Prudy Pilkanis: 6-12 Curriculum Coordinator

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District Information: K-12 Wellness teachers have been collaborating weekly to develop a spiraling and sequential Physical Education and Health Education experience for all students K-12. Deliberate professional development experiences are providing teachers with a shared set of curriculum maps while building a professional learning community. The department is continuing to work towards HWRSD goal to: “Work collaboratively in course groups to develop, implement, and redesign units that reflects the shifts to curriculum, assessment, and instruction that are implied by content-area standards and the transfer goals”.

Thank you to:

Thank you Friends of MRMS/HWHS:

For providing funding for Bill Phillips of New Beginnings to speak with grade 10 ALE 1 students about the use and abuse of substances. We look forward to having Bill come again second semester. Thank you “Friends” for all of your support.
Thank you continues…………

Hamilton Police Department and Wenham Police Department:
Thank you to Ofc. K. Richards, HPD and Det. S. Kavanagh for speaking with gr 10 ALE 1 students about the consequences concerning use and abuse of drugs.

Paula Lopes: Thank you for teaching Spin classes to our students. This is a great connection to lifelong utilization of fitness.

Town of Hamilton Board of Health: For providing faculty and students the opportunity to get their flu shots during the school day. This teaches students to become proactive in their health care.

Bob Blanchard: Thank you for working with students in Personal Fitness Training class. You provided students with a wonderful opportunity to learn about CPR and take the certification test.
Innovative Curriculum

Throughout the semester student’s in Ms. LodgeScharff’s physic classes have been redesigning the outdoor adventure element they created. As they learned new physics concepts the students would revise and apply them to their design. During each phase of redesign students would present their updated project to Abby Biser and Greg Urban from Project Adventure, Inc. Abby and Greg would critique each design and provide students with relevant feedback to incorporate into their element to meet industry standards as well as the Project Adventure mission statement. Now the projects are in the hands of students in Jeff Walsh’s CAD classes. His students will utilize Solid Works and a 3-D printer to create a miniature version of each (Continued)

HWRHS Art Club: Thank Ms. Cooney and the Art Club for designing and painting the first mural on our fitness room walls. We can hardly wait to see the rest.

To access past Wellness Newsletters and the Wellness Academic sites for a synopsis of course offerings.

High School: http://hwrhs.hwschools.net/page.cfm?p=2230

Middle School: http://hwrhs.hwschools.net/page.cfm?p=1768
design for the Physic’s student’s final presentation. We are all looking forward to Mid-term week when each group will present their designs to a panel of judges from Project Adventure. A student from the group with the best design will receive a full scholarship to Leadership Camp that Project Adventure, Inc. has graciously donated. Thank you again to Project Adventure, Inc., Ms. LodgeScharff and Mr. Walsh for all the hard work and dedication to the development of your curriculum to bring our students a learning experience which is relevant and extends their learning beyond the walls of the school.

Personal Training & Fitness by Jim LaSelva

Personal Training and Fitness students have experienced activities to enhance their health and skill related fitness knowledge. Students demonstrate their knowledge by navigating and utilizing the fitness room to address and modify their fitness goals. In the classroom, we put the learning in the hands of the students through Project Based Learning. The students selected and researched one of the Massachusetts health standards: nutrition health, consumer health & resource management, ecological health and community & public health. Next, they created and designed a rubric, utilized multiple apps, created interviews and designed a ten-minute presentation.
Health and Wellness by Tawny Palmieri

Grade 9 PE classes are learning a variety of ways to consistently work on muscular growth and development in the safest and most effective way. They are also having fun with creating their own workouts and obstacle courses for the class to complete! They have recently learned about the game “Pickleball” in the gym. This has created a competitive and fun atmosphere with partners participating for a championship in a round robin tournament. It is an awesome time for students to step out of their comfort zones and experience a game that is not as popular on a daily basis. In the classroom, the health topic has been focused on healthy relationships and the healthy individual. We have been talking about stress, depression, suicide, as well as the factors that increase those unhealthy feelings like harassment, sexual harassment, bullying, cyberbullying, and hazing. Thankfully we have had Sue Howland, our adjustment councilor, come to our health classes and give lessons on managing and dealing with signs and symptoms of these topics. As well as Paula Lopes, our Spanish teacher, instructed a spin class for our students in the fitness room, introducing multiple ways to stay fit for life. This is just a preview to what has been happening this quarter in the Wellness program and Health department.

Adventure Leadership Education 1 by Jim LaSelva

Cooperative learning activities and group development experiences have continued in the cold weather by challenging students on our highest climbing elements. The students have been provided with a greater level of responsibility by participating in primary belaying. In the classroom, we are improving our student’s knowledge and decision-making skills by learning about the dangers of substance abuse. Hamilton Police Officer Richards and Wenham Detective Kavanagh will be joining us as guest speakers for several classes. They will discuss the legal aspects of traffic stops, house parties, the opioid epidemic and laws such as OUI and Social Host Liability.
Competitive Games by Matt Gauron

Students have just completed their “Beanpot Tournament” in floor hockey. Other activities have included pickleball, volleyball, soccer, badminton, flag football, ultimate games, and a myriad of nontraditional games. Our students have had the opportunity to participate in round robin style tournaments to test their abilities in a fun and enjoyable environment. In our fitness center, students have gained a working knowledge of the 5 components of fitness and have utilized the F.I.T.T. principle to enhance their training. For health, students have just completed a Project Based Learning assignment based on Mass Curriculum State Standards and are now presenting their findings to their class.

Adventures Leadership Education 2 by Matt Gauron

ALE 2 students have spent much of their recent time participating on our outdoor challenge course. These students have worked hard to come together as a group and are now demonstrating their willingness to push the limits of their comfort level. Everyday, our students are performing their technical knowledge and skills such as belaying, climbing, course set up, knot tying, etc. They have ascended high climbing elements such as the Spider’s Web, Teeter Totter, Flying Squirrel, Vertical Playpen, and Leap of Faith. For health, students have just finished a Project Based Learning assignment based on Mass Curriculum State Standards and are now presenting their findings to their class.
Yoga and Pilates: by Prudy Pilkanis
Students have been working diligently to build competency in a variety of Yoga asanas and Pilate’s exercises. The enduring understanding for students is that efficient movement and skills improves performance and promotes physical activity on a regular basis. Students have been creating personalized routines to teach to their peers as well as the staff at the Regional. Over 25 teachers and administrators have joined a class as the students teach their teachers. Students have been involved in researching a variety of health concepts, which they have identified as a problem to the community. The depth of knowledge and the sharing of this knowledge has produced a group of educated consumers who will utilize this information in the future as a base for decision-making.
Middle School Health by Danielle Petrucci  The school hydroponic systems are alive and well, used in the Life Skills 8th grade classes, Service Learning, and Science Fair projects. Owen Bailey, 7th grader, is currently completing his Service Learning project on the benefits of hydroponic gardening. Owen has been learning about and maintaining the vertical hydroponic grow wall. Hadassah Idoko, 8th grader, is currently completing her science fair project on comparing lettuce growth between LED and florescent lighting. She will be conducting 3 experiments throughout the school year. Each student has independently learned the differences in growing a variety of produce by maintaining an optimal environment for a healthy grow. Here are some photos of Owen and Hadassah in

COMING EVENT: The Miles River Middle School is looking forward to having the Improbable Players perform on February 3, 2017. This is a performance troupe, which presents educational theater for substance abuse prevention. Their Mission Statement is: “Improbable Players educate the public about substance abuse prevention through performances and theater workshops - presented by actors who themselves are in long-term recovery - that help people.” Thank you to the Foundation for Alcohol Education for funding this performance. “The Foundation supports small grant requests that encourage, promote and impart by education, a knowledge of the effects of alcoholic beverages in adolescence, and encourages drug and alcohol abstinence.”

Middle School Physical Education by Kim Adsit and Josh Wedge  Grades 6-8 completed their fitness gram testing during quarter 2. Tests include push-ups, curl-ups and the 20-meter Pacer test. Part of the fitness testing includes jump roping. 6th graders must jump 30 times in a row, 7th graders 40 times and the 8th graders 50 times in a row. As part of mastery learning, a student keeps trying until he/she completes the jumping roping task. Bonus points are awarded if a student can perform a double jump and/or a crossover. Floyd Mayweather displaying his jump-roping skills. A great inspirational video! http://www.bing.com/videos/search?q=youtubeboxerjumproping&view/detail&mid=95F673C6CFC3D70832E795F673C6CFC3D70832E7&F ORM=VIRE

Students in grades 6-8 will be working on volleyball skills in late December to early January. The lead up games of Newcomb and Spike Newcomb will be used to introduce and reinforce volleyball skills to the students. Eighth graders will be playing regulation volleyball games by then end of the unit.