**Health Observance dates & times/ West Valley High School**

September 25, 2023 (Monday)

11:30am-12:40pm

September 27, 2023 (Wednesday)

8:15am-9:15am

September 28, 2023 (Thursday)

9:40am-10:40am

**Total hours:** 3 hours 10 minutes

**Weekly Learning Objectives**

One of my objectives this week is to start thinking about a lesson in which students think about what health resources in their lives are credible and trustworthy. Mrs. Huang is still covering communicable diseases and the immune system, which I could tie in a small activity about reliable sources of health-related information. For example, if students have a question about a health-related issue, where do they go? Or how the media or advertisements can influence the choices you make about health-related issues. Students would explain what resources are reliable and/or credible and what resources are least reliable and give an explanation as to why they believe that.

Another objective of mine is to meet with a colleague that teaches history and ask them what activities they incorporate in their teaching practice that provides students the opportunity to analyze and question certain events that are happening in society. Also, there are strategies English teachers might use to help students break down passages, so I would be curious to meet with another colleague to find out what strategies they use.

**Reflection of the Activities**

This week I was able to brainstorm an activity in which students determine credible and trustworthy resources related to health topics and/or concerns. I realized quickly that this activity could really tie into any health topic and not just into Mrs. Huang’s unit about communicable diseases and the immune system. Some materials I could use in a lesson like this might include newspaper articles, different websites, TV commercials, magazines, brochures, or advertisements. Students would be assigned a health topic such as body image, STI’s, or anxiety for example. Next students would need to determine what materials/resources are the most credible and/or trustworthy regarding their topic, but also provide 2-3 reasons that support their answer.

Throughout the week, I was able to meet up with two of my colleagues, both who teach English. The two English teachers I interviewed used similar strategies and both mentioned the website, Project Zero. Claim, support, question is an activity that focuses on reasoning with evidence and both teachers mention using this activity. Students make a claim about (give an explanation for, or interpretation of) the topic, identify support (see, feel, know) for their claim, then ask a question related to their claim or the support. Collaborative groups are another strategy they use, where students share their ideas and thoughts about a certain reading passage. This allows students to practice listening, and gain different perspectives on a reading passage. I haven’t heard of the Project Zero website, but after interviewing my colleagues, they sound like activities I could easily use in a health class. I was unable to meet with one of the history teachers, but still plan on doing this. It would be interesting to hear what instructional practices they use to support critical thinking in their class, in regards to current events.

**Reflection on Professional Growth**

This week we read an article about students' ability to assess the credibility of two types of online sources: an academic resource and a commercial resource. It emphasizes the importance of teaching and improving students’ critical evaluation skills when it comes to online resources. Educators use online resources so often and it made me think about different ways teachers can help students understand the credibility, author expertise, and trustworthiness of online resources. It also made me think about different books students read in school and the strategies other teachers use to help students break down and interpret certain information. For that reason, I wanted to interview a couple of my colleagues to find out what strategies they use in their classroom. Being in the health and physical education department at my school, I don’t usually collaborate with other teachers in the building, other than on professional development days. This was the perfect opportunity to step outside my comfort zone and meet with different colleagues about what they are doing in their classrooms.

**Discussion on Next Week**

Next week I plan to explore the Project Zero website and find an activity that I could incorporate into a health activity. It might be a bit of a challenge because we are usually set in our ways and go with what we know works, but I also know it’s great to try something new. Also, next week I want to observe a different health class period, instead of just during my prep period and get an extra hour in of observation.