

From the Department Coordinator: Susan Shields



Dear Parents and Guardians,

Greetings from the 2011-12 Wellness Department! Teaching adolescents about their health and well being is a community effort that involves the parents, the school, and community resources. We encourage you to have conversations with your teen about her or his Wellness experiences. Share your thoughts and concerns with them about the choices he or she makes or may confront in a high school experience. Your teen does care what you think, and she or he does want guidance navigating these challenging years. The Wellness department is here to support dialogue with your child through the various courses we offer.



Students will have the opportunity to practice leadership skills, reflect on her or his values

and beliefs, try on new experiences, and to “find play.” Our faculty is passionate about what we do and we hope that enhances every child's Wellness experience. We look forward to working with you and your teen.

If you would like to get involved you can join us for the presentation of the Metro West Youth Risk Survey Results on October 5th, come to the Community Connections series, and/or help us begin to plan our Wellness Day for the Fall of 2012 by joining the Wellness Day committee.

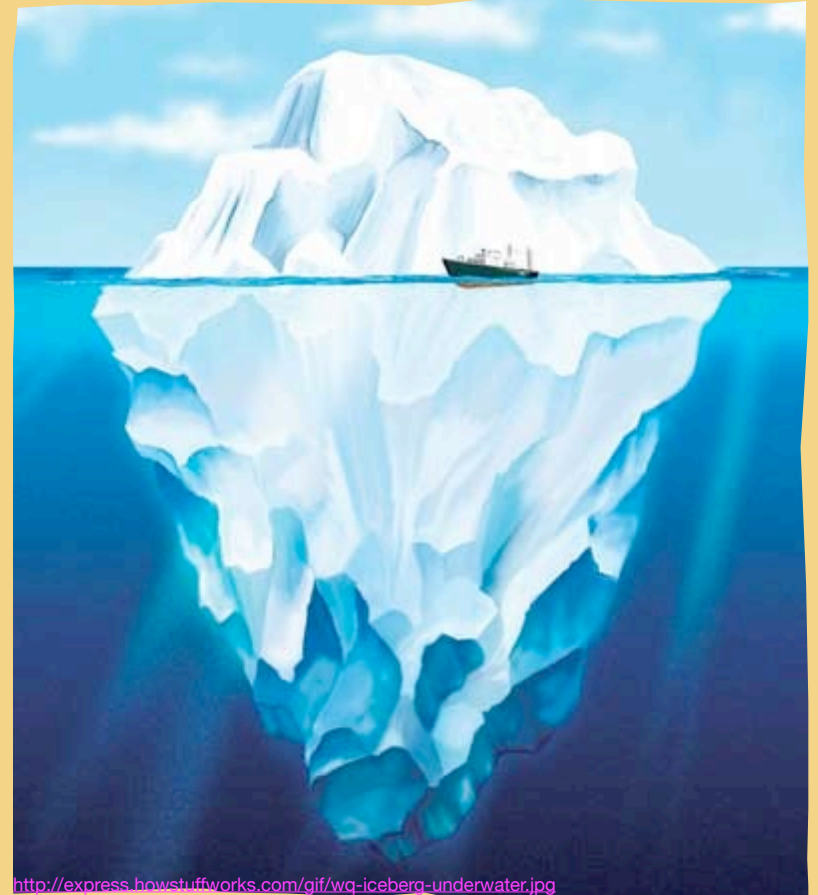
All the best,
Susan Shields

L-S Wellness Teachers

Susan Shields	ext. 3150	Sarah Greeley	ext. 3156
Chris Belmont	ext. 3153	Amanda Klein	ext. 3154
Vicky Caburian	ext. 3160	Kelly Mazza	ext. 3158
Greg Gammons	ext. 3152	Shawn Miller	ext. 3151
Mel Gonsalves	ext. 3159	Marci Stoda	ext. 3157

Lincoln-Sudbury Regional High School

Wellness Department



<http://express.howstuffworks.com/gif/wq-iceberg-underwater.jpg>

“Icebergs reveal only about one-tenth of their mass above water. The remaining nine-tenths remains submerged. This is why icebergs make an appropriate metaphor when considering one’s state of Wellness. To understand all that creates and supports your current health, you have to look underwater.”

Regina Sara Ryan and John W. Travis, The Wellness Workbook

Course Selection Menu

1 credit = 1 course = 1 quarter

Each student is required to fulfill a total of 12 wellness credits to graduate. Six required courses introduce fundamental principals and philosophies, as well as teach important life skills. The other six elective credits provide students with the opportunity to “try on” a variety of experiences. Ideally, they will identify activities that they like, or equally important, learn what does not meet their needs. The goal is for them to gain a deeper understanding of who they are and what activities they might choose to pursue beyond the walls of LS.

The Main Course (Requirements)

9th Grade	10th Grade	11th Grade
Muscular Fitness	Outdoor Pursuits	Health Issues
Introduction to Wellness	Community Action/CPR	Cardiovascular Fitness

The Vegetables and Desserts Buffet (Electives) *

Badminton, Coaching/Teaching & Recreation Leadership (CTRL), Conflict Resolution, Just Dance, Fencing, Fitness Games, Functional Fitness, Golf, Group Exercise, High Adventure, Nutrition, Personal Fitness, Rock Climbing, Sport Psychology, Tennis, Territorial Games, Volleyball, Yoga, Student Leadership Experience



Three main concepts that weave through every Wellness class



Becoming an expert on ourselves.

- We are multi-dimensional beings
- Recognizing, accepting, and valuing uniqueness
- Understanding fundamental human needs
- Understand how “experts” may not have the right answers for each individual



Understanding that we are not alone in the world; we impact others and others impact us.

- Impact of cultural norms and traps on decision making and self concept
- Understanding our intentions vs. the impact we have on our surroundings
- Effective communication skills
- Group dynamics: characteristics of highly effective groups and group members



Understanding that the world is constantly changing and so are we.

- Goal Setting
- Awareness, education, growth, and reevaluation cycle
- Signs & symptoms of dysfunction and illness
- Readiness: the importance of trying on new experiences and making educated decisions

Wellness is the active process of becoming aware of and making choices toward a more successful existence. National Wellness Institute

*All backgrounds and levels of experience are encouraged. Variety will promote a rich and diverse learning environment.