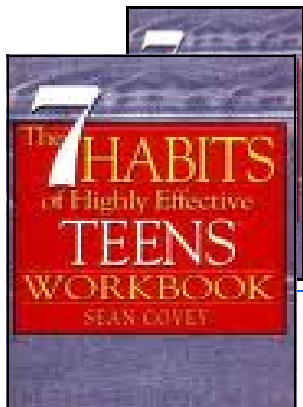




## Emotional Wellness

This class builds on skills in the areas of emotional intelligence. Students will be challenged to improve *self-awareness* and *interpersonal skills*, skills that enable the formation and maintenance of positive relationships. Students will also work to improve students' *self-advocacy* and individual *goal-setting*, not only within school but also in the community.

### 7 Habits of Highly Effective Teens



Instructional Director: Tony Filippo (847) 582-7766  
WFL Teachers: Maureen Fallon (847) 582-7429  
Kristen Baysinger (847) 582-7406

Student Support Liaison/ Social Worker:  
John Maher (847) 582-7746



## Health & Wellness for Life





# HEALTH & WELLNESS FOR LIFE

This **two semester** course, a comprehensive personal health education course, provides critical information and support to freshman students.

The class climate and curriculum will be conducive to fostering



Teambuilding activities are an important part of the class.

increased self-awareness, social awareness, relationship skills and responsible decision making. This will be accomplished through various means including: team-building, mentoring/advisory aspects and a service project.

The in-depth course topics are derived from all dimensions of health (physical, mental, emotional, and social). In addition a focus on the building of academic skills creates a foundation for success in high school. Students will be given opportunities to discover and capitalize on their unique strengths and pathways to learning.

## How is this class unique?

Orientation: In fall, freshmen will be given an orientation of the building and all available services through a number of activities. Students will interact with counselors, social workers, and deans.

Advisory: Health teachers will help counselors monitor not only the academics but also the social-emotional wellness of enrolled students.

Academic preparation: Enrolled students will be taught specific **organizational** and **note taking techniques** that will benefit them throughout high school.

**Study skills** and **exam preparation** will be a focus within the curriculum. There will be study time allotted for final exams.

WFL is a class that meets for an entire school year. Students taking the class will earn a half credit each semester (total of 1 credit for the year). LFHS believes that this class is very beneficial to freshman and their transition to high school.

This class uses Covey's 7 Habits of Highly Effective Teens.

### Important things to remember

- This class takes the place of taking one semester off regular health and another semester of P.E./athletic waiver. Those who decide to take this class and are in a sport, will not be eligible for the athletic waiver.
- If a student decides to drop this class after the allotted drop time ends, they will need to retake a full semester of the regular Health class or Advanced Health a following year.