

# Wellness 8 feeling great!

## Themes & Units

### Connections

Students demonstrate the interpersonal skills necessary for effective relationships. They use these skills to interact effectively with others and to develop and maintain friendships and relationships.

#### Units

- ➔ Wellness Overview
- ➔ Understanding Self
- ➔ Bullying

### Balance

Students learn the essential health concepts and understand the importance of a balanced lifestyle that takes into account work, leisure and recreation. They learn skills such as decision-making, goal-setting and time management.

#### Units

- ➔ Stress & Time Management
- ➔ Body Image
- ➔ Substance Abuse

### Change

Students explore the types of changes they experience in life and understand positive and negative strategies to cope with change. How we react to the influences of change and health such as our family, culture, peers and the media will be discussed.

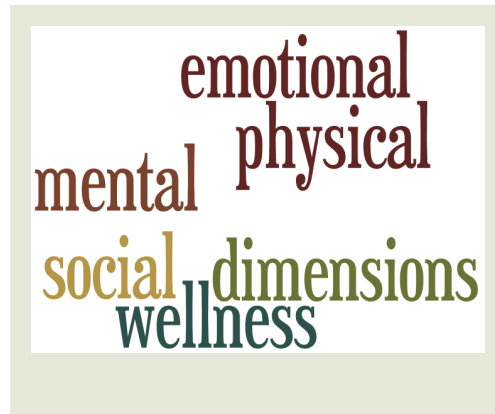
#### Units

- ➔ Human Growth & Development
- ➔ Transitions

## Why Wellness?

The Middle School Wellness curriculum aims to develop in students positive attitudes and values and competent self-management and interpersonal skills that lead to an active, healthy and fulfilling life. To achieve this end, the wellness program aims to develop:

- ▶ Acceptance of personal responsibility for lifelong wellness
- ▶ Respect for and promotion of the health & wellness of others
- ▶ An understanding of the process of growth and development
- ▶ Informed use of wellness related information, products, and services



## Help your child have a healthy day!

- ▶ Make sure your child eats a breakfast before school.
- ▶ Pack a nutritious lunch. If they buy their lunch, ask them what they are eating. Is it healthy?
- ▶ Sleep is important. Make sure your child is getting enough. Regular bed times are best.
- ▶ Exercise is essential. Make sure your child is active!
- ▶ Wash your hands frequently.
- ▶ Watch your child for signs of stress.
- ▶ Find out what's happening in their world.

## When is Wellness?

Your child has wellness one period during a four day rotation for the entire year. With smaller class sizes, wellness class aims to foster meaningful and in-depth discussions about our topics.

## Wellness Teachers

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## Wellness Grades?

Wellness is a non-graded, pass/fail course based on ISB's Wellness Standards. For more information on Wellness, visit our blog at [inside.isb.ac.th/wellness8](http://inside.isb.ac.th/wellness8)