

# January 2011 – NJROTC Health

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 Teacher Work Day	6 Introduction to Health, course overview, CPS, curriculum outline. Life Skills PRE-Test, LS Unit 1 after book issue	7 <i>The ZZZZ Factor</i> Test, Life Skills: Activities A & B	8
9	10 Current Event & GIST <i>Tame your Temper</i> GIST Life Skills Activities C & D	11 Section III, Heart Saver First Aid: General Principles, Medical Emergencies, Injury Emergencies	12 Personnel Inspection <i>An ounce a Day</i> – GIST Section III; Environmental Emergencies, Adult CPR, Adult AED	13 Early dismissal, 12:40	14 Staff development	15
16	17 Martin Luther King Holiday	18 Section III; Child CPR & AED	19. Personnel Inspection Current Event & GIST <i>Antioxidant Armor</i> – GIST. Health Test #1. Video: <i>The Addicted Brain</i> (23 Mins); Section IV, Decision Making, LS Unit 2: activities A & B	20 PT Day	21 <i>Winning the Weight War</i> – Test. Section IV, Decision Making, LS Unit 2, Activities C & D.	22
23	24 Current Event & GIST; Alcohol Poisoning GIST Library: Gaggle and Black-Board intro, Begin research for report	25 Inhalants GIST, LS Unit 3 Activities A, & B Unit V, Drugs, Alcohol & Tobacco; Video <i>I ain't Drunk, Just Drinking</i> (23 mins)	26 Personnel Inspection <i>Common Sleep Problems</i> – GIST. LS Unit 3 Activities C & D. Unit V, Alcohol Tobacco and	27 PT Day Interim grades	28 <i>Adolescent Brain Development</i> – Test. Video <i>Teen Tobacco Abuse</i> (14 Mins) Unit VI: Media & Technology; LS 4 Activity A	29 Jesuit Drill Meet Black Board Homework – Videos <i>I ain't drunk just drinking</i> and <i>Teen Tobacco abuse</i> and the tests, due Monday
30 Black Board Homework – Videos <i>I ain't drunk just drinking</i> and <i>Teen Tobacco abuse</i> and the tests, due Monday	31 Current Event & GIST. Review the videos from weekend. Section V Alcohol & Tobacco. Begin Unit VI LS Unit 4, Activity					

# February 2011 – NJROTC Health

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Unit VI Media & Technology; LS Unit 4 Activity B & C. Analyze Commercials, by group	2 Personnel Inspection <i>Calculating Your Calories</i> – GIST.	3 PT Day SNOW DAY	4 <i>Going for the Gain</i> – Test. SNOW DAY	5
6	7 Current Event & GIST Media & Technology; LS Unit 4 Activities D & E.	8 Early dismissal, 1240 Media & Technology; Episode of <i>Greeks</i>	9 Personnel Inspection <i>Fat Burning</i> – GIST Video <i>A Cry for Help</i> , handout article on Depression	10 PT Day	11 <i>Growing Pains</i> - Test Media & Technology; LS Unit 4 Activity F	12
13	14 Current Event & GIST Section VII Mental & Emotional Health. LS Unit 5, Activities A & B	15 <i>A Quick Boost</i> – Test Stress, Depression and Sleep Disorders	16 Personnel Inspection LS Unit 5 Activities C & D.	17 PT Day	18 <i>An Ignored Epidemic</i> – Test. Section VIII Family & Social Health; LS Unit 6 Activities A & B. Drill practice for the Inspection.	19
20	21 Current Event & GIST Section VIII Family & Social Health; LS Unit 6 Activities C & D	22	23 Personnel Inspection <i>Protein Proportioned Properly</i> – GIST. Section VIII Family & Social Health; LS Unit 6 Activities E, F & G	24 Interim grades, Early dismissal, 1310	25 TEST – Family, Social, Mental, Emotional Health, this test is to be taken on <b>BlackBoard</b> .	26
27	28 Current Event & GIST					

# March 2011 – NJROTC Health

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Personnel Inspection <i>Sensible Supplements</i> – GIST. Bring in Three (3) food labels <u>Report due</u>	3 PT Day 1 mile, Push-ups, sit-ups test	4 <i>Calcium: It's not just for bones anymore</i> - GIST	5
6	7 Lundi Gras	8 Mardi Gras	9 Personnel Inspection Current Event & GIST	10 Reports presented to class	11 GP 3 ends, Test 1 <sup>st</sup> & 3 <sup>rd</sup>	12
13	14 GP 3 ends, Test 2 <sup>nd</sup> & 4 <sup>th</sup>	15 Introduction to Health, course overview, CPS, curriculum outline. Life Skills PRE-Test Early dismissal, 1240	16 Personnel Inspection <i>The ZZZZ Factor Test</i> , Life Skills: Activities A & B	17 PT Day	18 <i>Tame your Temper</i> GIST Life Skills Activities C & D	19
20	21 Current Event & GIST Section III Heart Saver First Aid: General Principles, Medical Emergencies, Injury emergencies	22 PT Day	23 Personnel Inspection <i>An Ounce a Day</i> – GIST, Section III, Environmental Emergencies, Adult CPR, Adult AED	24 Early dismissal, 1310 Heart Saver, Child CPR & AED <i>Antioxidant Armor</i> – GIST	25 Health Test 1. Video: <i>The Addicted Brain</i> (23 mins). Section IV, Life Skills Unit 2, Activities A & B	26 Prom
27	28 Current Event & GIST <i>Winning the Weight War</i> – TEST Decision Making, LS Unit 2, Activities C & D	29 <i>Alcohol Poisoning</i> - GIST. LS Unit 3, activities A & B Unit V, Drugs, Alcohol & Tobacco; <i>Video I ain't Drunk, Just Drinking</i> (23 mins) on BlackBoard and take TEST	30 Personnel Inspection <i>Inhalants</i> – GIST Activities C & D. Unit V, Alcohol Tobacco and Drugs	31 PT Day		

# April 2011 – NJROTC Health

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <b>Common Sleep Problems</b> – GIST Video <b>Teen Tobacco Abuse (14 Mins)</b> on BlackBoard and take TEST on Tobacco Abuse Unit VI: Media & Technology; LS 4 Activity A	2
3	4 Current Event & GIST <b>Adolescent Brain Development</b> - TEST	5	6 Personnel Inspection <b>Calculating Your Calories</b> - GIST	7 PT Day Interim grades	8 <b>Going for the Gain</b> – TEST.	9
10	11 Current Event & GIST	12 <b>A Quick Boost</b> - TEST	13 Personnel Inspection	14 PT Day	15 <b>An Ignored Epidemic</b> - TEST	16
17	18 Current Event & GIST	19	20 Personnel Inspection <b>Proteins Proportioned Properly</b> – GIST. Early dismissal, 1310	21 PT Day	22 Easter	23
24	25 Easter	26 Easter	27 Easter	28 Easter	29 Easter	30

# May 2011 – NJROTC Health

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Current Event & GIST <i>Sensible Supplements – GIST.</i>	3 Seniors 4 <sup>th</sup> block exam	4 Personnel Inspection <i>Calcium: It's not just for bones anymore - GIST</i> Seniors 2 <sup>nd</sup> & 3 <sup>rd</sup> exams	5 Seniors 1 <sup>st</sup> block exam	6 NJROTC Field Day	7
8	9 Current Event & GIST Awards night	10 Early dismissal, 1240	11 Personnel Inspection Graduation	12 PT Day	13	14
15	16 Current Event & GIST	17	18 Uniform turn in - graded	19 4 <sup>th</sup> block exam	20 2 <sup>nd</sup> & 3 <sup>rd</sup> block exams	21
22	23 1 <sup>st</sup> block exam, early dismissal, 1130	24	25	26	27	28
29	30	31				

# June 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
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# July 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
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31						

# August 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
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25	26	27	28	29	30	

# October 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>	<b>31</b>					

# November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
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27	28	29	30			

# December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31