

**SEABROOK MIDDLE SCHOOL**  
**256 Walton Road**  
**Seabrook, NH 03874**  
**603-474-9221**

## Welcome to Middle School Unified Arts!

***Mrs. Sousa***

Art Teacher

Our art studio is a place to explore, create, communicate, problem solve, laugh and have fun. As your art teacher, I will provide lessons on techniques, art elements and principles, and projects to take to the next level. Some things students have shared with me is that art is a place to let go of stress, express yourself, enjoy others and be themselves. I hope to help students acquire knowledge and skills that increase aesthetic awareness. I also hope to help students develop self-awareness and self-expression through a variety of ways. January 10th we will have an Art Show!!



***Mrs. Wilk***

Health Teacher

Health class will empower students with the tools they need to live a healthy lifestyle. We will engage in community circles, physical activity breaks, build healthy relationships, and practice skills that help to reduce risky behaviors. Students will learn how to set personal goals, advocate for themselves and others, analyze influences, access valid health information, communicate with others in respectful ways, make decisions that enhance health, and use self-management strategies. Please visit <https://sites.google.com/sau21.org/mrswilkshealth/home> for updates on curriculum and topics. Health is one of the most important subjects because it can impact your ability to learn, move and grow! Students should bring the following supplies to class each day; chromebook (grades 6-8), and a writing utensil (all grades). Folders will be provided and students will leave folders in the classroom to help them stay organized. Reusable water bottles are encouraged for proper hydration during the school day. My goal is for students to leave class with goals to improve health, the desire to partake in healthy practices, the knowledge to make healthy decisions, the means to build assets needed for a strong support system and the ability to advocate their healthy lifestyle choices to others.



***Mr. Bertrand***

Physical Education Teacher

Physical Education class helps students become more aware of the importance of living a healthy life and making healthy decisions. Living a physically active life is one of the most important things you could do for yourself. When being physically active, you are strengthening the most important muscle in your whole body, your heart. P.E. also helps other academic areas throughout your day by helping with concentration and memorization. It allows you to socially interact in a positive way, which only helps boost your communication skills, leadership skills and how to cooperate with others. Physical activity also helps reduce stress and allows you to remain focussed throughout your day. Ultimately, students have to be open to try new activities, as well as challenging oneself. When coming to P.E. class, please make sure to wear comfortable clothes that you can be active in, sneakers or athletic shoes, and a water bottle. These items will help you be successful in class.



***Mr. Woolley***

Music Teacher

The music program has evolved over the years to give students a comprehensive music experience through different paths such as band, chorus, or general music. There are opportunities to learn and perform for those who want to be a part of a musical team like band or chorus and work to master music through a single instrument. For those not interested in public performances, we have general music that teaches those students through popular instruments such as keyboard, guitar, etc. and technology to discover the world of music. Participation in this music program not only will make you successful in music to enter high school confidently, but support and improve your brain's ability to learn in other classes. Please visit [seabrookmiddleschoolmusic.weebly.com](http://seabrookmiddleschoolmusic.weebly.com) for more information and to sign up for a program! Join us on Facebook at SMS Friends of Music!

