

HEALTH
IS
WEALTH



**KEEP
CALM
AND LIVE
A HEALTHY
LIFE**

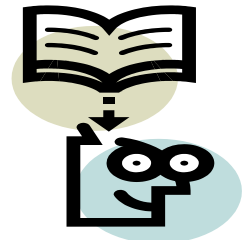
Ms. Malíne

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My teaching background

- * 35th year teaching 😊
 - * American School Foundation – Monterrey Mexico
 - * Multicultural Magnet Bpt.
 - * Mill Hill- Wellness Workshop for Parents
- Total 26 years Elementary
- * Education : Bachelors in Education , Masters in Reading,
6th year various classes, 7th year in Health

I teach two 6th grade classes
one 7th grade class
two 8th grade class





A bird sitting in a tree is never afraid of the branch breaking, because her trust is not in the branch...

But in her own wings.

My Philosophy

I believe that our ultimate goal as educators and parents is to guide our children in becoming

**Socially competent, Happy, Self loving,
Resilient individuals**

. "Challenges are what make life interesting,
overcoming them is what makes life meaningful."

~Joshua Marine



There are things that
either build you up
or tear you down.
You decide.

Adapted from Haroldine Cunningham

Health Triangle



- VALUE your whole self
- English word “Health” comes from the Old English word *hale*, meaning “wholeness”.

We strive for **Wellness**, the integration of all 3.

- Wellness involves continually learning and making changes to enhance our state of wellness and keep it in balance.
- Happy Healthy Successful

6th Grade – Goals are to develop skills, attitudes and knowledge necessary to protect, maintain and continually promote good health.

***Friendships- good, bad, empathy, peer pressure and bullying , sexual harassment**

***Stress/Time Management; Anger Management; Decision Making Skills**

*** Substance Abuse/ Prevention- Marijuana, Inhalants, Alcohol, and Smoking-vaping**

*** Communicable Diseases- HIV/AIDS, Lyme**

*** Puberty and Body Image**



7th Grade – Students will learn how communication and good decision making can enhance positive personal health.

Happiness Inventory

- Self Talk ; Popularity; Rumors and Accusations
- Coping with Death/Loss> *Focus on how to live.*
- Eating Disorders
- Substance Abuse Prevention; Decision Making Skills
- Family Life- Pregnancy/Birth; Body Image
- Diversity/Tolerance
- Goal Setting

CHOOSE
HAPPINESS

8th Grade –Students will learn to cultivate healthy behaviors while learning risks associated with unhealthy decisions. “WFO & QM” Presentation

*Relationships: Healthy, Unhealthy, Abusive ; Dating

*Love and Infatuation

*Abstinence

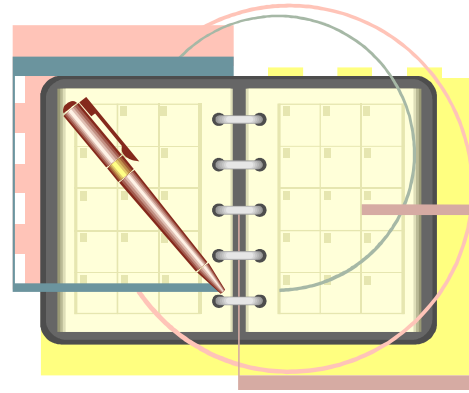
*Alcohol -Binge Drinking, Cycle; *Depression and Suicide Prevention, *Sexual Harassment and Assault

*Date Rape Drugs

- Support Systems; Decision Making Skills; Substance Abuse Prevention; Body Image; HIV/AIDS; Stress and Anger Management



Materials

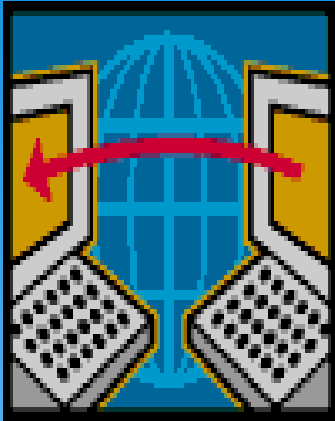


GRADING/HOMEWORK POLICY: 10% Homework
90% Tests /Quizzes/Project

EXTRA HELP: Available Monday and Thursday 2:50-3:10, or
otherwise scheduled with teacher

EXPECTATIONS: Do your best : self advocate for your
needs : Follow the expectations : Participate
Have a positive attitude

Be Responsible , Respectful and Aware of Your Actions



Communication

Infinite Campus

Messenger: A heads up

Upcoming Tests, Projects

Email: Smaline@fairfieldschools.org

Phone



Books:

Blessings of a Skinned Knee-Wendy Mogel

Emotional Intelligence- Lantieri, Goleman

Secrets of the Teenage Brain- Sheryl

Feinstein

How to Raise An adult –Julie Lythcott-Haims

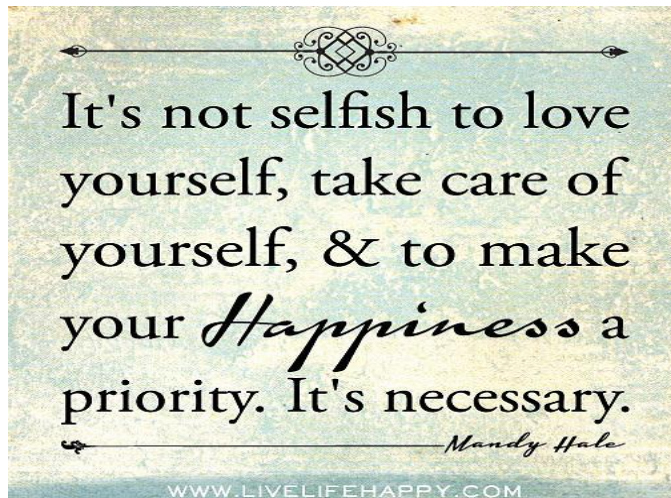
** Please feel free to contact me with other book or website suggestions.*

Thank you !

I look forward to a very successful marking period

Shari Maline

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**“Be thankful for what you have; you'll
end up having more.**

**If you concentrate on what you don't
have, you will never, ever have enough.”**

~ Oprah Winfrey

