



WESTOVER SCHOOL

Health & Wellness Curriculum

The Wellness Curriculum is spread out over the four years of a student's academic career. Westover feels that there are aspects of the health curriculum that need more concentration over a longer period of time and that must be adapted to be developmentally appropriate for each grade level. All topics are designed to encourage students to develop resiliency as well as the skills to become more proactive in maintaining wellness. Each year, the curriculum includes conversation and education about personal boundaries in all areas of a student's life, from social relationships with peers to relationships within our school community, and the expectations surrounding healthy adult-student relationships and boundaries. As the curriculum progresses, not all topics will be assigned specific class time but rather may take the form of a workshop during orientation or drop periods throughout the year. Below is a summary of the curricular focus at each grade level. It is the goal of the Health and Wellness team to incorporate topics of wellness into all aspects of our students' academic career at Westover. The Health and Wellness team will work interdepartmentally with our faculty to ensure that our health and wellness curriculum is part of the focus of student learning.

- **FRESHMEN YEAR: NEW BEGINNINGS**

(1/6 credit, required for graduation)

The focus for all freshmen will be developing skills around time management, stress management, nutrition, and how to build and maintain healthy peer relationships, including conflict resolution. During this first year, students will be provided with an introduction to the importance of mental health as part of overall well-being, as well as to topics such as disordered eating and hygiene.

- **SOPHOMORE YEAR: HEALTHY LIVING**

(1/6 credit, required for graduation)

Sophomore curriculum will build upon the foundation from freshman year with a continued and more in-depth focus on individual health and wellness, including identifying self-care skills and habits for students. Topics will include stress management further discussion on

building and maintaining healthy relationships. In the Spring term, the focus will shift to topics involving drug use/abuse and sex education.

- JUNIOR YEAR: PREPARING FOR THE FUTURE

(no credit, one semester of workshops)

Stress management will continue to be a common thread, as well as the development of leadership skills. College counseling will also become a major piece of the curriculum.

Beginning in January, Juniors will attend weekly College Seminars for eight weeks to learn about the college application process.

- SENIOR YEAR: LOOKING AHEAD TO COLLEGE

(no credit, workshops only, required for graduation)

The focus for Seniors will be looking ahead to college and how best to manage campus life independent of the confines of a small boarding school. The topics for Seniors will include budgeting, self-defense, safety on campus and at parties, sex education/protection, and alcohol/drug use/abuse.

NOTE: Having taken a health class at a previous school will not exempt a student from these required courses.