

Kenmore West HSA Meeting
Wednesday, May 10, 2023

ENL Department

- The year West has gotten 5 new students from Congo and Ukraine. All are refugees and in high need.
- Would love support for new & existing students. They collect donations for the KW Food Pantry as well as donations of clothes, toiletries, and household/kitchen items. HSA would like to help facilitate donations through our membership.

Health Department & PE Department Update

Health:

In 8th grade health, classes just finished up the nutrition unit. Students were able to use the district's smoothie bike, which blends smoothies only when someone is pedaling. Each student was able to create a recipe to take home, and classes able to sample some of the healthy options. Classes are now transitioning into our Growth and Development/Sexual Education unit. This will lead to the final project of the year, where students will demonstrate one of the healthy skills they learned throughout the year.

Full-year high school health classes are wrapping up the Sexual Education unit. Discussions were had on safe sex and contraceptives while stressing the importance of using these to prevent the spread of STIs and teen pregnancy. Classes also discussed healthy and unhealthy relationships, Erin's Law, and practiced refusal skills. Most recently, classes discussed reproductive systems, learning about the menstrual cycle, and pregnancies. This week they did an experiment in class with a ping pong ball and a balloon that simulated how the cervix opens up during labor and delivery.

In half-year high school health, the Mental Health unit was just completed. During the unit, classes discussed a variety of mental health illnesses, stress management techniques, as well as depression and suicide prevention. Students were provided with a variety of resources for people that they can talk to if they ever feel depressed, or if they know someone who they suspect might be depressed.

At the end of the unit, the students were tasked with developing a brochure for a mental health illness. Their brochure included basic information about the illness, symptoms, diagnosis information, treatment options, and how prevalent the disease was in the U.S. Classes are now transitioning into the Tobacco and Vaping unit.

Physical Education:

In physical education, our sport classes just wrapped up one of our racket sport units, badminton. We went over the different serves, shots, basic rules, and rules of a proper serve. Students were then able to participate in singles or doubles play. In our larger classes, 8th/9th graders just finished their football unit since that is done in the beginning of the year with our 10th/11th/12th grade classes, while the 8th/9th grade groups start the year with icebreakers and cooperative games.

Our fitness option for this last unit was to have students track their own workouts up in the fitness center. At this point in the year we have reviewed proper form of a variety of workouts, as well as etiquette and rules of a fitness center. This unit emphasized the importance of keeping track of your own progress, as well as wiping down equipment and racking your weights when you are done, as we transition our students into working out in the community on their own.

This past week our sports classes started our kicking/striking unit, with team kickball. We use kickball as a lead up into our softball unit to review basic baseball and softball rules, as well as proper team sport behaviors such as encouraging others, and working together toward a common goal. Our fitness option has been indoor and outdoor partner fitness stations. These stations not only incorporate exercises to improve the students' upper body, lower body, core, and cardio; but also involve working together and interacting with one another to improve their social skills.

We will end the year with two weeks of softball, and two weeks of backyard games.

Administration Report

- Thank you for the breakfast that was provided by the HSA.
- Events coming up:
 - o Art Show
 - o Concerts
 - o Jr Prom
- Access / DEI (Diversity Equity Inclusion) Initiative
- Parent Involvement: Beginning of the year, welcome back social concept.

HSA Business

- 3 \$250 Blue Devil Award Winners: Fox Besch, Luci Cryan & Emma Schaus
- Board positions are the same for next year
- Venmo for next year
- Donating \$100 toward Sr. Celebration
- 2023-2024 Meeting Dates: 9/26, 11/8, 1/11, 3/19 and 5/8