

PROGRAM/CURRICULUM

<u>Title</u>	<u>Author/Publisher</u>	<u>Year</u>	<u>Grade</u>	<u>Subject/Course</u>	<u>Rationale</u>
The Teen Compass Wellness Notebook	H. Stoner & D. Stoner	2016	Gr. 9	Health & Wellness	"The Teen Compass" is a series of short readings, and reflective questions and activities for the teachers to use with the students in a whole group as well as personal reflection series. The Notebook gives information about 8 areas of Wellness, incld. organization, stress resilience, relationships, rest & play, handling emotions, strength and care for your body.