

S . P . I . C . E .

C a t h e d r a l S c h o o l

Mrs. Malu Novelo-Lane

Spiritual **P**hysical **I**ntellectual **C**ultural **E**motional

SPICE 1:

This class is for 6th graders and meets 2 times a week (Mondays and Thursdays) during the first two quarters. In this class the students learn Study and Organizational skills and assess their learning Styles and Multiple Intelligences. Also, the students identify their personal values and learn the connection between their values and their actions. In addition, the students learn important traits to develop healthy relationships. They learn about Fronting behavior and how to handle peer pressure and review bullying and cyberbullying behaviors. Throughout the class the students learn and practice Decision-Making skills and use Problem Solving skills to deal with everyday problems. The students also learn the effects of drugs and alcohol in their bodies and their lives. They practice critical thinking skills to analyze media messages and their effects on body image.

SPICE 2:

This class is for 6th, 7th, and 8th graders and meets 2 times a week (Tuesdays and Fridays) during First quarter. In this class, the students spend time learning about themselves and one another. They also learn how to develop healthy relationships (friendships/dating) and the effects of bullying and cyber-bullying; we also talk about the effects of drugs, specifically marijuana, and they use special goggles to experience the effects of alcohol and drug abuse in their vision and motor coordination. They identify their "natural high" and practice critical-thinking skills and problem solving skills.

SPICE 3:

This class is for 7th and 8th graders and meets 2 times a week (Tuesdays and Fridays) during second quarter. In this class the students learn about their interests, their personalities, and their occupational values. As well as identify careers that match their interests and personality. Also, the students learn about dating and review strategies to handle peer pressure. In this class the students review guidelines for internet safety and discuss the dangers of drinking and driving. Throughout the class the students use critical-thinking skills to make decisions about everyday problems. In this class, the students engage in a variety of activities. They watch videos, complete inventories, interview parents, read articles, participate in class discussions, and research careers of their interest.