**Lifetime Nutrition and Wellness ~ Jill Evans**

**“Contemporary Health” in Edgenuity**

**2020-2021 School Year Weekly Calendar**

***Short Weeks Are In Red***

**First Six Weeks**

**Week 1, August 12th-14th**

Alcohol Use and Its Dangers

**Week 2, August 17th-21st**

Nicotine, Tobacco, and their Dangers; Prescription, Nonprescription, and Illegal Drugs

**Week 3, August 24th -28th**

A Substance-Free Lifestyle; Unit Test

**Week 4, August 31st –September 4th**

Guidelines for Healthy Eating; Nutrition and Health

**Week 5, September 8th- 11th**

Nutrition and Physical Fitness in Your Community; Maintaining a Healthy Body Composition and Body Image

**Week 6, September 14th- 18th**

Physical Fitness and Health; Unit Test

**Second Six Weeks**

**Week 1, September 21st -25th**

Adolescent Development; Abstinence, Safe Sex, and Making Informed Decisions

**Week 2, September 28th –October 2nd**

Conception, Pregnancy, and Birth; Sexually Transmitted Infections, HIV, and AIDS

**Week 3, October 5th -9th**

Personal Hygiene and Health; Unit Test

**Week 4, October 13th -16th**

The Importance of Mental and Emotional Health; Stress and Stress Management

**Week 5, October 19th – 23rd**

Grief, Loss, Depression, and Suicide; Seeking Help in Your Community; Skills for Healthy Relationships

**Week 6, October 26th – 30th**

Conflict Resolution and Decision-Making Skills; Healthy Family Relationships; Understanding Relationships with Peers

**Third Six Weeks**

**Week 1, November 2nd -6th**

Healthy Relationships: Dating and Marriage; Parenting; Unit Test

**Week 2, November 9th – 13th**

Communicable Diseases; Non-communicable Diseases; Preventative Medical and Dental Care

**Week 3, November 16th – 20th**

Environmental Health and Safety; Making Informed Healthcare Decisions; Health Care in the Community

**Week 4, November 30th – December 4th**

Technology and Health; Safety and Injury Prevention; First Aid

**Week 5, December 7th – 11th**

Gang Violence; Sexual Harassment and Sexual Assault; Unit Test

**Week 6, December 14th – 18th**

Exam

**Fourth Six Weeks**

**Week 1, January 5th – 8th**

**Week 2, January 11th – 14th**

**Week 3, January 19th -22nd**

**Week 4, January 25th -29th**

**Week 5, February 1st -5th**

**Week 6, February 8th -12th**

**Week 7, February 16th – 19th**

**Fifth Six Weeks**

**Week 1, February 22nd – 26th**

**Week 2, March 1st – 5th**

**Week 3, March 8th -11th**

**Week 4, March 22nd – 26th**

**Week 5, March 29th – April 1st**

**Week 6, April 5th – 9th**

**Week 7, April 13th – 16th**

**Sixth Six Weeks**

**Week 1, April 19th -23rd**

**Week 2, April 26th -30th**

**Week 3, May 3rd -7th**

**Week 4, May 10th – 14th**

**Week 5, May 17th -21st**

**Week 6, May 24th -26th**