| Wk # | Monday | Tuesday | Thursday |
| --- | --- | --- | --- |
|  | **SEPTEMBER 2015** | | |
| 4 | 31  **SPEAKER -**  **BREAK FREE**  **(Aka - Run for Courage)** | 1 **\*/ AGENDA** Decision Making - due  **Vid- \*/ Has Anyone Seen Phil**? Due Thur  **/\* Has Anyone Seen Phil?** **Decision Making Assignment** | 3 **UNIT 1 EXAM + Paperwork DUE**  **UNIT 2 - Nutrition & Physical Activity**  **Ch 10- 1 - The Importance of Nutrition**  **Ch 10-2 Nutrients & Water**  *( water treatments \* Water vs Coke - next week)*  **\* Health Outline**  **\*/ What Do You Really Value?** |
|  | **HEALTH HOMEWORK DUE DATES** | | |
| 5 | 7  Off | 8 **/\* Last Week’s**  **\*/ NEW AGENDA**  **/\* What Do You Really Value?**  !!! PAPERS BACK & CHECK GRADES!!!  **Ch 11-1** Maintain a **Healthy Weight**  **Ch 11-2**  **Body Image & Eating Disorders**,    **\*/ One Week Eating Log-due 9/15** | 10 **GRADES**  **Video - Body Image**  **Ch 12-1** Benefits of **Physical Activity**  **Ch 12-2** Improving **Your Fitness**  Setting up a Fitness Schedule |
| 6 | 14 **/\* Last Week’s Agenda**  **\*/ Vitamins & Minerals** | 15  **/\* Vitamins & Minerals**  **/\* One Week Eating Log-due**  **UNIT 2 EXAM +PAPERS DUE**  **Video-Secret Life of Mary Margaret** | 17 **Unit 3-Mental/Emotional**  hand out **\*/ UNIT 3 LECTURE OUTLINE**  **Ch 3-1** Developing **Self-Esteem**  **Ch 3-2** Developing **Personal Identity** and Character |
|  |  |  |  |
| 7 | 21 **SPEAKER -**  **ORGAN DONATION** | 22 **UNIT 3 LECTURE OUTLINE**- continues  **Ch 3-3** Expressing **Emotions** in Healthful Ways  **Ch 4-1** Understanding **Stress** | 24 **/\*UNIT 3 LECTURE OUTLINE**  **Ch 5-1** Dealing w/ **Anxiety** & **Depression**  **Ch 5- 2** **Mental Disorders** |
|  | **OCTOBER 2015** | | |
| 8 | 28 **SPEAKER -**  NEW MORNING | 29 **/\* LECTURE OUTLINE**  **Ch 5-3 Suicide** Prevention  video -  **Ch 5-4 Getting Help** | 10/1 **UNIT 3 EXAM + Paperwork DUE**  UNIT 4 - Family/Social Health  \*/\* Communication Outline  **Ch 6-2 Respecting Yourself & Others**  **Ch 6-3 Communicating** Effectively |
| 9 | 5 **SPEAKER -**  MENINGITIS | 6 **\*/ NEW AGENDA**  **Peer Relationships**  **Ch 8-1** Safe and Healthy **Friendships**  **Ch 8-2** **Peer Pressure** & **Refusal Skills,**  + Cartoon- due next Tuesday | 8 **End of Qtr**  **Ch 9-1 -** Causes of **Conflict**  **Ch 9-2** - **Resolving Conflicts**  LCD - Conflict & Resolution notes  Video - 10 Signs Of Relationship Abuse |
|  | **HEALTH HOMEWORK DUE DATES** | | |
| 10 | 12 **/\* Last Week**  **\*/ NEW AGENDA**  Using **I & YOU Messages**,  \*/\* I & YOU Messages | 13  **Ch 9-3** Understanding **Violence**  **Ch 9-4** Prevent & Overcome **Abuse**  video - When Dating Turns Dangerous | 15 **Family Relationships** **Ch 7-3 - Help for Families**  **UNIT 4 EXAM + Paperwork DUE**  Share cartoons |