



## COURSE SYLLABUS

<b>School Year</b>	2025 - 2026
<b>Subject</b>	Health
<b>Grade Level</b>	11
<b>Teacher</b>	Ms. Yvonne Lee
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### COURSE DESCRIPTION:

This Grade 11 Health Education course is designed to provide students with a comprehensive understanding of personal health, self-esteem, mental health, stress management, and healthy relationships. The course begins with an exploration of personal health, covering essential topics such as nutrition, physical activity, sleep, and preventive health care. It then delves into building and maintaining self-esteem, addressing the impact of body image and social media. Students will also learn about mental health, focusing on the relationship between stress and mental well-being, and effective stress management techniques. The course concludes with a unit on healthy relationships, emphasizing communication skills, conflict resolution, and the importance of boundaries and consent. By the end of the course, students will have developed a personal health plan, equipping them with the knowledge and skills to lead healthy, balanced lives.

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

#### Unit 1: Personal Health and Self-Esteem

##### 1. Introduction to Personal Health

- **Objective:** Students will comprehend concepts related to personal health and the importance of maintaining it (NHES Standard 1).

##### 2. Nutrition and Diet

- **Objective:** Students will analyze the benefits of a balanced diet and develop meal planning skills (NHES Standards 1, 3).

##### 3. Physical Activity

- **Objective:** Students will understand the benefits of regular physical activity and create a personal fitness plan (NHES Standards 1, 6).

##### 4. Sleep and Health

- **Objective:** Students will recognize the importance of sleep for overall health and learn strategies to improve sleep quality (NHES Standards 1, 7).

##### 5. Preventive Health Care

- **Objective:** Students will identify the importance of regular check-ups,



screenings, and vaccinations for preventive health care (NHES Standards 1, 3).

## Unit 2: Building and Maintaining Self-Esteem

### 1. Understanding Self-Esteem

- **Objective:** Students will comprehend the concept of self-esteem and identify factors that influence it (NHES Standards 1, 2).

### 2. Building Self-Esteem

- **Objective:** Students will develop strategies to improve self-esteem through positive self-talk and affirmations (NHES Standards 1, 4).

### 3. Body Image and Self-Esteem

- **Objective:** Students will understand the impact of body image on self-esteem and promote a positive body image (NHES Standards 1, 2).

### 4. Self-Esteem and Social Media

- **Objective:** Students will analyze the influence of social media on self-esteem and learn to manage social media use effectively (NHES Standards 2, 3).

### 5. Introduction to Mental Health

- **Objective:** Students will comprehend the basics of mental health and well-being, and identify common mental health issues (NHES Standards 1, 2).

### 6. Stress and Mental Health

- **Objective:** Students will understand the relationship between stress and mental health, and identify sources of stress (NHES Standards 1, 2).

## Unit 3: Stress Management and Mental Health

### 1. Understanding Stress

- **Objective:** Students will define stress, identify its types, and understand its physical and emotional effects (NHES Standards 1, 2).

### 2. Sources of Stress

- **Objective:** Students will identify common sources of stress in adolescents and recognize personal stressors (NHES Standards 1, 2).

### 3. Stress Management Techniques

- **Objective:** Students will learn healthy ways to manage stress and develop a personal stress management plan (NHES Standards 1, 7).

### 4. Time Management and Stress

- **Objective:** Students will understand the role of time management in reducing stress and learn effective time management strategies (NHES Standards 1, 6).

### 5. Anxiety and Depression

- **Objective:** Students will recognize symptoms of anxiety and depression and explore strategies for managing these conditions (NHES Standards 1, 3).

### 6. Seeking Help and Support

- **Objective:** Students will understand the importance of seeking help for



mental health issues and identify resources and support systems (NHES Standards 3, 4).

#### **Unit 4: Healthy Relationships**

##### **1. Introduction to Healthy Relationships**

- **Objective:** Students will identify characteristics of healthy relationships and understand their importance for well-being (NHES Standards 1, 2).

##### **2. Communication Skills**

- **Objective:** Students will develop effective communication techniques, including active listening and empathy (NHES Standards 4, 5).

##### **3. Conflict Resolution**

- **Objective:** Students will learn strategies for resolving conflicts and understand the importance of compromise and negotiation (NHES Standards 4, 5).

##### **4. Boundaries and Consent**

- **Objective:** Students will understand personal boundaries and the importance of consent in relationships (NHES Standards 1, 4).

##### **5. Building and Maintaining Healthy Relationships**

- **Objective:** Students will learn tips for building strong relationships and maintaining them over time (NHES Standards 1, 7).

##### **6. Personal Health Plan**

- **Objective:** Students will develop a personal health plan, set goals, and track progress to maintain overall well-being (NHES Standards 6, 7).

#### **PRIMARY TEXTBOOKS AND OTHER RESOURCES:**

Tunka, L. (2025). *An invitation to health* (21st ed.). Cengage Learning.

#### **GRADING SYSTEM/ASSESSMENT:**

- Quiz/ Class Participation ----- 30%
- Homework/Seatwork ----- 30%
- Exam ----- 30%
- Department ----- 10%

#### **ADDITIONAL INFORMATION:**

Please always check Google Classroom for homework and announcements.

#### **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
<b>Week 1</b> (August 12 to 15) <u>4 days of class</u> 12-General Assembly at the Gymnasium 15-Opening Mass & Assumption of Our Lady	<b>Unit 1: Personal Health and Self-Esteem</b> 1. Introduction to Personal Health
<b>Week 2</b> (August 18 to 22) 18-St. Dominic de Guzman Feast Day Celebration) Integrated during the Monday Assembly 20- House Shirt & Blue Jeans Day Starts 22- Club Orientation and Club Sign-up	<b>Nutrition and Diet</b>
<b>Week 3</b> (August 25 to 29) 27- High School Talk - "Kickstart Your Success: Winning Mindsets for a Great School Year" 29- First Club Meeting	<b>Physical Activity</b>
<b>Week 4</b> (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	<b>Sleep and Health</b>



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<b>Week 5</b> <b>(September 8 to 12)</b> 8- Holy Mass: Nativity of the Blessed Virgin Mary & VIP Induction 10- House Mini Games Start	<b>Preventive Health Care</b>
<b>Week 6</b> <b>(September 15 to 19)</b> 15- Catholic Bridge Program for all New Students (After the Monday Assembly at the Gymnasium) 19- Athletics / Sports Orientation 19- PSAT/NMSQT Registration deadline	<b>Preventive Health Care</b>
<b>Week 7</b> <b>(September 22 to 26)</b> 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	<b>Quarter Exam</b>
<b>Week 8</b> <b>(September 29 to October 3)</b> 29- Launching of the Month of the Holy Rosary (During the Monday Assembly) Oct. 1-2- First Quarter Exam (half day)	<b>No Class</b>
<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>	
<b>Week 1 (11)</b> <b>(October 13 to 17)</b> 13- Second Quarter Begins 13- Start of New Applicant Enrollment for 2nd Semester 14- Visit of Mother Mary to Classrooms (During the morning prayer)	<b>Unit 2: Building and Maintaining Self-Esteem</b> <b>Understanding Self-Esteem</b>



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15- AP Exam Only Registration Deadline 15- Monthly Career Talk - College Prep 17- PSAT/NMSQT Digital Exam	
<b>Week 2 (12)</b> (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)	<b>Building Self-Esteem</b>
<b>Week 3 (13)</b> (October 27 to 31) 29- Grade 11 Career Educational Trip Oct. 31 to Nov. 1- Gr.6 SEL Camp	<b>Body Image and Self-Esteem</b>
<b>Week 4 (14)</b> (November 3 to 7) 3- Feast of St. Martin de Porres Mass (integrated during the Monday Assembly) 5- Monthly Career Talk - College Prep	<b>Self-Esteem and Social Media</b>
<b>Week 5 (15)</b> (November 10 to 14) 14- Health Week 14- VIP-Parent Learning Community	<b>Introduction to Mental Health</b>
<b>Week 6 (16)</b> (November 17 to 21) 17- Launching of Mental Health and Anti-Bullying Month 21- Young Shakespeare Play Writing and Performing Contest	<b>Stress and Mental Health</b>
<b>Week 7 (17)</b> (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	<b>Stress and Mental Health</b>
<b>Nov. 29 Invitation for All: The Jubilee Pilgrimage to Taipei (Saturday)</b>	
<b>Week 8 (18)</b> (December 1 to 5) 1- First Week of Advent: Lighting of First Advent Candle (During the Monday Assembly) 3- Monthly Career Talk - College Prep 5- Nativity Play (Collaboration with Campus Ministry) 5- Christmas Fair Whole Day	<b>PBL Presentation</b>



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<b>Week 9 (19)</b> (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)	<b>No Class</b>
<i>December 13 Invitation for All: Advent Recollection @DIS (Saturday)</i>	
<i>December 15 to January 2 Christmas Break</i>	

### Third Quarter Tentative Course Content

Week/Date	Topic/Projects/Assessments
<i>January 5- Record Day (No Classes for students)</i>	
<b>Week 1 (20)</b> (January 5 to 9) 5- PSAT 8/9 Registration Starts 6- Third Quarter Begins 7- Monthly Career Talk-College Prep 9- New Year Mass at 8:00	<b>Unit 3: Stress Management and Mental Health Understanding Stress</b>
<b>Week 2 (21)</b> (January 12 to 16) 16- Club Orientation & Sign Up	<b>Sources of Stress</b>
<b>Week 3 (22)</b> (January 19 to 23) 19-23- Individual Yearbook Photoshoot for Students 19-23- Career Awareness Week 22- Grade 9 Career Educational trip 23- First Club Meeting for 2nd Semester	<b>Stress Management Techniques</b>
<b>Week 4 (23)</b> (January 26 to 30) 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	<b>Time Management and Stress</b>
<b>Week 5 (24)</b> (February 2 to 6) 1-4- WASC Mid-Cycle Visit 4- Monthly Career Talk - College Prep 6-7- SUAO Recollection for MS	<b>Anxiety and Depression</b>



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<p><b>Week 6 (25)</b>  <b>(February 9 to 13)</b>            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><b>Seeking Help and Support</b></p>
<p><i>February 16-20 Chinese New Year Holiday</i></p>	
<p><b>Week 7 (26)</b>  <b>(February 23 to 26)</b>            23-26- IOWA Assessments            23- Student Council Application            24-26- Pre-Exam Days</p>	<p><b>Presentation</b></p>
<p><i>February 27 Memorial Day Holiday (no classes)</i></p>	
<p><b>Week 8 (27)</b>  <b>(March 2 to 6)</b>            3- Monthly Career Talk - College Prep            6- PSAT 8/9 System Installation and Practice Test</p>	<p><b>Quarter Exam</b></p>
<p><b>Week 9 (28)</b>  <b>(March 9 to 13)</b>            13 and 16- Third Quarter Exam (half day)</p>	<p><b>No Class</b></p>

**Fourth Quarter Tentative Course Content**

Week/Date	Topic/Projects/Assessments
<p><b>Week 1 (29)</b>  <b>(March 16 to 20)</b>            16- Third Quarter Exam (half day)            16-20- Faculty &amp; 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</p>	<p><b>Unit 4: Healthy Relationships Introduction to Healthy Relationships Communication Skills</b></p>
<p><i>March 21 (Saturday) Spring Fair</i></p>	
<p><b>Week 2 (30)</b>  <b>(March 23 to 27)</b>            23-27 Student Leaders Applicant Interviews            26- Annual Visit to World Religion Museum Gr. 11            27- Lower School Readers Theatre</p>	<p><b>Conflict Resolution</b></p>



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<i>March 30 to April 6 Easter/Spring Break</i>	
<p style="text-align: center;"><b>Week 3 (31)</b> (April 7 to 10)</p> <p>7- Spring University Fair            9- Easter Mass            9- Easter Egg Hunt for Lower School Students</p>	<p style="text-align: center;"><b>Boundaries and Consent</b></p>
<p style="text-align: center;"><b>Week 4 (32)</b> (April 13 to 17)</p> <p>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 style="text-align: center;"><b>Building and Maintaining Healthy Relationships</b></p>
<p style="text-align: center;"><b>Week 5 (33)</b> (April 20 to 24)</p> <p>20-24 Cultural Awareness Week / Art Exhibit / Earth Week            24- Music Recital            20-24 Student Council Campaign            20-24 AP Mock Exams</p>	<p style="text-align: center;"><b>Personal Health Plan</b></p>
<p style="text-align: center;"><b>Week 6 (34)</b> (April 27 to 30)</p> <p>27- Student Council Elections            27-30 Senior Project Presentations            28-30 Pre-Exam Days</p>	<p style="text-align: center;"><b>Personal Health Plan</b></p>
<i>May 1: Labor Day Public Holiday</i>	
<p style="text-align: center;"><b>Week 7 (35)</b> (May 4 to 8)</p> <p>4- May Crowning &amp; Mother's Day Celebration (During the Monday Assembly)            4-14 Final Exams (K, Gr. 5, 8, &amp; 12 Only)            4-15 AP Exams</p>	<p style="text-align: center;"><b>PBL Presentation</b></p>
<p style="text-align: center;"><b>Week 8 (36)</b> (May 11 to 15)</p> <p>13 and 14- Fourth Quarter Exam—Undergraduate (half day)            14-16 Student Leaders Retreat Days</p>	<p style="text-align: center;"><b>No Class</b></p>
<i>May 15 Record Day (No Classes for students) Final Deliberation for Graduating/Promoting Classes</i>	
<p style="text-align: center;"><b>Week 9 (37)</b> (May 18 to 22)</p>	<p>18- Gr. 5 Recollection &amp; Mass            19- Gr. 8 Recollection &amp; Mass            20- Gr. 12 Recollection            20- Baccalaureate Mass (Whole School)            18-21 WIDA Testing</p>



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	<p>19- Lower School Sports Day / Gr. 6 &amp; 7 School Field Trip 19- Gr. 9 - 11 - "Senior Success Forum: Inspiring the Next Generation" 19-22 Student Clearance Days 21- Middle &amp; 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><b>Week 10 (38)</b> (May 25 to 29)</p>	<p>25- Kindergarten Graduation/Gr. 5 Promotion 26- LS Field Trip 26- Gr. 8 Graduation and Gr. 12 Graduation 27- Pre-Kindergarten &amp; Gr. 1 - 4, 6 &amp; 7, 9-11 Recognition Last Day of School, Report Card 28- Distribution, &amp; Class Party (half day) 29- Last day for Teachers/Staff Meeting</p>

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