



MEDIA - PROVIDENCE

Friends School

Middle School Program by Subject

Meaningful Learning, Purposeful Life

Age 3 - Grade 8 • 125 W. 3rd St., Media, PA 19063 • 610-565-1960 • mpfs.org

Middle School Program by Subject

T A B L E O F C O N T E N T S

Mathematics.....	1
Information Technology.....	2
Science.....	3
Humanities.....	4
Spanish.....	5
Quakerism.....	6
Art.....	7
Music.....	8
Physical Education.....	9
Health.....	Back Cover

MATHEMATICS

The mathematics program at MPFS is designed to promote intellectual curiosity and abstract thinking skills, while each student learns to apply basic operations to increasingly complex problem solving. We work to foster an appreciation for and enjoyment of the mathematical problem solving process, the ability to articulate mathematical concepts in writing and orally, fluency and automaticity with mathematical algorithms and facts, and an understanding of both the simplicity and complexity of math. The table gives an overview of the topics and skills taught in Kindergarten through 8th grade. The exact time at which we cover the topics in each year and the exact content in each area may shift and are influenced by students' interests and areas of curiosity.

	6 th Grade Math I	7 th Grade Pre-Algebra	8 th Grade Algebra
Concepts	<ul style="list-style-type: none"> • Numerical Expressions and Factors • Fractions and Decimals • Algebraic Expressions and Properties • Areas of Polygons • Ratios and Rates • Integers and the Coordinate Plane 	<ul style="list-style-type: none"> • Integers • Rational Numbers • Expressions and Equations • Inequalities • Ratios and Proportions • Percents • Circles and Area • Surface Area and Volume • Probability and Statistics 	<ul style="list-style-type: none"> • Solving, graphing, and writing linear equations • Solving Linear Inequalities • Solving systems of linear equations • Exponential equations and functions • Polynomial equations and factoring
Skills (Automaticity)	<ul style="list-style-type: none"> • Ladders (Facts) • Sprints • Games 	<ul style="list-style-type: none"> • King of Math • Sprints • Games 	<ul style="list-style-type: none"> • Sprints • Math Mazes • Games
Problem-Solving	<ul style="list-style-type: none"> • Problem of the Week • Real-World applications 		
Extensions/Support	<ul style="list-style-type: none"> • Math Club/Math Counts Competition • Leveled Assignments, enrichment, extra practice • Khan Academy • Flex/Study Hall support 		
Resources	<i>Big Ideas Math</i> <i>Singapore Math- Sprints</i> <i>Khan Academy</i>	<i>Big Ideas Math</i> <i>Singapore Math- Sprints</i> <i>Khan Academy</i>	<i>Big Ideas Math</i> <i>Singapore Math- Sprints</i> <i>Real World Algebra</i> <i>Khan Academy</i>

INFORMATION TECHNOLOGY

Our Information Technology classes are indicators of the intentional 21st century skills we foster in our students. Our Information Technology teacher combines important skills that once lived solely in the library, with the work she does with each technology class (Kindergarten through 8th grade). The library curriculum includes reading appreciation, book care, organization, searching, critical evaluation of texts, and more advanced research skills. There is intentional cross-curricula work between the library classroom and the technology lab, where students can physically be in both spaces during a single class time, moving between printed and online texts as they conduct research, think critically about online sources, compare and contrast a variety of sources for their research. Additionally, students are accessing technology including 3D printers, Virtual Reality, and Arduino and Circuits.

	3 rd -4 th Grades	5 th -8 th Grades
Empowered Learner	<ul style="list-style-type: none"> Learn a variety of technology tools 	<ul style="list-style-type: none"> Learn a variety of technology tools Select best tools for learning
Digital Citizen	<ul style="list-style-type: none"> Learn safe, ethical, and legal ways of using the Internet 	<ul style="list-style-type: none"> Learn safe, ethical, and legal ways of using the Internet Develop awareness of social media and how to use it appropriately
Knowledge Constructor	<ul style="list-style-type: none"> Research skills Database searches 	<ul style="list-style-type: none"> Website evaluation Research skills
Innovative Designer	<ul style="list-style-type: none"> Use different digital tools to manage a design process 	<ul style="list-style-type: none"> Use different digital tools to manage a design process
Computational Thinker	<ul style="list-style-type: none"> Learn to leverage technology to help in problem solving 	<ul style="list-style-type: none"> Learn to leverage technology to help in problem solving
Creative Communicator	<ul style="list-style-type: none"> Learn to use the best technology tools for different forms of communication 	<ul style="list-style-type: none"> Learn to use the best technology tools for different forms of communication
Global Collaborator		<ul style="list-style-type: none"> Explore local and global issues, using technology to investigate solutions
Resources	<ul style="list-style-type: none"> Scratch, 3D printing, Google Apps, <i>Common Sense Education</i> and <i>Teaching Tolerance</i>, Virtual Reality, various databases 	<ul style="list-style-type: none"> Code.org, 3D printing, Google Apps, Arduino and Circuit Playground, <i>Common Sense Education</i> and <i>Teaching Tolerance</i>, Virtual Reality, various databases

SCIENCE PROGRAM

The MPFS science program is challenging, innovative, and provides the fundamental knowledge and skills needed for students to succeed in middle school and highschool levels. Students delve into a wide variety of subjects, including plant growth and development, states of matter, food chemistry, electricity & magnetism, biology, environmental science, chemistry, and physics. Students experience these disciplines through exploration, active learning, inquiry, critical thinking, and reflection. The aim is for students to make connections with the world around them and solidify their conceptual understanding through experience and experimentation. The table below is designed to give a broad overview of the topics and skills taught. The exact time at which we cover the topics in each year and the exact content in each area may vary from year to year.

	6 th Grade Environmental Science	7 th -8 th Grade Biology/Chemistry	7 th -8 th Grade Physics
Concepts	<ul style="list-style-type: none"> ● Environmental Stewardship ● Populations/Communities ● Ecosystems/Biomes ● Photosynthesis ● Symbiotic Relationships ● Air and Water Quality/Cons. ● Energy Flow and Resources 	<ul style="list-style-type: none"> ● Cell Structure and Function ● Diffusion/Osmosis ● Cell Division ● Genetics and Heredity ● States of Matter ● Physical/Chemical changes ● Periodic Table ● Elements/Compounds/Mixtures 	<ul style="list-style-type: none"> ● Relative Motion ● Speed, Velocity, Acceleration ● Forces – contact and non-contact ● Balanced and Unbalanced Forces ● Gravity, free fall, projectile motion ● Newton’s Laws of Motion ● Pressure Momentum ● Energy – kinetic and potential
Lab Skills	<ul style="list-style-type: none"> ● Organizing and writing lab reports ● Conducting experiments using the Scientific Method ● Creating repeatable results ● Recording, organizing and sharing data ● Data Analysis and Forming Defensible Conclusions ● Critical Thinking ● Real World Connections 		
Projects	<ul style="list-style-type: none"> ● Biome Brochure/Webpage ● Designer Animal ● Water quality at GPP and at home ● How much Fuel in Foods? ● Deer Overpopulation Debate 	<ul style="list-style-type: none"> ● Eggsperiment (various environment) ● Dropping your Genes ● Mitosis Dance ● DNA Necklace ● Controversial Topics in Genetics ● Element Scavenger Hunt/Webpage 	<ul style="list-style-type: none"> ● Speed a la Carte ● Newton Scooters ● Amusement Park ● Bridges ● Bernoulli Rules ● Staying Afloat with Penny Boats
Science in STEAM	Bytes and Beats: <ul style="list-style-type: none"> ● Sound – frequency, amplitude ● Theremins (IR sensor use) ● Breadboards ● Arduino boards ● Electronic components in circuits ● Speaker oobleck ● Conductive art and sound 	Green Theme: <ul style="list-style-type: none"> ● Engineers in action: types and workplace ● Bioplastics: creating and engineering uses ● Plastics vs. Bioplastics ● Properties of materials ● Bouncy Ball Challenge ● Imagineers 	Windows Into Health: How do you find balance in your life? <ul style="list-style-type: none"> ● Anatomy and function of hands ● Build low-tech devices to grip objects ● 3D print and assemble prosthetic hands
Resources	Prentice Hall Science Explorer Series: Environmental Science Scholastic Science World magazine	Prentice Hall Science Explorer Series: Cells and Heredity, Chemical Building Blocks Scholastic Science World magazine	Prentice Hall Science Explorer Series: Physical Science Scholastic Science World magazine

HUMANITIES

The Humanities Program at MPFS is a balance between building a solid foundation of traditional knowledge that includes grammar, vocabulary, and literary elements, while keeping in mind that everything we learn should be ultimately purposed for developing our voice as thinkers and caretakers of this world. At the end of their 8th grade year, students should feel confident in their ability to voice their opinions, defend a stance using textual evidence, and understand global diplomacy both in written and oral form.

	6 th Grade Humanities	7 th Grade Humanities	8 th Grade Humanities
Literature	<ul style="list-style-type: none"> Identifying theme and how it develops within a story using textual evidence Understanding how characters develop throughout a story and what factors affect them 	<ul style="list-style-type: none"> Identifying theme and how other literary elements are developed to support it using textual evidence Understanding how characters develop throughout a story by identifying specific external and internal dialogue that suggest this development 	<ul style="list-style-type: none"> Identifying thematic elements by citing textual evidence that blends into a personal analysis of the story Analyzing the complex layers of characterization in a story by deconstructing key dialogue and the development of literary elements that add to the dimension of the characters
Writing	<ul style="list-style-type: none"> Paragraph Structure (Topic Sentence, Evidence, Explanation, Conclusion/Link) Argument Essay Research-based Essay Personal Narratives Short Stories 	<ul style="list-style-type: none"> Paragraph Structure Argument Essay Historical/Scientific Research Papers Personal Narratives Short Stories 	<ul style="list-style-type: none"> Paragraph Structure Argument Essay Scientific Research Paper Literary Analysis Essay Position Paper (Model UN)
Grammar and Vocabulary	<ul style="list-style-type: none"> The eight parts of speech Identifying Fragments and Run-on Sentences Learning 200 vocabulary words 	<ul style="list-style-type: none"> The eight parts of speech Identifying Fragments, Run-on Sentences Comma usage Learning 200 vocabulary words 	<ul style="list-style-type: none"> The eight parts of speech Identifying and using dependent and independent clauses Comma usage Learning 200 vocabulary words
Social Studies	<ul style="list-style-type: none"> Geography Comparing and contrasting cultures Historical Research 	<ul style="list-style-type: none"> Geopolitical relationships How hierarchy develops and dissolves Historical Research 	<ul style="list-style-type: none"> Diplomacy Global movements Revolutions and Alliances
Rhetoric	<ul style="list-style-type: none"> Middle School Arts Night Classroom debates Historical reenactments/roleplays 	<ul style="list-style-type: none"> Middle School Arts Night Classroom debates Historical reenactments/roleplays 	<ul style="list-style-type: none"> Middle School Arts Night Jr. Model UN
Resources	<p><i>Vocabulary Workshop A</i> Example texts: <i>The Watsons Go To Birmingham, The Red Pencil</i></p>	<p><i>Vocabulary Workshop A</i> Example texts: <i>The Absolutely True Diary of a Part-Time Indian, Kaffir Boy, Copper Sun!</i></p>	<p><i>Vocabulary Workshop C</i> Example texts: <i>Spud, To Kill a Mockingbird</i></p>

SPANISH PROGRAM

Students at MPFS should enter high school with the ability to read, write and converse in a basic manner using the present, future and past tenses. They also need to have an understanding of the Hispanic culture and a sense of the geography of Latin America and Spain. Students graduating from MPFS routinely place into level 2 and advanced Spanish classes in high school. The table below is designed to give an overview of the topics and skills taught in our Spanish Program. The exact time at which we cover the topics in each year and the exact content in each area may shift and are influenced by students' interests and areas of curiosity.

	6 th Grade Spanish	7 th Grade Spanish	8 th Grade Spanish
Grammar	<ul style="list-style-type: none"> ● Cognates ● Agreement ● Regular present tense verb Conjugation ● Questions and negatives ● Plurals ● Ser and Estar 	<ul style="list-style-type: none"> ● Irregular present tense verbs ● Expressing likes and dislikes ● Possessive adjectives ● Prepositions ● Stem-changing verbs -Pensar, poder ● Demonstrative adjectives ● Preterite tense 	<ul style="list-style-type: none"> ● Stem-changing verbs ● Commands ● Reflexive verbs ● Preterit/Imperfect tenses ● Demonstrative adjectives ● Object pronouns ● Spell-changing verbs ● Future tense ● Conditional tense
Conversation	<ul style="list-style-type: none"> ● Daily queries and or conversation ● Staged conversations ● Questions and answers ● Listening 	<ul style="list-style-type: none"> ● Daily queries and or conversation ● Questions and answers ● Listening ● Guided conversations 	<ul style="list-style-type: none"> ● Daily queries and or conversation ● Spontaneous conversations ● Questions and answers ● Listening to podcast,movies, etc
Reading	<ul style="list-style-type: none"> ● Basic readings in textbook ● Short 300 word novels ● Short stories and poems 	<ul style="list-style-type: none"> ● Level 2 and 3 readers containing 500 plus words ● Reading selections in textbook. ● Short stories and poems 	<ul style="list-style-type: none"> ● Intermediate reader ● Selections from textbook ● Short stories ● Poems and lyrics etc
Writing	<ul style="list-style-type: none"> ● Short descriptive paragraphs ● Basic conversations ● Answering questions 	<ul style="list-style-type: none"> ● Descriptive paragraphs ● Conversations ● Answering question 	<ul style="list-style-type: none"> ● Fairy tales and personal narratives ● Skits ● Journaling in Costa Rica
Culture	<ul style="list-style-type: none"> ● Basic Central American Geography ● Day of the Dead ● Cultural selections from textbook ● Cooking 	<ul style="list-style-type: none"> ● Central and South American Geography ● Stories from many countries ● Day of the Dead ● Cooking 	<ul style="list-style-type: none"> ● Latin American Geography with capital cities ● Day of the dead ● Selections from textbook ● Teacher insights ● Trip to Costa Rica
Resources	<p><i>Spanish is Fun (Book 1)</i> <i>Pobre Ana</i> Duolingo Studyspanish.com</p>	<p><i>Spanish is Fun (Books 1 & 2)</i> <i>Esperanza</i> Duolingo Studyspanish.com</p>	<p><i>Spanish is Fun (BOOK 2)</i> <i>Escalofrios</i> Duolingo Studyspanish.com</p>

QUAKERISM

The 6th and 7th Grade Quakerism courses introduces students to the basic beliefs and principles of the Religious Society of Friends (Quakers). Students use a variety of primary and secondary sources to explore the history of Quaker communities and Friends’ religious and social beliefs, and activism. Students develop an understanding of the religious and social beliefs on which MPFS is founded. They develop a critical understanding of Quakerism and draw on their own religious traditions to help provide a context for the beliefs and practices of Friends. In 8th grade, students participate in an intensive program exploring five religions: Hinduism, Buddhism, Judaism, Christianity, Islam. Students use both primary and secondary sources, as well as first hand experience visiting various houses of worship, to gain a deeper understanding of world religions from historical, geographical, and cultural perspectives.

	6 th Grade Quaker History and Beliefs	7 th Grade Letting your Life Speak	8 th Grade World Religions
History	<ul style="list-style-type: none"> ● Judaism, Christianity and Islam ● European and English Reformations ● Early Quakers - George Fox, Margaret Fell, Mary Dyer, William Penn ● Penn’s influence on the U.S. Constitution and system of government 	<ul style="list-style-type: none"> ● Quaker Schism ● Quakers, Slavery, and Racial Attitudes ● John Woolman, Levi Coffin, Underground Railroad ● Quakers and Women’s Rights ● Non-Violence and Conscientious Objection ● Modern Quaker Activists 	<ul style="list-style-type: none"> ● Origins of Hinduism, Buddhism, Judaism, Christianity, Islam ● Hinduism gave rise to Buddhism ● Judaism gave rise to Christianity ● The Abrahamic religions ● Importance of Jerusalem to Jews, Christians, Moslems ● The lives of: Buddha; Ashoka; Moses; David; Solomon; Jesus; Paul; Muhammad
Beliefs and Practices	<ul style="list-style-type: none"> ● Christian religious sects ● Biblical Roots of Quakerism, Parables, and Testimonies ● Quaker Meetinghouse Architecture ● The Meaning of “the Light” ● Meeting for Worship ● Queries ● Meeting for Business ● Quaker Decision Making 	<ul style="list-style-type: none"> ● Testimonies ● Meeting for Business ● Quaker Decision Making 	<ul style="list-style-type: none"> ● Why do religions exist? ● Polytheism and Monotheism ● Hinduism ● Buddhism ● Judaism ● Christianity ● Islam
Projects and Assessments	<ul style="list-style-type: none"> ● Homework ● Discussion Participation ● Film Project ● Quaker Doer Essay and Presentation 	<ul style="list-style-type: none"> ● Homework ● Discussion Participation ● <u>The Back Bench</u> Test ● Class Service Project ● <u>Quaker Book of Wisdom</u> Test 	<ul style="list-style-type: none"> ● Homework & quizzes ● Participation in class discussion ● Research paper on Ashoka ● Participation during, and response after, class visits to houses of worship ● Research paper and/or presentation on a religion other than the 5 we study
Resources	<ul style="list-style-type: none"> ● <u>Friend: The Story of George Fox and the Quakers</u> ● <u>The Quaker Way</u> ● <u>The Good News Bible</u> ● <u>Quaker Profiles and Practices</u> ● <u>What Makes Me A Quaker?</u> ● <u>American Quakers</u> ● <u>Lives that Speak - Stories of Twentieth Century Quakers</u> 	<ul style="list-style-type: none"> ● <u>The Back Bench</u> ● <u>A Quaker Book of Wisdom</u> ● <u>The Wave</u> ● <u>Lives that Speak - Stories of Twentieth Century Quakers</u> ● <u>American Quakers</u> ● <u>Members of Media, Providence, and other local Friends Meetings</u> 	<ul style="list-style-type: none"> ● The Hebrew Bible, New Testament, a translation of the Qur’an ● Visits to a Hindu temple, a synagogue, a mosque, and talks with members thereof ● <u>Understanding Islam and the Muslims</u> ● Various handouts, documents, maps ● The <u>Ramayana</u> ● BBC documentary on ‘The Life of the Buddha’ ● <u>Great People of the Bible and How They Lived</u>, Reader’s Digest Books ● Bart Ehrman, Biblical scholar (recorded lectures)

ART

The Visual Arts Program at MPFS combines the rigor of intense learning in and through the arts with a focus on individuality and personal expression. Students work in six areas of study through the course of the year, with the intention of understanding the art world, learning about art history and current practices. The areas of study include drawing, painting, printmaking, collage, sculpture and ceramics. Students are exposed to an extensive variety of media and techniques. Over time, students build on skills and increase their level of experience and proficiency.

	Kindergarten-2nd Grade	3rd- 5th Grades	6th - 8th Grades
Concepts	<ul style="list-style-type: none"> ● Identify and use elements of art: line, shape, color, texture, pattern ● Use of line direction organic and geometric shape, 3 dimensional form ● Real and implied texture ● Spacing and observation ● Story elements taken from works of art and literature ● Abstraction ● Inventing characters ● Proper use of tools 	<ul style="list-style-type: none"> ● Color theory ● Art History ● Elements of art and their applications ● Introduction to principles of design ● Use of scale, horizon, depth, overlapping, shape, texture and form ● Proportion and value ● Collaboration ● Critical thinking 	<ul style="list-style-type: none"> ● Elements and principles of design ● Color theory ● Critical thinking ● Creative problem solving ● Real world design applications ● Collaboration ● Cross-curricular study ● Critiquing of student work and historical works of art
Skills	<ul style="list-style-type: none"> ● Developmental drawing ● Painting - color mixing and identification of primary and secondary colors ● cutting/pasting/collage ● Using clay and other materials to create three dimensional objects ● Elementary printmaking ● Talking about works of art 	<ul style="list-style-type: none"> ● Developmental drawing ● Painting and color mixing, primary and secondary ● Printmaking ● Collage ● Three dimensional sculptural techniques ● Bookmaking ● Writing about art and artists ● Discussing works of art 	<ul style="list-style-type: none"> ● Drawing including perspective and three dimensional objects ● Architectural drawing ● Still life drawing ● Painting using acrylic/watercolor with advanced applications ● Portraiture ● Printmaking using a variety of methods ● Graphic design ● Ceramics/ handbuilding and throwing ● Collage techniques ● Design process ● Keeping a sketchbook ● Writing about art
Resources	<ul style="list-style-type: none"> ● Various children's literature ● Art is Elementary ● Variety of collections and exhibitions 	<ul style="list-style-type: none"> ● Drawing on the Right Side of the Brain ● Art is Elementary ● Variety of Art Collections and Exhibitions 	<ul style="list-style-type: none"> ● Studio Thinking ● Drawing on the Right Side of the Brain ● Crystal productions Elements of Art and Principles of Design ● Art collections and exhibitions

MUSIC PROGRAM

Throughout the grades, music is an integral part of the Arts at MPFS. From Preschool through 8th grade, music is taught in a sequential order so that when students graduate from MPFS they have a general knowledge of music theory, music appreciation, choral singing, world music, and, tying all of those modalities together, playing an instrument.

	Preschool to 2 nd Grade	3 rd - 5 th Grades	6 th - 8 th Grades
Theory/Composition	<ul style="list-style-type: none"> ● Rhythm ● Note values ● Dynamics ● Song writing ● Bucket drumming compositions 	<ul style="list-style-type: none"> ● Rhythm ● Note Values ● Dynamics ● Note reading ● Musical form ● Short recorder compositions 	<ul style="list-style-type: none"> ● Rhythm ● Note Values ● Sight reading ● Note reading ● Musical form ● Dynamics
Vocal Music	<ul style="list-style-type: none"> ● Familiar songs ● Repetitive songs ● Echo songs ● Explore different sounds through vocal warm-ups ● Winter/Spring concert preparation. 	<ul style="list-style-type: none"> ● Warm-ups ● Popular music ● Harmony ● Winter/Spring concert preparation ● Community singing opportunities 	<ul style="list-style-type: none"> ● Musical ● Community singing opportunities
Instrumental Music	<p>Use a variety of instruments to practice basic theory while engaging in play:</p> <ul style="list-style-type: none"> ● Eggs, castanets, maracas, bongos, tom-tom & gathering drums ● Cabasa, guiro, cymbals ● Boomwhackers ● Xylophone 	<ul style="list-style-type: none"> ● Instruments of the orchestra ● Recorder Karate Program ● Recorder Express book 	<ul style="list-style-type: none"> ● Ukulele: Chord reading & playing ● Ocarina ● Ocarina Karate
History	<ul style="list-style-type: none"> ● Composer Units ● Build upon whole school Social Studies and STEAM curricula. 		
Technology	<ul style="list-style-type: none"> ● Music Madness ● Smart Board games and visuals 	<ul style="list-style-type: none"> ● Music Madness ● Recorder Rumble ● Staff Reading Games 	<ul style="list-style-type: none"> ● Garage Band ● Google Slides

PHYSICAL EDUCATION

The P. E. curriculum connects to the work in the classrooms, presenting unique opportunities to address the **psychomotor domain** of learning along with the **academic, social, and emotional domains**.

- In **Preschool and Kindergarten** our students learn about personal space, body control, and how to be a good listener.
- **1st and 2nd grade** activities, such as Treasure Hunt, build on students' experiences in Preschool and Kindergarten with the added elements of cooperation, teamwork, and sportsmanship
- **3rd and 4th grade** students continue their exploration of cooperation and teamwork through more complicated collaborative challenges that now include competition. As students move into 3rd and 4th grades, learn to record their scores and discuss successful strategies that can be used in the future.

	Preschool & K	1 st & 2 nd Grades	3 rd & 4 th Grades	5 th - 8 th Grades
Psychomotor	<ul style="list-style-type: none"> ● Personal space ● Body control ● Locomotor Movements ● Dodging 	Refine Locomotor movements Tagging Dodging Chasing	<ul style="list-style-type: none"> ● Competition ● Game Concepts ● Racket games ● Large group games 	<ul style="list-style-type: none"> ● Archery ● Soccer ● Cross-training fitness ● Basketball ● Running ● Large Group games
Academic	<ul style="list-style-type: none"> ● Communication ● Listening ● Following Directions ● Colors ● Numbers ● Letters 	<ul style="list-style-type: none"> ● Communication ● Listening ● Following Directions ● Counting 	<ul style="list-style-type: none"> ● Communication ● Listening ● Following Directions ● Strategy 	<ul style="list-style-type: none"> ● Goal Setting ● Communication ● Listening ● Following Directions ● Strategy
Social	<ul style="list-style-type: none"> ● Cooperation ● Teamwork ● Community ● Develop Leadership ● Conflict resolution ● Personal character development 			
Emotional	<ul style="list-style-type: none"> ● Sportsmanship ● Perseverance ● Self-confidence 			

HEALTH

As students approach adolescence, we cover topics crucial for this period of life. Decision-making now has more life-impacting importance. Units of study include learning about changing bodies, human sexuality, stress management, healthy relationships, mental and emotional health, drugs and alcohol, peer refusal skills, and career interest and development.

	6 th Grade Nutrition & Mental Health	7 th Grade Neurobiology: The Brain & Addiction	8 th Grade Human Sexuality
Decision Making & Stress Management	<ul style="list-style-type: none"> Realistic Scenarios and Role Playing Setting Boundaries (body, brain, relationships) Model for Decision Making Coping Skills for Life Learning 2 Breathe- Mindfulness Successful Relationship Building 	<ul style="list-style-type: none"> Realistic Scenarios and Role Playing Setting Boundaries (body, brain, relationships) Peer Pressure Refusal Skills 	<ul style="list-style-type: none"> Realistic Scenarios and Role Playing Setting Boundaries (body, brain, relationships) Peer Pressure Refusal Skills
Letting Values/Testimonies Guide You	<ul style="list-style-type: none"> Self Esteem (Confidence) Managing Emotions Personal Strengths 	<ul style="list-style-type: none"> Self-Care (Healthy Brain & Body) Integrity & Community Peer Pressure Refusal Skills Valuing 'that of God in everyone' 	<ul style="list-style-type: none"> Compassion and Empathy Equality & Honesty Responsibility & Restraint Assertiveness
Human Anatomy & Physiology	<ul style="list-style-type: none"> My Plate (The New Food Pyramid) Portion Distortion Feelings and Food (Cravings) Power Foods Physical, Mental, Emotional, and Social Effects of Stress Long Term Stress and Disease Research Mental Illness 	<ul style="list-style-type: none"> The Architecture of the Brain Brain Activity, PET Scans, Brain Function Parts of the Brain, Where Drugs Act Neurotransmission & Drug Alteration Pathways of Drugs to the Brain Drug Abuse vs. Addiction Environmental, Behavioral, Social Influences on Abuse & Addiction Treatment, Case Studies, Success Rates 	<ul style="list-style-type: none"> Reproductive Anatomy Physiology Relationship skills Conception Pregnancy and birth Contraception Responsible sexual behavior
Career Development	<ul style="list-style-type: none"> The Role of Nutritionists The Role of Counselors and Therapists Specialists in Eating Disorders 	<ul style="list-style-type: none"> The Role of Counselors and Therapists (Addiction Specialists) Neurobiologists Medical Technicians 	<ul style="list-style-type: none"> Career and Job Paths Exploration of One Career in a Field of Interest Transferable Skills Requirements of Student/Employee Planning an Interview for Schools/Job Development of Character Traits