

SEPTEMBER 2013

HEALTH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 No School	3 Teacher Workday	4 First Day Ice Breakers Syllabus	5 Ice Breakers All About Me Posters	6 All About Me Posters	7
8	9 Ice Breaker Total Health Notes Total Health Assessment (Mobile?)	10 Finish Total Health Who am I sheet Self-Esteem Sunnyside Compliments Activity	11 Values Survey	12 Values Interpretation and Poster	13 Quiz Total Health/Self-Esteem/Values	14
15	16 Goals My Personal Goal Sheet	17 Decision Making Define the DECIDE Model	18 Decision Making Primetime, "What Would You Do Scenarios	19 Maslow's Hierarchy of Basic Needs	20 A Better You Video?	21
22	23 Goals ?	24 Wellness	25 Wellness	26 The Big Wheel Game	27 Test over Total Health/Self-esteem/Values/Wellness/Goals	28
29	30 Stress Defined Fight or Flight					

OCTOBER 2013

HEALTH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Stress Circles of Control Scenario Work	2 Stress	3 Mental illness book assignment	4 Early Release Stressed Out Video Exit Slip	5
6	7 Mental illness Web assign Brochure or Flier Computer Lab	8 Mental illness brochure or flier Computer Lab	9 Present	10 Present Introduction to Suicide	11 Work day No School	12
13	14 Suicide	15 Wrap-up Suicide	16 Suicide Quiz	17 Dear Stressed and Depressed CBA	18 Early Release What About Bob Movie	19
20	21 What About Bob Movie	22 Introduction to Nutrition Dietary Guide- lines Identify the Guidelines	23 Food Labels Read the Label Handout Food Logs	24 Longevity Calcu- lator Assignment Computer Lab	25 Early Release Choose My Plate assignment in Computer Lab	26
27	28 Nutrients Packet	29 Nutrients Packet	30 Supersize Me	31 Supersize Me		

NOVEMBER 2013

HEALTH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Early Release Obesity Teen Obesity	2
3	4 Fast Food Restaurant Activity	5 Fast Food Restaurant Presentations	6 Presentations	7 Vegetarianism	8 Early Release Diabetes Reading and Dr. Oz	9
10	11 Veteran's Day and No School	12 The Big Wheel Game	13 Test	14 Intro To Drugs	15 Early Release	16
17	18	19	20	21	22 Early Release	23
24	25	26	27 Early Release	28 No School Thanksgiving	29 No School	30

DECEMBER 2013

HEALTH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23 Winter Break	24	25	26	27	28
29	30	31 Winter Break				

INFORMATION SYSTEMS

Primary Business Addr
Address Line 2
Address Line 3
Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com



JANUARY 2014

HEALTH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Winter Break	2	3 Winter Break	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 No School MLK	21	22	23	24 End of Semester	25
26	27 Workday No School	28	29	30	31	

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FEBRUARY 2014

HEALTH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 No School	18 No School	19	20	21	22
23	24	25	26	27	28	

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MARCH 2014

HEALTH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21 Workday No School	22
23	24	25	26	27	28	29
30	31 Spring Break					

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APRIL 2014

HEALTH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Spring Break	2 Spring Break	3 Spring Break	4 Spring Break	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

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MAY 2014

HEALTH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26 Memorial Day No School	27	28	29	30	31

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JUNE 2014

HEALTH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 Early Release Teacher Work- day	7
8	9	10	11	12	13	14
15	16	17 Last Day of School	18	19	20	21
22	23	24	25	26	27	28
29	30					

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