

WEEK OF: 9/8/2020 - 9/11/2020

CLASS: Health E Block

TEACHER: Mrs. Lozano

CONTACT INFO:

Orissa.lozano@thedeltahighschool.com

509-416-7860 Ext. 5922

OBJECTIVES:

- Be able to explain how disease prevention is different from health and wellness.
- List the 3 key dimension of health and wellness.
- Complete a personal survey on your health.
- Identify health habits you want to add to your life.
- Identify what area of wellness or disease prevention you would like to focus on personally.

ZOOM LINKS:

- Look for these in the “General” channel of your Health class 1 hour before zoom starts. For this week use:
 - <https://psd1-org.zoom.us/j/86198196828?pwd=QUg3UnFRRnZUL292MEJCMzFDVjArQT09>
 - Meeting ID: 861 9819 6828
 - Passcode: week2

**YOUR ASYNCHRONOUS RESPONSIBILITIES BEFORE ZOOM
LESSON #1:**

- Email me if you are willing to share your “I am From” poster/lesson – Include your block.
- Find this week’s work listed in your class notebook under the content library page and review what you will be doing.
- **Show up with your real name – on your school computer.**
- Be ready to chat with your fellow classmates.
- Be early when possible.

YOUR RESPONSIBILITIES AFTER ZOOM #1:

- See Asynchronous Responsibilities Below

YOUR ASYNCHRONOUS RESPONSIBILITIES AFTER ZOOM #1:

All items below can be found on the “Week 1Packet” document in Teams.

- Finish the assigned readings.
- Complete your personal health survey and turn it in.
- Review what strengths and weaknesses you have currently based on the survey and list them were asked.
- Choose an area of health promotion to focus on this term for your personal project. (To be announced later.)

- Choose 1 habit you could ADD that would improve your wellness and explain in what ways it would improve your quality of life.
- Complete this week's reflection.
- Turn it all in. 😊

YOUR ASYNCHRONOUS RESPONSIBILITIES BEFORE ZOOM LESSON #2:

- To Be Updated Wednesday.

YOUR RESPONSIBILITIES AFTER ZOOM #2:

- To Be Updated Wednesday.

YOUR ASYNCHRONOUS RESPONSIBILITIES AFTER ZOOM #2:

- To Be Updated Wednesday.

IDEAS FOR USING YOUR ASYNCHRONOUS TIME:

- Spend some time this week, researching and looking for information in the area of health and wellness or disease prevention that most interests you.
- Review the key concepts with the resources linked in the Content library. (In the class notebook – In Teams).

DUE DATES:

- This week's packet and work are due Wednesday before 7 pm.
- Remember to get an extension, you need to talk with me and get my permission.

TEST DATES:

- To Be Updated Wednesday.

OFFICE HOURS:

- Daily from 11:45 to 12:45 via teams call or [via zoom](#).
 - <https://tinyurl.com/LozanoOffice>
 - Meeting ID 832 8580 7548
 - Meeting Password Office
- Please feel free to contact me via email, or messaging on teams.
- Remember that all zoom office hours are automatically recorded