

F A L L 2 0 1 1

Monroe-Woodbury High School

Health Department Newsletter

Department Chair: Laura Pietropaolo

Teachers: Chris Vero, Linda Trapani, Jessica Wright

Dr. Elisabeth Burnett SNT



Welcome Back to School!

We hope you have an amazing, happy and HEALTHY school year! Get involved a new club or sport and make some new friends. Check out the first meetings for SADD, STARS and the Athletic Club on page 5.

Save the dates!

Open House

Sept. 20th
6:30pm

Breast Cancer Walk

October 16th

@Woodbury
Commons 7:30am

Five Week Period Ends

Oct. 6th

1st Quarter Ends

Nov. 4th

What's new in Health?

HEALTH 10

Health- This course is for all tenth graders. It is required for graduation.

DRIVING SIMULATORS

Have you been to room 218 lately? If not, come by and check out the two driving simulators we are luckily enough to have on loan from the Orange County STOP DWI Program. Health classes will be implementing them into our program this fall!

FIRST AID AND CPR

Ninth graders can now take First Aid and CPR! Take this elective and get certified by the American Red Cross for First Aid, CPR and AED.



Courses Offered

Health 10

This required semester course for tenth graders engages students in a number of activities that are designed to promote skill development in the areas of decision-making, problem solving, and effective communication. Topics will include: peer pressure, stress management, teen suicide, mental health, nutrition, diseases, human sexuality, substance abuse, healthy relationships, AIDS education, violence prevention. This course may be offered as a full-year, alternate-day course.

Critical Issues in Health

This course provides students with decision-making skills and experiences related to critical health issues. In addition, the course covers health-related careers, and community resources. Topics covered in the class include: violence and bully prevention; stress management; teen depression and suicide prevention; values clarification, AIDS education; alcohol, tobacco and other drugs, sexual orientation, disease prevention; parenting; healthy relationships and sexuality. Guest speakers and field trips are incorporated in the curriculum throughout the semester. Open to juniors and seniors.

CPR and 1st Aid

This elective semester course is designed to parallel the American Red Cross Certification Programs in First Aid and Cardiopulmonary Resuscitation (CPR). Certification includes Adult, Child, and Infant CPR, Community First Aid, Automatic External Defibrillation (AED), and Basic Life Support for the Professional Rescuer. Students will be required to meet all time and examination requirements in order to receive official Red Cross certification. There is a small fee required by American Red Cross to obtain a certification card. This course is open to all students.



Meet The Health Teachers

Laura Pietropaolo

Mrs. Pietropaolo has been teaching at Monroe Woodbury since 1984. She is currently the department Coordinator for Health Education 7-12. She teaches First Aid and CPR at the high school, and she is the advisor for STARS. Mrs. Pietropaolo graduated with a B.S. in Health Education from SUNY Cortland and received her Masters degree in School Counseling from C.W.Post, Long Island University.



Linda Trapani

Ms. Trapani has taught at Monroe-Woodbury since 1985. She began her career as a Physical Education Teacher, and then changed to become a full time Health Instructor. She currently teaches Health and Critical Issues. Ms. Trapani coaches Girls JV Soccer and Girls Varsity Basketball and serves as an advisor for the Athletic Club. She graduated with a B.S. in Physical Education and Health from Kent State University and with an M.S. in Physical Education / Health from Syracuse University.

Chris Vero

Mr. Vero has been teaching at Monroe-Woodbury since September 2006 and he currently teaches both Health and Critical Issues. Mr. Vero graduated SUNY Cortland with a B.S. in Health / Physical Education with a minor in Exercise Science and a M.S. degree in Health / Physical Education from Emporia State University. Chris also has multiple national certifications as a Personal Trainer and Nutritional Specialist. He enjoys his roles as the advisor for SADD as well as the Coach of the Junior Varsity Baseball and the Junior Varsity Girls Tennis .teams.



Jessica Wright

Mrs. Wright has taught at the High School since 2001. She is a 1996 graduate of Monroe-Woodbury, and she currently teaches Health and Critical Issues in Health. She is part of the T.A.P.T (Teachers are People Too) committee. Mrs. Wright graduated with a B.S. in Health Education from East Stroudsburg University and with an M.S. in Humanistic Education from SUNY New Paltz. Mrs. Wright also has a degree in School Counseling from Long Island University.





Mr. Vero's Exercise of the Month

Barbell Squat

1. This exercise is best performed inside a squat rack for safety purposes. To begin, first set the bar on a rack to just below shoulder level. Once the correct height is chosen and the bar is loaded, step under the bar and place the back of your shoulders (slightly below the neck) across it.
2. Hold on to the bar using both arms at each side and lift it off the rack by first pushing with your legs and at the same time straightening your torso.
3. Step away from the rack and position your legs using a shoulder width medium stance with the toes slightly pointed out. Keep your head up at all times and also maintain a straight back. This will be your starting position.
4. Begin to slowly lower the bar by bending the knees and hips as you maintain a straight posture with the head up. Continue down until the angle between the upper leg and the calves becomes slightly less than 90-degrees. Inhale as you perform this portion of the movement. **Tip:** If you performed the exercise correctly, the front of the knees should make an imaginary straight line with the toes that is perpendicular to the front. If your knees are past that imaginary line (if they are past your toes) then you are placing undue stress on the knee and the exercise has been performed incorrectly.
5. Begin to raise the bar as you exhale by pushing the floor with the heel of your foot as you straighten the legs again and go back to the starting position.
6. Repeat for the recommended amount of repetitions.

Caution: This is not an exercise to be taken lightly. If you have back issues, substitute it with the dumbbell squat variation or a leg press instead. If you have a healthy back, ensure perfect form and never slouch the back forward as this can cause back injury. Be cautious as well with the weight used; in case of doubt, use less weight rather than more.

Health Related Clubs

SADD- Students Against Destructive Decisions

Advisor: Mr. Vero

**First meeting: Thursday, September 15th
afterschool in room 218. All are welcome!**



Athletic Club

Advisor: L. Trapani

First Meeting: Tuesday, September 20th in room 318

STARS- Students Teaching AIDS Reduction Strategies

Advisor: L. Pietropaolo

First Meeting for returning members: Wed, Oct. 5th, in room 130

First Meeting for NEW members: Tuesday, October 11th in the small cafeteria