



ST. EDMUND'S ACADEMY

WILLIAM L. KINDLER, PH.D · HEAD OF SCHOOL

KEEPING IN TOUCH

August 29, 2008

Dear Sixth Grade Parents,

I am informing you of the new Health Course for Sixth Grade Students this year. Providing current information and knowledge on adolescent health issues influences the course content. I am very pleased to announce the addition of adjunct teachers for the course. Adjuncts are selected for their expertise and up-to-date involvement with and knowledge of the major course topics – nutrition, adolescent biology, and social health issues.

Ms. Donna Hansen, M.A., R.D., is assisting me with the course organization, 3-unit focus, and selection of the adjunct teachers. Most of you know Donna as an active, enthusiastic SEA parent. Her extensive professional qualifications clearly represent the high level of teaching competencies we are seeking in the course adjunct teachers. Ms. Hansen will teach the “Adolescent Nutrition” unit. A summary professional bio and unit topics are listed on page 2.

Mrs. Melissa Stiteler, Lower School Physical Education teacher, is the course facilitator. She attends each class session and assists the adjunct teacher in a support role. In the absence of the adjunct teacher, Melissa will teach the class. Mrs. Stiteler holds a B.S. degree in Health and Physical Education.

SPECIFICS:

FIRST TRIMESTER – “Adolescent Nutrition”

1. Adjunct teacher - Ms. Donna Hansen
2. Class sessions – Wednesday and Friday mornings
3. Topics on page 2.
4. Course structure – pre and post survey on the unit’s topics, presentations, discussions, topic hand-outs, and homework activities assigned when appropriate to the learning process

SECOND TRIMESTER – “Adolescent Biological Health”

1. Adjunct teacher – To Be Determined
2. Class sessions – Wednesday and Friday mornings
3. Topics – being finalized

THIRD TRIMESTER – “Adolescent Social Issues”

1. Adjunct teacher – being finalized with an outstanding professional in this field
2. Class sessions – Wednesday and Friday mornings
3. Topics – being finalized

ADOLESCENT NUTRITION TOPICS

Introduction
Weighty Issues – MyPyramid.com
A Balancing Act – Meals Schedules and Portion Distortion
Introduction to MyPyramid – Goal Setting
Grain Group – Carbohydrates
Grain Group continued
Vegetable Group – Antioxidants
Fruit Group
Milk Group – Importance of Calcium
Meat and Bean Group – Proteins
Fats and Oils – Fats
Sugar and other Sweeteners
Beverages
Vitamins
Minerals
Deciphering Food Labels
Scrumptious Snacks
Healthy Choices when Eating Out
Obesity
Eating Disorders and Disordered Eating
Media Influence – Subjectivity vs. Objectivity
The Fitness Connection
The Final Wrap – Post Test

Donna Hansen, M.A., R.D. – Professional Bio
Masters Degree in Clinical Nutrition from the University of Texas at Austin, 1987
Registered Dietitian

Professional Employment:

ARA Services, Western Psychiatric Institute and Clinic (1987- 1992)

*Center for Overcoming Problem Eating (COPE) – Clinical

*Dietitian and Manager, Metabolic Research Kitchen

*Assistant Director of Patient Services

University of Pittsburgh, Graduate School of Public Health (1992-1996)

*Senior Research Interventionist - clinical research diet
and disease prevention studies

Carnegie Mellon University, Student Health Services (1998-2005)

*Campus Nutritionist

Please contact me if you have questions regarding the content of this “Keeping In Touch.” When the course is underway and you have specific questions regarding the class sessions, etc., you may contact Ms. Hansen directly at donna.hansen@verizon.net.

Looking forward to a wonderful year of teaching and learning,

William L. Kindler