

WELLNESS

Every student at Haverhill High School is required to pass four years of Wellness, one-half credit each year, for graduation. The Wellness program integrates health and physical education concepts to help students construct knowledge about wellness from a variety of sources. Students then apply the knowledge to set goals and manage their personal health, and promote healthy lifestyles and a safe environment.

The Wellness program is a sequential program that begins with a personal focus on the physical, intellectual, and social dimensions of wellness during the freshman year. During the sophomore year, the integration of the four wellness dimensions, character, education, sportsmanship, citizenship and service is emphasized to help students develop healthy lifestyles and promote wellness in the general school environment. In the junior year, students learn to make healthy decisions about the many challenges they face at home, in school, and in the community. In the senior year, students analyze various aspects of their environment and design and implement a plan to improve some aspect of wellness in their family, school or community.

Policies and Procedures

Wellness classes involve both physical activity and classroom instruction. Grades reflect the combined effort in both the health and physical activity portion of the course. If students are unable to be physically active, a note from a parent or guardian is required. Students who are to be medically excused require a note from a physician. Any student who is excused from physical activity must complete an alternative, non-physical activity. In addition, students are expected to be prepared for physical activity by having a change of clothing and proper footwear that permits safe movement, and by wearing no jewelry that interferes with or is unsafe for activity. Lockers are available, but locks are not provided. Students are strongly encouraged to bring a lock to secure their belongings.

WELLNESS: A PERSONAL FOCUS CRS H7701 GRADE 9 CR ½ S

Wellness: A Personal Focus is a required course of study for freshmen that focuses on communication and interpersonal skills, health assessment, risk and protective factors, behavior management, skill-related fitness, and personalized programs. The course promotes lifetime skills and health-enhancing activities. Students participate in an assessment of their physical, intellectual, emotional, and social wellness. They assess personal wellness, identify resources, set goals, plan a strategy or change, keep journals and evaluate their progress throughout the program. The physical activity portion of the course includes a three-week aquatics unit.

WELLNESS: CHARACTER & SERVICE CR5 H7703 GRADE 10 CR 1/2 S

Wellness: Character, Sportsmanship and Community Service is a required course of study for sophomores that address the interplay of the physical, intellectual, and social and emotional aspects of health, character, sportsmanship and service. Students will be encouraged to demonstrate proficiency in movement skills, and on the establishment of positive leisure and lifetime activities. In the course students apply both knowledge and practice concerning the inter-relatedness of wellness concepts and the pursuit of healthy lifestyles. The physical activity portion of the course includes a three-week aquatics unit.

WELLNESS: TEAM SPORTS CR5 H7707 GRADE 11,12 CR 1/2 S

Team Sports is a semester course that gives the student a chance to play, coach and officiate various team sports in league and tournament play. The course will focus on sport skill techniques; offense and defense variations, fitness, officiating, rules, drills, and safety procedures. Students will assess their personal fitness level and explore the role of team sports in their lives.