

HEALTH CHALLENGE PARTICIPANTS

SUMMER HOMEWORK

1. Become familiar with the Comprehensive Health Written Examination content

- Health course critical content can be found on the district web site.

<http://www.bham.wednet.edu/departments/currdept/curroff/documents/DCGhealth9-10.pdf>

- Use reliable health related web sources (use the list on the back of this sheet) and a comprehensive high school health textbook (show this sheet to the librarian to check out a copy of the **Green** covered *Health Skills for Wellness*)

2. Complete the Safe Living and Emergency Response module

- Obtain a valid ADULT CPR and/or First Aid card from one of the following organizations:
 - American Heart Association
 - Red Cross
 - Medic First Aid
- Many community organizations offer training for a minimal fee or you may enroll in a class at Bellingham Technical College