connections with content learned in class while applying it in the classrooms.

The 21st Century Foundation students began the year discussing the different roles a community has in a person's life. They are developing independent living skills throughout the year. Recently, students have been using the Peapod app on their iPads to find ingredients and prices for a recipe of their choice.



Middle School Kim Adsit Josh Wedge

Miles River Middle School: Our school is working with a rotating 6 day schedule and all students will have PE for the entire year. We started fall classes with group cooperative activities such as shipwreck, "alphabets scrabble", "if you have ever...", and completed our soccer unit during the second week of October. Visit our website for class pictures, study guides, and class information.
<https://sites.google.com/site/milesriverpe>



District Information: K-12 Wellness teachers are developing Transfer Goals to be utilized across the district grade levels. Transfer goals provide students with opportunities to show mastery in our academic discipline throughout their school career up till graduation.

Thank you to Project Adventure, Inc. in Beverly MA for their continued support of our Outdoor Education Course here at HWRSD. This year, Project Adventure is providing course inspection and consultation work, as well as multiple training days for the K-12 Wellness staff.

Middle School Health Danielle Petrucci: Life Skills

Teacher, attended a Hydroponic Teacher Institute this summer at Boston College with two other faculty members. All who attended were trained and built their own Float Hydroponic System. The three new systems will be used as an addition to the middle school Life Skills and Science curriculums, as well as the high school's Chef's classes. Students will use project-based learning activities to grow produce for the school cafeteria. Danielle is leading the initiative for the teacher-run Environmental Team. The goal of the Environmental Team is to teach students sustainable practices through a cross-curricular culture. If you are or know of any community partners who would like to collaborate with this initiative, please contact Danielle Petrucci at d.petrucci@hwschools.net.

High School Wellness

Matt Gauron, Jim LaSelva, Tawny Palmieri, Prudy Pilkanis,

Thank you** Sue Howland, School Adjustment Counselor, Rebecca Steinberg, School Adjustment Counselor, and Johanna Wilson, Technology Integration Specialist, for their continued support of the health curriculum with co-teaching and curriculum development.

** Jason Waldron, Director of Facilities & Maintenance, and his department for maintaining the grounds and trees of our Outdoor Adventure course.

**Catherine Donovan, Director of Food Services and the High School Cafeteria works, for preparing us a nutritional meal during Gr 11 Yoga/Pilates field trip to Appleton Farms.

**Appleton Farms, for providing the produce for the field trip "feast", as well as the unique learning experience the farms provided the students.

Grade 9 Wellness: Students have been busy in the Health classroom studying Digital Citizenship, Stress, Depression, and Suicide. They have been exposed to the Fitness Room and have become familiar with the equipment. Students have had the opportunity to research, practice and demonstrate methods required to develop specific muscle groups and concepts. Outdoors, the students have had learning experiences in Soccer, Football and Ultimate Frisbee. Coming soon, students will be enjoying Speedball, Volleyball and Self-Defense.

Grade 10 Adventure Education: Students have spent much of the quarter participating in cooperative learning activities, developing trust and practicing essential skills necessary for effective communication. Many of the students have stepped out of their comfort zone and begun climbing some of the low elements. Some students have started belaying each other, demonstrating the highest degree of responsibility for self and others. In the health classroom students will be completing Digital Citizenship as well as being provided the opportunity to receive CPR certification.



Grade 11:

Yoga and Pilates: Through demonstration and application, students are developing flexibility, muscle strength, and endurance through a variety of Pilates exercises and yoga movement forms. The class took a field trip to Appleton Farms to extend their learning outside of the classroom. Students hiked to the farm, participated in yoga along the way, learned about the pathway from seed to table, and enjoyed a feast prepared by HWRHS Food Service.

Grade 11: Competitive Games/Fitness: Students have developed skills in both lifetime and competitive activities this semester. The students have experienced Archery, Football and Soccer (World Cup is their favorite). We have addressed the 5 components of fitness when in the fitness room, as well as studied Digital Citizenship. Up next, we begin a series of net games, including Volleyball, Badminton, and Pickleball.

Grade 12: Yoga/Pilates and Competitive Games/Fitness: Students are learning how to modify and adapt their practices in Yoga/Pilates. In Competitive Games/Fitness, students are refining their motor skills in dynamic movement experiences. For both classes, this learning will ensure personal safety as well as maximum physical and mental benefits. In the classroom, seniors have been investigating the creative and ethical aspects of digital photo manipulation as well as collaborating as they create community guidelines for dealing with hate speech.