

CPS WELLNESS COURSE *Revised December, 2017*

Wellness is designed for students to gain a knowledge base in relevant health issues and apply that knowledge to positively impact their lives. Wellness features several modes of learning built around the areas below. The course is coordinated through each student's advisor/advocate.

Student _____

Course Website: <https://sites.google.com/communityprepschool.org/wellness>

CLASS CHECKLIST

PERSONAL HEALTH JOURNALS	HEALTHY EATING	SEXUAL HEALTH
Complete all sections of the Personal Health Journal Allen Mauer	The Food Lab Ms Cee By Appointment	Reproductive Health Bonnie Herbst & Shawna Henry Fridays, 2nd Period
Complete 2 Scholar Model Presentations of your choice from topics in the health journal. Allen Mauer	Foodumentary Film Viewing Allen Mauer/Marty Schneider By Appointment	PHYSICAL ACTIVITY
SUBSTANCES	LIFE MANAGEMENT	Lifetime Fitness Activities (4 Sessions or Trip) Charlotte Miller/Mike Perez Allen Mauer/Carly Mentink
Talk with a CAC By Appointment	Why Try Estevan & Lisa Medina 10:00 AM Tuesdays	SAVING LIVES
Students' Perspectives On Tobacco See Lunch Workshop Schedule	Lifestyle Log and Reflection Student Advisors	First Aid/CPR Skills Checklist Mike Perez Mondays Lunchtime
Putting It Together--A Wellness Discussion See Lunch Workshop Schedule		

Credit Completed on _____ Signed, _____