

October 1, 2019

# Deer Hill School

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Happy Fall Deer Hill Families!

Here is your first Health Newsletter of the year. You can expect a newsletter from me every other month. I have set up my teacher website on the Deer Hill website. You can find my newsletters archived there along with website links we will be using throughout the year. As the year progresses, I will add articles, videos and event information. This year all students will have a Health Journal. They will use this journal for most lessons. I will keep the journals in our Health classroom and the kids will take them home at the end of the year.

This year we began Health class with an article on the book and the movie *Wonder!* This heartfelt story sends a great message about kids with disabilities and facial deformities. It helps children understand these children are just like them on the inside and should be treated with kindness, empathy and inclusion. Our 2<sup>nd</sup> lesson will be on Health and Wellness and the 5 Dimensions of Health: Physical, Mental/Emotional, Spiritual, Social, and Intellectual. Grade 3 will be introduced to this lesson and learn the 5 Kinds of Health, while grades 4 and 5 will review this lesson. Grade 3 will watch a video and using a worksheet in their journal, they will make some new goals. Grades 4 and 5 will create some new goals and make a Wellness Wheel craft to take home. We will also be celebrating National Red Ribbon Week (October 23-31<sup>st</sup>). All grades will learn about 4 important parts of the brain, their functions, and how nicotine affects healthy brain development in children and teenagers. I am very excited to be starting my second year as the Health teacher here at Deer Hill School! ☺

The website newsela.com was recommended to me as a way to incorporate reading, social emotional learning, and other health related topics into our Health class. This website has articles on many different subjects and they can be chosen according to grade level reading ability. I hope to incorporate more articles from this website this year.

<https://newsela.com/read/elem-wonder-movie-gives-girls-hope/id/38071/>

Last September our students were introduced to the Wellness Wheel and The 5 Kinds of Health. They were encouraged to look at all dimensions of their health and create new goals in the areas they would like to improve upon. All of the dimensions are interconnected and important to a well-rounded and balanced lifestyle. I like to do this lesson in the beginning of the year and will refer to the Wellness Wheel in our lessons throughout the year.



We will be celebrating Red Ribbon Week October 23-31st. National Family Partnership is a national leader in drug prevention education and advocacy which was established in 1980. NFP provides drug awareness by sponsoring the annual **National Red Ribbon Campaign™**. Since its beginning in 1985, the Red Ribbon has touched the lives of millions of people around the world.  
<http://redribbon.org/about/>

By the end of October we will begin our lessons in the *Life Skills Training Guide*. This book is comprised of 8 lessons. This first of these lessons is on Self-Esteem. The 3<sup>rd</sup> graders will learn what self-esteem is and write about the qualities they love about themselves. The 4<sup>th</sup> graders will learn how we have our own unique qualities while still having many things in common with others. The 5<sup>th</sup> graders will learn about how self-esteem and goal setting are related. They will be introduced the SMART Goal method to create short-term and long-term goals.



<https://www.lifeskillstraining.com/botvin-lifeskills-training-elementary-school-program/>

Wishing you all the best!  
Patty Hamlin