

Freshman Academy

Marvelwood's commitment to **Health and Wellness** reflects the School's understanding that a healthy mind and body enhance success factors in academics and in life. The School continually adapts its programming to reflect the changing needs of adolescents.

2019 Freshman Academy Dates:

September 12, 19, 26

October 3, 10, 17, 24

November 7, 14 (makeup date)

6:30-7:30pm

Calhoun School Building

The Freshman Academy Program is designed for our youngest students who are acclimating to high school and life at boarding school. The Thursday night series, mandatory for all freshmen- including day students- touches upon subjects that are not taught in the classroom, but are important elements of a student's daily life. As a School, we strive to educate the whole student, including navigating the natural challenges of adolescence.

Topics

Brand You- as you enter your first year of high school, do you rebrand or remain with your brand. Who are you? Who do you want to be? This workshop discusses what you are saying about yourself to your peers and teachers and how to make the best choices to remain consistent with your 'brand'.

Stress- We all are a bit overwhelmed at times. Coming to a boarding school can be exhausting at times. This workshop is designed so students recognize when they are stressed and what they can do to relax and unwind.

Adolescence, Puberty, and the Reproductive System- We introduce students into the idea of taking responsibility for their own body and personal health. The workshop deals with puberty and the reproductive system, covering topics such as the emotional, social, and physical changes that occur during puberty (both those that are universal and those that are unique to males or females), as well as the ways those changes relate to the process of reproduction. *2 workshops by gender.*

Nutrition - This workshop discusses the importance of eating in a healthy way, and making healthy choices when it comes to your diet and exercise. What snacks to eat and practical advice to healthy eating. We will also discuss how important physical activity is to overall health.

Drugs -The drugs workshop focuses on tobacco and marijuana. The goal is to help students to understand the risks associated with using these substances. We discuss social pressures and addiction and present students with the knowledge needed to make responsible choices.

Alcohol - In this workshop we discuss the effects of alcohol and making educated decisions. Students are given factual information to make informed choices. Students learn that not all alcohol is the same and the consequences of drinking.

Self Esteem & Peer Pressure These workshops discuss emotional and social changes that occur during puberty. Topics in the first workshop include self-esteem, peer pressure, and stress, employing scenarios and discussions to handle different situations related to these issues.

Healthy Relationships This workshop focuses on the relationships in our lives: roommates, parents, significant others, and friendships. We discuss healthy relationships as well as the signs of an abusive relationship. *2 workshops by gender.*

Freshman Academy is run by Wendi Love, Director of Student Activities. Please [contact her](#) with any questions.