

Health Calendar 2019-2020 (1st Semester)

<u>Date</u>	<u>Day</u>	<u>Class Activity</u>	<u>Journal Topic</u>	<u>Points</u>	
Sept 3	Tues	Freshmen Orientation (Modified Schedule)			
Sept 4	Wed	Syllabus and Wordless words			
Sept 5	Thurs	Google Classroom and SLO Pretest			
Sept 6	Fri	Google Doc - Self Portrait		10 Form	
Sept 9	Mon	Present Self Portraits		25 Form	
Sept 10	Tues	Bullying		10 Form	
Sept 11	Wed	Personal Hygiene		10 Form	
Sept 12	Thurs	Texting and Driving		10 Form	
Sept 13	Fri	Introduction to CPR, AED, First Aid Unit		10 Form	
Sept 16	Mon	Discussion on Before Giving Care (lesson 1)		10 Form	
Sept 17	Tues	Victim Check and Lesson 1 Quiz		20 Sum	
Sept 18	Wed	CPR - Skill Check and Questions (Lesson 2)		10 Form	
Sept 19	Thurs	CPR - Skill Check and Questions (Lesson 2)		20 Sum	
Sept 20	Fri	CPR Quiz and Using an AED (Lesson 3)		10 Sum	
Sept 23	Mon	AED Quiz and Choking (Lesson 4)		20 Sum	
Sept 24	Tues	CPR Matrix		10 Form	
Sept 25	Wed	Sudden Illnesses (Lesson 4)		10 Form	
Sept 26	Thurs	Injuries to the muscles, bones, and joints		10 Form	
Sept 27	Fri	Soft Tissues Injuries (Lesson 4)		10 Form	
Sept 30	Mon	Environmental Emergencies (Lesson 4)		10 Form	
Oct 1	Tues	Stop the bleed		10 Form	
Oct 2	Wed	Review Day		EC	
Oct 3	Thurs	Test		100Sum	
Oct 4	Fri	Makeup Day			
Oct 7	Mon	Physical Fitness		10 Form	
Oct 8	Tues	Skill-Related Fitness		10 Form	
Oct 9	Wed	Fitness Lab		10 Sum	
Oct 10	Thurs	Fitness Test		30 Sum	
Oct 11	Fri	No Students Report: Professional Learning Day			
Oct 14	Mon	Nutrients - Carbs, Fats, Proteins		10 Form	
Oct 15	Tues	Nutrients - Minerals, Vitamins, Water		10 Form	
Oct 16	Wed	Food & Activity Project (Day 1)		10 Form	
Oct 17	Thurs	Food & Activity Project (Day 2)		10 Form	
Oct 18	Fri	Project Summary or Internet Quizzes		50 Sum	
Oct 21	Mon	Food Labels		10 Form	
Oct 22	Tues	Nutrition Labels WKST		10 Form	
Oct 23	Wed	My Plate		10 Form	
Oct 24	Thurs	Digestive System		10 Form	
Oct 25	Fri	Eating Disorders		10 Form	

Oct 28	Mon	Journal Check		25 Form
Oct 29	Tues	Review Day		EC
Oct 30	Wed	Nutrition Test		30 Sum
Oct 31	Thurs	Makeup Day		
Nov 1	Fri	No School - End Quarter 1		
Nov 4	Mon	Tobacco		10 Form
Nov 5	Tues	Tobacco		10 Form
Nov 6	Wed	Vaping and E-Cigarettes		10 Form
Nov 7	Thurs	Alcohol		10 Form
Nov 8	Fri	Alcohol		10 Form
Nov 11	Mon	Fatal Vision Goggles & BAC Calculator		10 Form
Nov 12	Tues	Other Drugs		10 Form
Nov 13	Wed	Marijuana		10 Form
Nov 14	Thurs	Pharm Parties		10 Form
Nov 15	Fri	No Students Report: Professional Learning Day		
Nov 18	Mon	Drug Project Booklet		
Nov 19	Tues	Drug Project Booklet		
Nov 20	Wed	Drug Project Booklet		
Nov 21	Thurs	Drug Project Booklet		Sum 120
Nov 22	Fri	Makeup Day		
Nov 25	Mon	Male Reproductive System		10 Form
Nov 26	Tues	Female Reproductive System		10 Form
Nov 27	Wed	Early Release (Modified Schedule)		
Nov 28	Thurs	No School - Thanksgiving Recess		
Nov 29	Fri	No School - Thanksgiving Recess		
Dec 2	Mon	Prenatal Development		10 Form
Dec 3	Tues	Life's Greatest Miracle		10 Form
Dec 4	Wed	Reproductive System Test		40 Sum
Dec 5	Thurs	Shaking Baby Syndrome		10 Form
Dec 6	Fri	HIV/AIDS (HIV Activity)		10 Form
Dec 9	Mon	"Truth About Sex"		10 Form
Dec 10	Tues	STDs (online research)		10 Form
Dec 11	Wed	Contraception Methods (online research)		10 Form
Dec 12	Thurs	STDs/Contraception Online Quizzes		10 Form
Dec 13	Fri	STDs/Contraception Mini-Project		
Dec 16	Mon	STDs/Contraception Mini-Project		20 Sum
Dec 17	Tues	Relationships		10 Form
Dec 18	Wed	Dating Violence		10 Form
Dec 19	Thurs	Review		EC
Dec 20	Fri	Family Life Test		20 Sum
Jan 6	Mon	What is Mental Health?		10 Form
Jan 7	Tues	Stress		10 Form
Jan 8	Wed	Mental Disorders		10 Form

Jan 9	Thurs	Mental Disorders		10 Form
Jan 10	Fri	"Fighting is in Your DNA"		10 Form
Jan 13	Mon	Suicide/Depression Project		
Jan 14	Tues	Suicide/Depression Project		50 Sum
Jan 15	Wed	Cry for Help		10 Form
Jan 16	Thurs	Mental Health Test		20 Sum
Jan 17	Fri	Review Day		EC
Jan 20	Mon	No School - MLK Jr. Day		
Jan 21	Tues	Final Exams - Periods: 1, 2, 3		
Jan 22	Wed	Final Exams - Periods: 4, 5		
Jan 23	Thurs	Final Exams - Periods: 6, 7		
Jan 24	Fri	No School - Teacher Workday		