

## Hampden Academy Wellness Standards REGIONAL SCHOOL UNIT #22

RSU #22 is committed to the optimal learning of all students. As RSU 22 continues to move towards meeting 2018 graduation expectations, we have elected to look at proficiency learning targets K-12. Rather than only the high school being responsible to report student proficiency, we have created some initial targets at each grade level. We know that some children may be able to meet standards beyond the targets listed at the grade level. We also know that some students will need more time to meet the expectations.

### **Standards to be met before or during High School years**

#### **Fitness Related Standards**

- Understands how to self evaluate the effectiveness of a personal fitness plan.
- Understands how to use baseline information to create a personal fitness goal.

#### **Locomotor Standard**

- Is skilled at demonstrating a variety of specialized movement skills specific to a game/physical activity while participating in a game/activity.

#### **Relationships Standards**

- Understands intervention/prevention strategies for sexual abuse.
- Understands how to locate and access accurate and valid resources that are available at school and in the community.
- Understands how to maintain healthy relationships (commitment, respect, consideration, roles and contributions, changing relationships, strategies to deal with difficult situations).

#### **Mental Health Standards**

- Understands how different types of stress affect the body.
- Understands different stress management techniques for positive health benefits.
- Understands the warning signs of depression, resources for help and how to help others and self.
- Understands the warning signs of suicide, resources for help and how to help others and self.
- Understands mental health disorders affect people in a variety of ways.