

PARENTING/CHILD DEVELOPMENT

(continued)

Students will:

- Identify child development milestones for infants, toddlers and preschoolers
- Identify indicators of good child care and development services for families
- Explore career options and training/education needed to work with children and families

FOOD & NUTRITION

Students will:

- Appraise conditions and practices that promote safe food handling
- Practice safety and sanitation procedures that will protect individual and family health and wellness
- Examine sources of food and nutrition information including federal, state and local inspections and labeling systems that protect the health of individuals and the public
- Assess the effect of nutrients on health, appearance and peak performance
- Acquire nutritional, scientific and consumer knowledge and skills that will contribute to safe and healthy individual food choices
- Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods
- Apply language arts, science, math and technology skills in a real life situation
- Practice time management, cooperative group work and decision making skills



WORLD FOODS

Students will:

- Appraise conditions and practices that promote safe food handling
- Practice safety and sanitation procedures that will protect individual and family health and wellness
- Explore how the history, geography, climate and culture of China, Italy, France and Mexico influence the food supply, preparations and service of the foods of these countries
- Demonstrate the ability to select, store, prepare and serve aesthetically pleasing authentic dishes
- Acquire an ethnic food related vocabulary
- Practice time management, cooperative group work and decision making skills

OUR MISSION

The Pentucket Regional School District seeks to inspire its students with a love of learning and to enable them to develop their academic potential and individual talents in an atmosphere that cultivates independent thinking. We will prepare our students to develop respect for others and to be responsible citizens of a global society.

OUR VALUES

Respect
Accountability
Integrity
Opportunity

Schools in the Pentucket Regional School District are dedicated to providing an up-to-date and challenging curriculum at each grade level. These curriculum brochures represent an overview of the comprehensive competencies at each grade level and in each subject and/or specialist area. Students and parents are able to review the rich curriculum offered in our District.

Pentucket Regional School District does not discriminate on the basis of race, color, religion, national origin, gender, sexual orientation, disability, or age.



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Grades Pre K-2

Helen R. Donaghue School
2 Union Street Extension
Merrimac, MA 01860
Tel: 978-346-8921/Fax: 978-346-7839
Grades 3-6

Dr. Elmer S. Bagnall School
253 School Street
Groveland, MA 01834
Tel: 978-372-8856/Fax: 978-521-8956
Grades Pre K-6

Dr. John C. Page School
694 Main Street
West Newbury, MA 01985
Tel: 978-363-2671/Fax: 978-363-2234
Grades Pre K-6

Pentucket Regional Middle School
20 Main Street
West Newbury, MA 01985
Tel: 978-363-2957/Fax: 978-363-2720
Grades 7-8

Pentucket Regional High School
24 Main Street
West Newbury, MA 01985
Tel: 978-363-5507/Fax: 978-363-2730
Grades 9-12

Central Services
Office of the Superintendent
Office of the School Committee
22 Main Street
West Newbury, MA 01985
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Visit us online @ www.prsd.org



COMPREHENSIVE
HEALTH
EDUCATION
GRADES 9-12



PENTUCKET REGIONAL
SCHOOL DISTRICT

Groveland
Merrimac
West Newbury

Pentucket ... a culture of continuous learning

HEALTH EDUCATION

GRADE 9

Students will:

- Explain the rationale for being a lifelong learner of health and wellness
- List and describe the dimensions of health
- Practice the decision making process
- Explain “lifestyle diseases” and their role in death rates
- Evaluate one’s own health status and set goals
- Define normative, chronic, non normative, acute stress and eustress, and give examples of each
- List and discuss the negative effects of unchecked stress on the human mind and body
- List healthy and unhealthy methods of managing stress
- Describe the signs of destructive behavior, and identify intervention strategies and kinds of professional intervention
- Define and demonstrate various communication styles (passive, aggressive, passive/aggressive and assertive)
- Explain the far reaching benefits of communicating assertively
- Demonstrate the power of “I” messages and effective listening skills (active and passive)
- List and discuss characteristics of a healthy relationship and the warning signs of an unhealthy relationship
- Explain how universal precautions protect one from blood borne pathogens
- Explain appropriate first aid procedures for common injuries
- Demonstrate an understanding of basic anatomy and physiology of the brain
- Discuss why some teens use drugs to “self-medicate”
- Explain the current research findings around marijuana and its link to cancer
- Explain how alcohol affects the brain and other body organs
- Create and discuss ideas for alternative, healthy ways to “get high”
- Generate alternatives to using drugs



GRADE 10

Students will:

- Describe the basic structures and functions of the parts of the human brain
- Define the characteristics of mental health and mental illness
- Identify common mental health disorders (anxiety, schizophrenia, mood, including depression and bipolar), and treatments (psychological and biomedical)
- Describe the difference between communicable and non communicable diseases
- Explain the basic functions and importance of the immune system
- Describe how the body fights germs and disease naturally and with medicines and immunization
- Identify ways individuals can reduce risk factors related to communicable and chronic diseases
- Compare and contrast how viruses and bacteria operate
- Describe the importance of early detection in preventing the progression of disease
- Describe the different categories of drugs and how they affect the brain
- Discuss the growing abuse of over the counter, prescription and illegal drugs
- Describe addictions to alcohol, tobacco and other drugs, and methods for intervention, treatment and cessation
- Explain the growing use of narcotics in our society
- Explain the physical, financial, social and psychological cost of addiction
- Discuss the changing nature of relationships in the teen years
- Review and role play assertive communication as it contributes to a healthy relationship
- Discuss the concepts of “boundaries” and intimacy
- Identify and explain the anatomy and physiology of the female reproductive system
- Discuss the serious risks (physical & emotional) of becoming sexually active at a young age
- Define the types of sexually transmitted infections (STIs) and how they are prevented
- Explain the benefits of abstinence and postponing sexual behavior
- Develop an understanding of the life altering effects of an unplanned pregnancy or an STI
- Identify resources available for treatment of reproductive health issues



GRADE 11

Students will:

- Discuss risk-taking behavior in high school and college
- Define “binge drinking”
- Discuss the legal implications of possessing alcohol/drugs as a minor
- Explain the consequences of driving under the influence of alcohol and other drugs, including the effects on passengers when the driver is impaired
- Describe the relationship between multi-drug use, stages of addiction and dangers of overdose
- Discuss current drug use trends and dangers (Heroin and Oxycontin)
- Explain the relationship between dietary intake, physical activity, and emotional health
- Explain the short and long term effects of poor nutrition
- List the six essential nutrients and their functions
- Explain the relationship between dietary intake, physical activity, and emotional health
- Analyze individual dietary intake and eating patterns
- Discuss current dietary fads and trends
- Describe current findings, new statistics, and present status of HIV/AIDS in the world
- Discuss research into HIV vaccinations
- Define stereotyping and racism
- Discuss whether or not the media presents images of “real people”



HEALTH EDUCATION ELECTIVES

ENTERING ADULTHOOD GRADES 11 & 12

Students will:

- Create a map of the life to which they aspire
- Discuss the direct correlation between income and education
- Explore various career possibilities based on personality/interest assessments
- Conduct interviews with adults working in various jobs and careers
- Discuss the origin of the Consumer Rights Movement and how it applies to daily life
- Demonstrate an understanding of one’s rights and responsibilities as a consumer



ENTERING ADULTHOOD GRADES 11 & 12 (continued)

Students will:

- Analyze advertising and marketing campaigns in daily life
- Produce a personal and polished resume, cover letter and set of references for actual use
- Demonstrate effective interviewing skills
- Explain budgeting as a means of reaching life goals
- Explain the significance of learning to “Pay Yourself First” at a young age
- Demonstrate a clear working knowledge of how to manage a checking account and debit card
- Analyze several credit card offers and demonstrate an understanding of credit card operation
- Explain how one’s credit history can impact life goals
- Create a budget for moving into an apartment and living independently
- Explain how to buy, insure and maintain an automobile

FAMILY & CONSUMER SCIENCE ELECTIVES

PARENTING/CHILD DEVELOPMENT

Students will:

- Investigate and summarize rewards and challenges of parenting at all developmental stages
- Identify characteristics of parental wellness that would maximize care of children
- Create and evaluate individual family budgets
- Identify medical considerations that will help to ensure a healthy baby
- Explore and identify physical, emotional and lifestyle changes of pregnancy and of expectant parents
- Discuss why understanding child development is important
- Connect work of child development theorists with the impact of how we think about, work with and parent children
- Explore the history of the birth experience, birth customs and practices around the world and options available in local communities today
- Discover and articulate child care skills and practices that will help nurture the development of infants, toddlers and preschoolers

