



Course Syllabus

School Year	2025-2026
Subject	Health
Grade Level	10
Teacher	Dario Panzeri
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COURSE DESCRIPTION: This Grade 10 Health course is designed to educate students on essential aspects of growth, development, and sexual health. Through interactive lessons and activities, students will explore topics including puberty, gender identity, sexual orientation, abstinence, safe sex, conception, pregnancy, birth, and sexually transmitted infections (STIs), including HIV and AIDS.

COURSE OBJECTIVES: By the end of the semester/school year, (SWBAT) Students will be able to:

- Describe the physical, emotional, and social changes that occur during puberty.
- Define key terms related to diverse gender identities and sexual orientations.
- Compare various methods for promoting sexual health, including abstinence and safe sex practices, to justify personal health decisions.
- Identify common sexually transmitted infections (STIs), including HIV/AIDS, and apply prevention strategies.
- Evaluate how personal values influence health decisions and formulate a personal health philosophy.
- Explain the sequence of events in human reproduction, from conception through birth.

PRIMARY TEXTBOOKS AND OTHER RESOURCES:

- Teacher-provided electronic material (slides, online resources, etc.)

GRADING SYSTEM/ASSESSMENT:

Assessment strategies for this course are in accordance with the school's assessment policy. It includes homework, seatwork, and projects (30%), quizzes and tests (30%), quarter exams (30%), and department (10%).

ADDITIONAL INFORMATION:

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ACADEMIC DISHONESTY:

Academic Dishonesty means employing a method or technique or engaging in conduct in an academic endeavor that contravenes the standards of ethical integrity expected at DIS.

Academic dishonesty includes but is not limited to the following:

- Purposely incorporating the ideas, words of sentences, paragraphs, or parts thereof without appropriate acknowledgment and representing the product as one’s work;
- Representing another’s intellectual work, such as photographs, paintings, drawings, sculpture, research, or the like, as one’s own, including failure to attribute content to an AI.
- Employing a tutor, using Artificial Intelligence without acknowledgment, getting a parent to write a paper or do an assignment, and paying for an essay to be written by someone else and presented as the student’s work.
- Committing any act that a reasonable person would conclude, when informed of the evidence, to be a dishonest means of obtaining or attempting to obtain credit for academic work.

Any act of academic dishonesty will result in an automatic zero on the entire assignment/learning task.

First Quarter Tentative Course Content

Week/Date	Topic/Projects/Assessments
Week 1 (August 12 to 15) <u>4 days of class</u> 12-General Assembly at the Gymnasium 15-Opening Mass & Assumption of Our Lady	Teacher and course introduction Introduction to Puberty: Physical and Emotional Changes
Week 2 (August 18 to 22) 18-St. Dominic de Guzman Feast Day Celebration) Integrated during the Monday Assembly	The Gender Spectrum, Sexual Diversity Report: Biological Sex determination and Cultural perception of Gender and Orientation



20- House Shirt & Blue Jeans Day Starts 22- Club Orientation and Club Sign-up	
Week 3 (August 25 to 29) 27- High School Talk - "Kickstart Your Success: Winning Mindsets for a Great School Year" 29- First Club Meeting	The Gender Spectrum, Sexual Diversity
Week 4 (September 1 to 5) 1- Launching of the World Day of Prayer for the Care of Creation (During the Monday Assembly) 1-AP Registration 3- AEO Fall University Fair 5- House Ceremony	The Gender Spectrum, Sexual Diversity Myths and misconceptions
Week 5 (September 8 to 12) 8- Holy Mass: Nativity of the Blessed Virgin Mary & VIP Induction 10- House Mini Games Start	The Gender Spectrum, Sexual Diversity Activity: identify sex, gender and orientation in a fictional character
Week 6 (September 15 to 19) 15- Catholic Bridge Program for all New Students (After the Monday Assembly at the Gymnasium) 19- Athletics / Sports Orientation	General review



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19- PSAT/NMSQT Registration deadline	
Week 7 (September 22 to 26) 22- Celebration of the International Day of Peace-Peace Pole Ceremony (During the Monday Assembly) Teacher's Day Celebration & 26- Teachers' Appreciation 26- Grade 12 Career Educational Trip 24 to 26-Pre-Exam Days	Quarter 1 exam
Week 8 (September 29 to October 3) 29- Launching of the Month of the Holy Rosary (During the Monday Assembly) Oct. 1-2- First Quarter Exam (half day)	- no class -
<i>Oct. 3-DIS Teachers and Staff Recognition Day/ Record Day Recollection for Aunties and Uncles (no classes for students)</i>	

Second Quarter Tentative Course Content

Week/Date	Topic/Projects/Assessments
<i>6-Moon Festival (no classes)</i>	
<i>7-9 Teacher's Conference (no classes)</i>	



<p>Week 1 (11) (October 13 to 17) 13- Second Quarter Begins 13- Start of New Applicant Enrollment for 2nd Semester 14- Visit of Mother Mary to Classrooms (During the morning prayer) 15- AP Exam Only Registration Deadline 15- Monthly Career Talk - College Prep 17- PSAT/NMSQT Digital Exam</p>	<p>Abstinence: Choices and Benefits</p>
<p>Week 2 (12) (October 20 to 24) 20- Jubilee: Marian Exhibit Opening (After the Monday Assembly) 20- Campus Safety Talk for Students 24- Book Fair (Senior Escape Room)</p>	<p>Abstinence: Choices and Benefits</p>
<p>Week 3 (13) (October 27 to 31) 29- Grade 11 Career Educational Trip Oct. 31 to Nov. 1- Gr.6 SEL Camp</p>	<p>Safe Sex Practices: Contraceptives and Protection</p>
<p>Week 4 (14) (November 3 to 7) 3- Feast of St. Martin de Porres Mass (integrated during the Monday Assembly) 5- Monthly Career</p>	<p>Safe Sex Practices: Contraceptives and Protection</p>



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Talk - College Prep	
Week 5 (15) (November 10 to 14) 14- Health Week 14- VIP-Parent Learning Community	Making Informed Decisions: Consent and Communication
Week 6 (16) (November 17 to 21) 17- Launching of Mental Health and Anti-Bullying Month 21- Young Shakespeare Play Writing and Performing Contest	Making Informed Decisions: Consent and Communication
Week 7 (17) (November 24 to 28) 24- Peace Pole Day (Monday Assembly) 24- Lighting of the Christmas Tree after school (Campus Min/ ECA/ D' Torch Orchestra/ Religious Studies) (Afternoon) 25-27- Pre-Exam Days 27- Thanksgiving Potluck after school for teachers and staff 27- Thanksgiving Family Day 28- Gr. 12 Second Quarter Exam	General Review Quiz on Safe Sex and Informed Decisions
<i>Nov. 29 Invitation for All: The Jubilee Pilgrimage to Taipei (Saturday)</i>	
Week 8 (18) (December 1 to 5) 1- First Week of Advent: Lighting of	Quarter 2 exam



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<p>First Advent Candle (During the Monday Assembly) 3- Monthly Career Talk - College Prep 5- Nativity Play (Collaboration with Campus Ministry) 5- Christmas Fair Whole</p>	
<p>Week 9 (19) (December 8 to 12) 8- Foundation Day Mass, cake ceremony, and Class Party (half day) 8- Solemnity of the Immaculate Conception 8- Second Week of Advent 10- Gr. 12 Advent Immersion 11 and 12- Second Quarter Exam (half day)</p>	<p>- no class -</p>
<p><i>December 13 Invitation for All: Advent Recollection @DIS (Saturday)</i></p>	
<p><i>December 15 to January 2 Christmas Break</i></p>	

Third Quarter Tentative Course Content

Week/Date	Topic/Projects/Assessments
<p><i>January 5- Record Day (No Classes for students)</i></p>	



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<p>Week 1 (20) (January 5 to 9)</p> <p>5- PSAT 8/9 Registration Starts 6- Third Quarter Begins 7- Monthly Career Talk-College Prep 9- New Year Mass at 8:</p>	<p>Introduction to STIs: Types and Symptoms</p>
<p>Week 2 (21) (January 12 to 16)</p> <p>16- Club Orientation & Sign Up</p>	<p>Introduction to STIs: Types and Symptoms</p>
<p>Week 3 (22) (January 19 to 23)</p> <p>19-23- Individual Yearbook Photoshoot for Students 19-23- Career Awareness Week 22- Grade 9 Career Educational trip 23- First Club Meeting for 2nd</p>	<p>HIV and AIDS: Prevention and Treatment</p>
<p>Week 4 (23) (January 26 to 30)</p> <p>26- Feast Day of St. Thomas Aquinas/Launching of the Catholic Week 26-28- Aquinas Conference: Science and Faith 26-30- Catholic Week Activities 30- DYM Charity Concert</p>	<p>HIV and AIDS: Prevention and Treatment</p>



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<p>Week 5 (24) (February 2 to 6) 1-4- WASC Mid-Cycle Visit 4- Monthly Career Talk - College Prep 6-7- SUAOS Recollection for MS</p>	<p>Preventing STIs: Strategies and Resources</p>
<p>Week 6 (25) (February 9 to 13) 9- Start of New Applicant Enrollment for 1st Semester for SY2025-26 13- PSAT 8/9 Registration Deadline 13- House Valentine's Mini Fair 13- Chinese New Year Celebration</p>	<p>Preventing STIs: Strategies and Resources</p>
<p><i>February 16-20 Chinese New Year Holiday</i></p>	
<p>Week 7 (26) (February 23 to 26) 23-26- IOWA Assessments 23- Student Council Application 24-26- Pre-Exam Days</p>	<p>Quiz: AIDS and STIs prevention</p>
<p><i>February 27 Memorial Day Holiday (no classes)</i></p>	
<p>Week 8 (27) (March 2 to 6) 3- Monthly Career Talk - College Prep 6- PSAT 8/9 System Installation and Practice Test</p>	<p>Quarter 3 exam</p>



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Week 9 (28) (March 9 to 13) 13 and 16- Third Quarter Exam (half day)	

Fourth Quarter Tentative Course Content

Week/Date	Topic/Projects/Assessments
Week 1 (29) (March 16 to 20) 16- Third Quarter Exam (half day) 16-20- Faculty & Staff Yearbook Photo 17- Fourth Quarter Begins 18-21- EARCOS Teachers' Conference 19- Lectio Divina and Feast of St. Joseph 20- Parents Learning Community Meeting 20- Kindilympics 20-House Movie Night and Club Fair	Conception: Biological Processes
<i>March 21 (Saturday) Spring Fair</i>	
Week 2 (30) (March 23 to 27) 23-27 Student Leaders Applicant Interviews 26- Annual Visit to World Religion Museum Gr. 11 27- Lower School Readers Theatre	Pregnancy: Stages and Health
<i>March 30 to April 6 Easter/Spring Break</i>	



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<p>Week 3 (31) (April 7 to 10) 7- Spring University Fair 9- Easter Mass 9- Easter Egg Hunt for Lower School Students</p>	<p>Birth: Preparation and Process</p>
<p>Week 4 (32) (April 13 to 17) 13 Laudato Si Month Launching (During the Monday Assembly) 13-30 Laudato Si Month Activities 13-17- Class Photo Taking 17- AP Chinese/Japanese Practice Test</p>	
<p>Week 5 (33) (April 20 to 24) 20-24 Cultural Awareness Week / Art Exhibit / Earth Week 24- Music Recital 20-24 Student Council Campaign 20-24 AP Mock Exams</p>	
<p>Week 6 (34) (April 27 to 30) 27- Student Council Elections 27-30 Senior Project Presentations 28-30 Pre-Exam Days</p>	
<p><i>May 1: Labor Day Public Holiday</i></p>	



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<p>Week 7 (35) (May 4 to 8) 4- May Crowning & Mother's Day Celebration (During the Monday Assembly) 4-14 Final Exams (K, Gr. 5, 8, & 12 Only) 4-15 AP Exams</p>	<p>- no class -</p>
<p>Week 8 (36) (May 11 to 15) 13 and 14- Fourth Quarter Exam— Undergraduate (half day) 14-16 Student Leaders Retreat Days</p>	<p>- no class -</p>
<p><i>May 15 Record Day (No Classes for students) Final Deliberation for Graduating/Promoting Classes</i></p>	
<p>Week 9 (37) (May 18 to 22) 18- Gr. 5 Recollection & Mass 19- Gr. 8 Recollection & Mass 20- Gr. 12 Recollection 20- Baccalaureate Mass (Whole School) 18-21 WIDA Testing 19- Lower School Sports Day / Gr. 6 & 7 School Field Trip 19- Gr. 9 - 11 - "Senior Success Forum: Inspiring the Next Generation" 19-22 Student Clearance Days</p>	<p>- end of school activities -</p>



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<p>21- Middle & High School Sports Day 21- High School Field Trip 22- House Culminating Activity 20-22 Final Deliberation for Non-Graduating Classes 22- Student Leaders One Day Recollection / Turn Over Ceremony</p>	
<p>Week 10 (38) (May 25 to 29) 25- Kindergarten Graduation/Gr. 5 Promotion 26- LS Field Trip 26- Gr. 8 Graduation and Gr. 12 Graduation 27- Pre-Kindergarten & Gr. 1 - 4, 6 & 7, 9-11 Recognition Last Day of School, Report Card 28- Distribution, & Class Party (half day) 29- Last day for Teachers/Staff Meeting</p>	<p>- end of school activities -</p>

“Kindling the Light of Faith, Hope, and Love: The Legacy of St. Dominic de Guzmán”