



COURSE SYLLABUS

School Year	2025-2026
Subject	HEALTH 8
Grade Level	GRADE 8
Teacher	MS. REMEDIOS ROSARIO "BING" A. RACADIO
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Course Description

At the eighth-grade level, the Health Course will prepare students for a successful transition to high school with topics on handling and resisting gateway drugs (nicotine and alcohol) which is covered during the first semester. The second semester is focused on sleep and rest for the third quarter and abuse and violence for the fourth quarter.

Teaching Strategies

This course is primarily a lecture course supplemented with discussion, clips, pictures, films, and authentic materials. I have purposely broken the material in short segments to facilitate its absorption. A broad-based understanding of content is important, but so are the skills which will be needed to continue learning later in life. Although the lecture format of teaching has the potential to deliver content, there is no assurance that a student will develop the essential learning skills, since listening to lecture is a very passive activity. Furthermore, studies suggest that collaborative learning improves productivity, professional self-esteem, problem-solving skills, and positive social relationships. Therefore, this course will include some lecturing, but will also have an active student-centered component of problem-based learning. The real-world problems that have been developed for this course demand that students connect new knowledge to old; recognize what they know and understand and what they don't, and learn concepts well enough to explain and teach them in their own words.

Positive Reinforcement applied in the classroom is an essential aspect of managing middle-aged learners/ classrooms, and has related implications for encouraging progress.

Learning how to work in a team environment is beneficial to students for problem solving, working under the pressure of a time limit, and learning how to work with others.



Classroom interaction is emphasized. Students' curiosity and knowledge about health and other topics that are health related will be challenged and introduced. They will be encouraged to come up with ideas regarding programs and create activities which promote health and wellness in our society. Enhancement of Health Skills and Consistent Practice through application and their own health teachings will be made and be part of their learning, presentation of health programs and understanding process.

Student Activities

Different kinds of activities allow variances of skillsets among students that can work with their learning styles and develop critical thinking skills. Therefore, differentiated instructions by means of differentiated teaching strategies, assessments, and student work output/ products are very essential in their learning process. If the first exposure material is moved out of class, the class activity can then change to group work, role playing, games, and group or class discussion that can concentrate on particular problems or arising from the first exposure material or further depth of the content.

Students will participate in classroom activities such as discussions, skill building activities, enrichment activities, and presentations. In addition, students through these activities are expected to have the opportunity to build their knowledge and skills which empowers students to promote health and wellness.

Assessment

Assessments will be in a form of Diagnostic/ Summative, Formative, and more on the side of Alternative Assessments that is more authentic in evaluation from Project Based Learning activities.

Grades will be derived from: Quizzes, Recitation, Group/Individual Projects, Homework, Chapter Tests, and Quarter Exam.

Students will be assessed with class participation, observation, homework, class work, objective quizzes/tests, oral responses, and quarterly exams. The student's final grade will be computed mainly based on three parts: performance tasks (homework and class work), quizzes and quarterly exams. Each part is weighted at one third of the total course grade.

Quizzes will relate to current and previous topics. A quiz may be given at any time during any class period—immediately after a lecture, at the beginning or end of a class, etc.



Students absent from class for a test or a quiz must make arrangements to take the quiz or test some other time.

It is very important that you complete the assigned worksheets. Worksheets and test papers will be checked for completeness and returned. The scores will be given. You may keep your worksheets and test papers until the quarterly exam for reviewing.

Materials

We often use a health notebook/ or any materials which could be used to write notes. A copy of handouts. A file folder for Health Worksheets. Some pens, crayons/markers, scissors, glue, tape and double-sided tape, and some poster papers for Health Activities. Pictures, wall posters, short videos and/ or any other media might be used.

Visual Presentations and Documentary Videos/ Films will also be used during lecture for proper understanding of the subject matter/ topic and for additional student resources. I also strongly encourage my students to make an online visit for added resources and activity to www.cdc.com, www.discovery.com, Curiositystream.com

PRIMARY TEXTBOOK & OTHER RESOURCES

TEXTBOOK:

Tunks, L. (2025). An Invitation to Health-2st Century Edition. Cengage.

REFERENCES:

Benes, S., Alperin, H., & SHAPE America - Society of Health and Physical Educators. (2021). *The Essentials of Teaching Health Education: Curriculum, Instruction, and Assessment* (Second ed.). Human Kinetics, Inc.

DECISIONS for HEALTH (Holt, Rhinehart & Winston 2010)

ESSENTIAL HEALTH (The Goodheart-Willcox Company, Inc.) 2018

Holt, Rineheart and Winston. HOLT Decision for Health. Holt Rineheart and Winston. 2010

Merki and Merki. Health, A Guide to Wellness 4th Edition. Glencoe Division of Macmillan/McGraw School Publishing Company. 1997.

Meeks and Heit. Health and Wellness. Glencoe/McGraw-Hill Companies, Inc. 2003

Technology Resources – Videotapes/ Visual and Reading Aid Transparencies and Internet Resources

Visual and Reading Resources and Video/ Films will also be used during class activities for proper understanding of the subject matter/ topic and for additional student resources. I



also strongly encourage my students to make an online visit for added resources and activity to www.cdc.com, www.discovery.com, Curiositystream.com

ADDITIONAL INFORMATION:

1. Please see Google Classroom for more information.
2. There will be NO Homework to be given during the weekend except during major exams or quizzes. It is to give them a chance to spend quality time with their family.
3. The Project D (Detention) significantly affects the Department Grade of students.

Copying (plagiarism) is a serious offense and a form of theft. In certain cases, it is also a criminal offense. It is defined as taking words, phrasing, sentence structure, or any other element of the expression of another person's ideas, and using them as if they were your own. Plagiarism is a violation of another person's rights, whether the material stolen is great or small – it is not a matter of degree or intent. Plagiarism has serious consequences.

Any act of plagiarism will result in an automatic zero on the entire assignment

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:

1. Purposely incorporating the ideas, words of sentences, paragraphs, or parts thereof without appropriate acknowledgment and representing the product as one's own work; and
2. Representing another's intellectual work such as photographs, paintings, drawings, sculpture, or research or the like as one's own, including failure to attribute content to an AI.
3. Employing a tutor, making use of Artificial Intelligence without acknowledgement, getting a parent to write a paper or do an assignment, paying for an essay to be written by someone else and presented as the student's own work.
4. 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

Course Planner

The following tables represent the topics covered in this course.

FIRST QUARTER COURSE OBJECTIVES

TOBACCO AND NICOTINE USE
<p>By the end of the school year, students will be able to:</p> <ul style="list-style-type: none">● Describe how the environment influences your health● Explain how the media influences your health decisions● Describe immediate and chronic effects of smoke and smokeless tobacco



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- Describe the effects of environmental tobacco smoke
- Explain how tobacco affects social and emotional health
- Identify 3 chemicals found in cigarettes
- Describe how nicotine from smokeless tobacco enters the bloodstream
- Describe how cancer is related to tobacco use
- List 2 respiratory diseases caused by tobacco
- Explain how tobacco makes the heart work harder
- List 4 smoke tobacco products besides cigarettes
- Explain why nicotine is addictive
- Explain how someone can form a tolerance to nicotine
- Describe the different kinds of dependence
- Explain how individual differences affect addiction
- Explain how tobacco-free nicotine products help people quit smoking
- Describe how peers can influence tobacco use
- Explain how family and role models can influence people to use tobacco
- Discuss how advertising can influence tobacco use.
- Discuss drug dependence, including physical dependence and psychological dependence
- Outline the five stages of drug use that can progress to drug dependence.
- Discuss the harmful effects of nicotine and other chemicals found in tobacco products.
- Explain how smoking, breathing secondhand smoke and using smokeless tobacco harm health
- Discuss ways tobacco companies try to get teens and young children to use tobacco products.
- Extend Chapter Concepts.
- Summarize and Assess Chapter objectives.

FIRST QUARTER TENTATIVE WEEKLY SCHEDULE

Week/Date	Topic/Projects/Assessments
<p>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</p>	<p>Week 1</p> <p>I. Class Orientation</p> <p>a. Getting Know</p> <p>b. Class Rules</p> <p>i. Attendance & Tardiness</p> <p>ii. Submission of Work</p> <p>iii. Portfolio</p> <p>iv. Disciplinary Actions</p> <p>c. Grading System</p> <p>II. Lecture # 1 – What to know about Drug Dependence?</p> <p>a. Physical Dependence</p> <p>b. Psychological Dependence</p>



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<p>Week 2 (August 18 to 22)</p> <p>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</p>	<p>I. Lecture # 2 – Progression to Drug Dependency II. Seatwork – Progressing to Drug Dependency III. Assignment – Study for Quiz # 1 on Lecture #1 and #2</p>
<p>Week 3 (August 25 to 29)</p> <p>27- High School Talk - "Kickstart Your Success: Winning Mindsets for a Great School Year" 29- First Club Meeting</p>	<p>I. Quiz # 1 II. Lecture # 3 – What to Know About Nicotine a. What is Nicotine? b. Tobacco products that contain nicotine c. Nicotine dependence d. Why experimenting with tobacco is risky</p> <p>III. Assignment – bring individual face mask</p>
<p>Week 4 (September 1 to 5)</p> <p>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</p>	<p>I. Lecture #4 – Immediate effects of smoking tobacco II. Group Project Based Assessment preparation III. Assignment - Collect pictures that illustrate the effects of tobacco in our body.</p>
<p>Week 5 (September 8 to 12)</p> <p>8- Holy Mass: Nativity of the Blessed Virgin Mary & VIP Induction 10- House Mini Games Start</p>	<p>I. Group work – Poster-Making <i>Topic: Dangers of Tobacco Consumption</i> II. Presentation of Group Work</p> <p>III. Lecture # 5 – (assimilation of information from the group work) a. Long-Term Effects of Tobacco Consumption</p> <p>IV. Assignment – Study for Quiz #2 on Lectures #4 & #5</p>
<p>Week 6 (September 15 to 19)</p> <p>15- Catholic Bridge Program for all New Students (After the Monday Assembly at the Gymnasium) 19- Athletics / Sports Orientation 19- PSAT/NMSQT Registration deadline</p>	<p>I. Quiz # 2 II. Lecture # 6 – How Breathing Secondhand Smoke Harms Health III. Game – Charades: Guess the chemicals found in cigarettes IV. Assignment – Study for Quiz # 3 on Lecture # 6</p>
<p>Week 7 (September 22 to 26)</p> <p>22- Celebration of the International Day of Peace- Peace Pole Ceremony (During the Monday Assembly)</p>	<p>Review and Quarter Exam/ Project Based Assessment Presentation</p>



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<p>Teacher's Day Celebration & 26-Teachers' Appreciation</p> <p>26- Grade 12 Career Educational Trip</p> <p>24 to 26-Pre-Exam Days</p>	
<p>Week 8</p> <p>(September 29 to October 3)</p> <p>29- Launching of the Month of the Holy Rosary (During the Monday Assembly)</p> <p>Oct. 1-2- First Quarter Exam (half day)</p>	<p>Review and Quarter Exam/ Project Based Assessment Presentation</p>
<p><i>Oct. 3-DIS Teachers and Staff Recognition Day/ Record Day</i></p> <p><i>Recollection for Aunties and Uncles (no classes for students)</i></p>	

SECOND QUARTER COURSE OBJECTIVES

DANGERS AND RISK OF ALCOHOL USE
<p>By the end of the school year, students will be able to:</p> <ul style="list-style-type: none"> ● Identify 3 chemicals found in alcohol ● Describe how alcohol enters the bloodstream ● List 6 types of alcohol ● Identify 2 long-term effects of drinking alcohol. ● Explain why it is dangerous for pregnant women to drink alcohol ● Discuss the different types of alcoholic drinks and their respective alcohol percentage. ● Discuss BAC and the effects of alcohol on the different body systems. ● Explain how drinking affects thinking and decision-making. ● Explain how drinking increases the risk of violence and illegal behavior. ● Discuss alcoholism: cause, health problems, effect of others, treatment ● Outline eight resistance skills that can be used to resist pressure to drink alcohol ● Compare physical dependence and psychological dependence ● Describe how alcoholism can affect a person's social, mental and emotional health ● Identify 3 factors that contribute to alcoholism ● Describe how a person can overcome alcoholism ● Describe how personal health goals can vary with changing abilities, priorities, and responsibilities ● Extend Chapter Concepts. ● Summarize and Assess Chapter objectives.

SECOND QUARTER TENTATIVE WEEKLY SCHEDULE

Week/Date	Topic/Projects/Assessments
	<i>6-Moon Festival (no classes)</i>
	<i>7-9 Teacher's Conference (no classes)</i>
Week 1 (11)	Week 1



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<p>(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>Lecture # 1 - Introduction to Alcohol</p> <ol style="list-style-type: none"> 1. Key Terms 2. Your 5 questions about Alcohol 3. Video Helpers
<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>Lecture # 2 –</p> <ol style="list-style-type: none"> 1. What is Alcohol? What is Proof? What is BAC? <ul style="list-style-type: none"> • How does alcohol enter the body? • How does alcohol leave the body? 2. Factors that affect BAC? <p>Assignment: Quiz # 1 on Lecture # 1 and # 2</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>Quiz 1 Lecture # 3 – How alcohol affect the body as BAC increases VIDEO Watch: The Makings of Hangover Assignment: Video Worksheet</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 Talk - College Prep</p>	<p>Lecture # 4: How Drinking Increases the risk of Violence and Illegal Behavior Activity</p> <ol style="list-style-type: none"> 1. Listen to Simple Plans' song "Untitled" 2. Visit www.madd.org 3. Answer WORKSHEET
<p>Week 5 (15) (November 10 to 14) 14- Health Week 14- VIP-Parent Learning Community</p>	<p>Lecture # 5</p> <ol style="list-style-type: none"> a. What to Know about Alcoholism? b. Stages that lead to Alcoholism c. Long terms physical effects of alcoholism <p>Assignment: Prepare for Quiz # 2 Next week on Lecture # 3-5</p>
<p>Week 6 (16) (November 17 to 21) 17- Launching of Mental Health and Anti-Bullying Month 21- Young Shakespeare Play Writing and Performing Contest</p>	<p>I. Quiz 2 II. Lecture 6: Codependency: What is it? III. WORKSHEET</p>
<p>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</p>	<p>Lecture # 7 How to resist Peer Pressure</p> <ol style="list-style-type: none"> a. Party Pointers b. Life Skill Practice c. Assignment: Prepare for Quiz # 3 Next week on Lecture # 6-7



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27- Thanksgiving Family Day 28- Gr. 12 Second Quarter Exam	
<i>Nov. 29 Invitation for All: The Jubilee Pilgrimage to Taipei (Saturday)</i>	
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)	Review and 2nd Quarter Exam/ Project Based Assessment Presentation
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)	Review and 2nd Quarter Exam/ Project Based Assessment Presentation
<i>December 13 Invitation for All: Advent Recollection @DIS (Saturday)</i>	
<i>December 15 to January 2 Christmas Break</i>	

THIRD QUARTER COURSE OBJECTIVES

SLEEP AND REST
<p>By the end of the school year, students will be able to:</p> <ul style="list-style-type: none"> ● Explain the importance of sleep and rest. ● Explain the effects of Circadian Rhythm with the SLEEP-AWAKE Cycle. ● Differentiate how the body reacts to environmental stimuli when they are asleep. ● Identify the physiological and biological changes that occur in and outside our body during the different stages of sleep. ● Create a list that promotes sleep. ● Create the disadvantages of under-sleeping and oversleeping. ● Apply their learned knowledge and assess themselves regarding the after-effect of under-sleeping. ● Apply learned knowledge and skill on how to maintain a restful sleep. ● Explain the importance of power napping. ● Apply the value and importance of power napping. ● List and identify the different sleep disorders and how to help people on how to deal with it. ● Apply learned knowledge and skills regarding signs and symptoms and early detection of sleep disorders to promote health prevention. ● Explain and discuss how to promote a restful sleep. ● Create a healthy program that provides ample and optimum sleep and rest. ● Extend Chapter Concepts. ● Summarize and Assess Chapter objectives.



THIRD QUARTER TENTATIVE WEEKLY SCHEDULE

Week/Date	Topic/Projects/Assessments
<i>January 5- Record Day (No Classes for students)</i>	
Week 1 (20) (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:	Lecture # 1 – Rest and Sleep <ul style="list-style-type: none"> What happens to our body and how it reacts to stimuli during sleep and at rest? Biological Clock Assignment: Research on Stages of Sleep Cycle
Week 2 (21) (January 12 to 16) 16- Club Orientation & Sign Up	Activity: Students will try to sleep for a time period of 30 minutes and try to see if they have had a restful sleep. Assignment: Sleep and Rest Health Contract/ Activity Worksheet
Week 3 (22) (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	I. Quiz # 1 on Lectures 1 <ol style="list-style-type: none"> Hand in Homework Lecture # 2 – POWERNAPS/ Sleep Cycle/ 5 Stages of Sleep Activity Worksheets
Week 4 (23) (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	I. Quiz No. 2 on Lecture 2 Hand in Activity Worksheets II. Lecture # 3 – Sleep Disorders <ul style="list-style-type: none"> What sleep apnea, snoring, narcolepsy, sleep talking, somnambulism. What is the difference between restless leg syndrome and leg cramps? Assignment: Interview members of the family regarding their sleeping behavior and try to figure out what type of sleeping disorder is common within your household.
Week 5 (24) (February 2 to 6) 1-4- WASC Mid-Cycle Visit 4- Monthly Career Talk - College Prep 6-7- SUA0 Recollection for MS	<ul style="list-style-type: none"> Hand in Homework Discuss Homework: Ask someone to share their findings. Video: Sleep and Rest Health Video HOMEWORK: Reflection about the Video
Week 6 (25)	Week 6



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<p>(February 9 to 13)</p> <p>9- Start of New Applicant Enrollment for 1st Semester for SY2025-26</p> <p>13- PSAT 8/9 Registration Deadline</p> <p>13- House Valentine's Mini Fair</p> <p>13- Chinese New Year Celebration</p>	<p>Hand in Homework: Some short activity about homework</p> <p>Lecture No. 4: Sleep Hygiene</p> <p>Activity Worksheets</p>
<p><i>February 16-20 Chinese New Year Holiday</i></p>	
<p>Week 7 (26)</p> <p>(February 23 to 26)</p> <p>23-26- IOWA Assessments</p> <p>23- Student Council Application</p> <p>24-26- Pre-Exam Days</p>	<p>How to Promote Sleep and Management for Sleeping Problems?</p> <p>Quiz</p>
<p><i>February 27 Memorial Day Holiday (no classes)</i></p>	
<p>Week 8 (27)</p> <p>(March 2 to 6)</p> <p>3- Monthly Career Talk - College Prep</p> <p>6- PSAT 8/9 System Installation and Practice Test</p>	<p>Review and 3rd Quarter Exam/ Project Based Assessment Presentation</p>
<p>Week 9 (28)</p> <p>(March 9 to 13)</p> <p>13 and 16- Third Quarter Exam (half day)</p>	<p>Review and 3rd Quarter Exam/ Project Based Assessment Presentation</p>

FOURTH QUARTER COURSE OBJECTIVES

ABUSE AND VIOLENCE
<p>By the end of the school year, students will be able to:</p> <ul style="list-style-type: none"> ● Compare and contrast abuse and violence. ● Analyze situations and circumstances that risk someone to be victims of abuse and violence. ● Enumerate and identify the predisposing factors that cause someone to become perpetrators and victims of abuse and violence. ● Describe the prevalence and cost of violence among youth. ● Explain the relationship between violence and compromised academic performance. ● Identify factors that influence violence. ● Summarize developmentally appropriate violence prevention concepts and skills for K-8 students in context of the National Health Education Standards and target healthy behavior outcomes. ● Demonstrate developmentally appropriate learning strategies and assessment techniques that incorporate concepts and skills that have been shown to prevent violence among youth. ● Identify effective, evaluated violence prevention curricula.



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- Identify websites, print resources, and children's literature that can be used in cross-curricular instructional activities promoting violence prevention.
- Appraise and promote health skills in making responsible decisions that promote safety and security.
- Evaluate the impact that abuse and violence has in a family and in a society.
- Extend Chapter Concepts.
- Summarize and Assess Chapter objectives.

FOURTH QUARTER TENTATIVE WEEKLY SCHEDULE

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	Lecture # 1 - ABUSE and VIOLENCE.
<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	Lecture 2: NEGLECT as a form of VIOLENCE
<i>March 30 to April 6 Easter/Spring Break</i>	
Week 3 (31) (April 7 to 10) 7- Spring University Fair 9- Easter Mass 9- Easter Egg Hunt for Lower School Students	Lecture # 3 - Neglect Video Helper Watch Q and A Reflective Worksheet
Week 4 (32) (April 13 to 17) 13 Laudato Si Month Launching (During the Monday Assembly) 13-30 Laudato Si Month Activities	Quiz Different Causes and Types of Abuse and Violence Management and Treatment



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13-17- Class Photo Taking 17- AP Chinese/Japanese Practice Test	
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	Project Based Assessment Presentation
Week 6 (34) (April 27 to 30) 27- Student Council Elections 27-30 Senior Project Presentations 28-30 Pre-Exam Days	Project Based Assessment Presentation Graduating Students QE
<i>May 1: Labor Day Public Holiday</i>	
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	Activities/ Project Based Assessment Presentation Quarter Exam/ Project Based Assessment Presentation
Week 8 (36) (May 11 to 15) 13 and 14- Fourth Quarter Exam— Undergraduate (half day) 14-16 Student Leaders Retreat Days	Review and Quarter Exam/ Project Based Assessment Presentation
<i>May 15 Record Day (No Classes for students)</i> <i>Final Deliberation for Graduating/Promoting Classes</i>	
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 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 /	Student Clearance, Baccalaureate Mass, etc.



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Turn Over Ceremony	
<p>Week 10 (38) (May 25 to 29)</p> <p>25- Kindergarten Graduation/Gr. 5 Promotion</p> <p>26- LS Field Trip</p> <p>26- Gr. 8 Graduation and Gr. 12 Graduation</p> <p>27- Pre-Kindergarten & Gr. 1 - 4, 6 & 7, 9-11 Recognition</p> <p>Last Day of School, Report Card 28- Distribution, & Class Party (half day)</p> <p>29- Last day for Teachers/Staff Meeting</p>	<p>Graduation, Recognition Day, Teachers/Staff Meeting etc/</p>

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