

# Career and Technical Education

## *January Newsletter*

Ms. Fegley

## *Family and Consumer Sciences*

### **6th Grade:**

Health and wellness; physical activity

### **7th Grade:**

Caring for resources; personal hygiene

### **8th Grade:**

Healthy vs Unhealthy relationships; positive family relationships;  
boundary setting

### **Fun Ways We Apply Our Knowledge:**

#### **6th Grade: Physical Activity**

Health and Wellness

Practice moving our bodies by doing different aerobic, flexibility, and strength training in our classroom. We will follow along with a dancing video, stretch our legs and arms, and put our muscles to the test by doing some wall push-ups!

#### **7th Grade: Caring for Resources**

Life Skills and Management

Learn and understand the steps of doing laundry, as well as how to properly take care of your hygiene. We will play scenario *Jeopardy!*, where our scholars will share what they would do in a hygiene-based situation!

#### **8th Grade: Healthy Relationships, Positive Family Relationships**

Human Development and Relationships

Scholars will create their own “families” with their peers and act out a scene where their family uses healthy relationship skills and positive attributes to solve their “family” conflict.