

Welcome to Health/FTB

2023-2024

Dear 5th and 6th Grade Parents and Students,

Welcome to Fitness and Team Building and Health! My name is Jessica Radcliffe and this is the beginning of my 16th year of teaching. I teach Fitness and Team Building to ALL 5th graders, and Health to ALL 6th graders, and am so excited to get to know them all over the course of the year! Both of these courses are taught in 7.5 week rotations, so I may see you at the beginning of the year, middle of the year, or end of the year, depending on your schedule.



Prior to starting your rotation with me, I will send another letter with more information specific to each course.

I can't wait to see you all this year!

A Little About Me

Where I'm from: Born and raised in Evanston, IL

My education: I studied chemistry and anthropology at University of Illinois because I wanted to be a forensic anthropologist, but ended up deciding that I wanted to be a teacher instead. Therefore, I went back to National Louis University and earn my Masters of Arts in Teaching.

My teaching background: I've been teaching for 15 years - all at HMS!! That being said, I have had numerous roles, beginning as a 6th grade math/science teacher. I also taught accelerated math for a couple years, before going back to school to get endorsed in PE and Health. I love my current role and am so excited to pass my passion for these subjects on to my students!!

My family: I am married and have two children - Sierra (8) and Declan (6). We are about to adopt a cat too, and I will tell you more about that when we return to school!!

My hobbies: Reading, running, outdoor adventures - including going to Great America in the summer and skiing in the winter, and playing with my kids.



My family

Here we are, teaching Sierra and Declan how to ski on their own! We are now ready for more adventures as a family!



Fun at Great America

Sierra and I were ready to go in the bumper cars!



Tubing on Lake Michigan

I haven't been tubing in years, but got out with Dean and Declan this past summer!

Topics Covered

Fitness and Team Building: (5th Graders)

- F.I.T.T. Principle
- Health-Related Fitness Components
- Skill-Related Fitness Components
- Fitness Goal Setting
- Team Roles
- Team Norms

Health: (6th Graders)

- Health Triangle - Physical, Mental/Emotional, and Social
- Nutrition
- Body Image & Self-Esteem
- Addiction - focus on tobacco and vaping
- Mental Health - stress, sadness & depression
- Healthy Relationships - friendships, bullying, abuse, and sexual abuse (Erin's Law)



How to Contact Me!

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