Student Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Block**:**\_\_\_\_\_\_\_\_\_ **Circle one: ADAY BDAY**

As in core classes, Health & PE students are expected to cover numerous essential standards in Health and Physical Education (see list of NC Essential Standards for Healthful Living on the back of this sheet). As in core classes, students are expected to make up missed work in Health & PE to support the Essential Standards. Further, this assignment supports the literacy emphasis in CMS and the state of North Carolina.

**Your assignment:** Choose an article from a **valid and reputable** news source that relates to **health or physical education** to complete your current event assignment, and write a two-paragraph summary and explanation of the article. News sources include: newsela.com, readworks.org, newspaper, cnn.com, msnbc.com, wcnc.com, wsoctv.com, charlotteobserver.com.

**1st paragraph**: Summary of article (tell me in your own words what the article was about)

**2nd paragraph:** Explain how the article relates to health & our class. Include personal connections (how you feel about the article, how you relate to the article) & any new information learned.

**Turn in to me all of these: 1)** Copy of article, **2)** current event rubric (this paper) & **3)** two- paragraph write up.

**RUBRIC:**

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| --- | --- | --- |
| **CATEGORY** | **Possible Points** | **Points given** |
|  |  |  |
| **Article Selection**: article from a reputable news source, clearly relates to a health Essential Standard, and aids in understanding of NC Essential Standard (see reverse side of paper) | **20** |  |
| **Paragraph #1 Summary:**Includes information from article in reader’s own words; highlights main points of article | **20** |  |
| **Paragraph #2 Summary:**Explains how article applies to class and NC Standards. Includes personal connections and information learned. | **40** |  |
| **Requirements/Neatness:**Current event is typed or neatly handwritten in paragraph format. All requirements included (Name, Block Title of article, date, article attached with rubric). | **20** |  |
|  |  |  |
| **Total Possible** | **100** | **Total Earned** |

Each current event write-up will replace one Zero for missing class.

**HEALTHFUL LIVING ESSENTIAL STANDARDS**

**NC DEPARTMENT OF PUBLIC INSTRUCTION**

**Source: http://www.dpi.state.nc.us/docs/acre/standards/new-standards/healthful-living/6-8.pdf**

**MENTAL & EMOTIONAL HEALTH**

|  |  |
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| 6.MEH.1  | Apply structured thinking (decision making and goal setting) to benefit emotional well-being.  |
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| 6.MEH.2  | Analyze the potential outcome of positive stress management techniques.  |
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| 6.MEH.3  | Analyze the relationship between healthy expression of emotions, mental health, and healthy behavior.  |
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| **PERSONAL & CONSUMER HEALTH** |
| 6.PCH.1  | Understand wellness, disease, prevention, and recognition of symptoms.  |
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| 6.PCH.2  | Analyze health information and products.  |
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| 6.PCH.3  | Analyze measures necessary to protect the environment.  |
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| **INTERPERSONAL COMMUNICATION & RELATIONSHIPS** |
| 6.ICR.1  | Understand healthy and effective interpersonal communication and relationships.  |
| 6.ICR.2  | Apply strategies and skills for developing and maintaining healthy relationships.  |
| 6.ICR.3  | Understand the changes that occur during puberty and adolescence.  |
| **NUTRITION & PHYSICAL ACTIVITY**

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| 6.NPA.1  | Analyze tools such as Dietary Guidelines and Food Facts Label as they relate to the planning of healthy nutrition and fitness.  |
| 6.NPA.2  | Apply strategies to consume a variety of nutrient dense foods and beverages in moderation.  |
| 6.NPA.3  | Apply lifelong nutrition and health-related fitness concepts to enhance quality of life.

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|   | Summarize the short-term and long-term effects of being exposed to secondhand smoke.  |

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| **ALCOHOL, TOBACCO, AND OTHER DRUGS** |

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| 6.ATOD.1 Analyze influences of the use of alcohol, tobacco, and other drugs.  |
|  6.ATOD.2 Understand the risks associated with alcohol, tobacco, and other drugs 6. ATOD. 3 Apply the risk reduction behaviors to protect self and others from alcohol, tobacco, and drugs.  |
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