



Monday, September 11, 2017

# Happenings in Anatomy Phys.

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**Welcome** and hello to all students, parents and guardians of 2nd and 3rd period Anatomy Physiology! I am excited about this 2017/18 school year. The PHS Back to School Night was held this past Thursday, September 7 and we had a great turn out. With that said, not everyone was able to attend. Thus is one of the purposes of this email.

**First a brief introduction** - my name is Rachel Yannes and I teach the capstone Health Pathway course here at Petaluma High School, Human Anatomy and Physiology. I have been teaching for six years. Prior to becoming a teacher I worked in the medical field, predominately working in wound care. I treated all types of patients - such as burn victims, poorly controlled diabetics, those patients dealing with bed ulcers, infected surgical sites, etc. I have always been amazed at what the human body is capable of, and even moreso after my time in healthcare. A body under stress due to (sustained, untreated, continuous, etc, etc) wounds can still heal itself. I tell my students "Humans are Amazing, You are Amazing!" and I truly believe this. Don't even get me started on the human brain and how we're still learning more every day about its capacities!

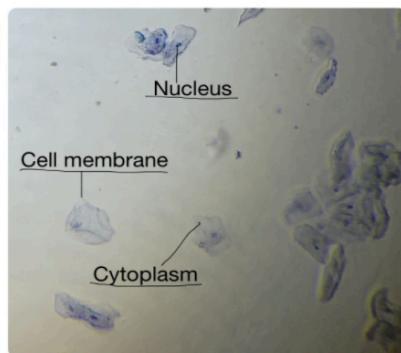
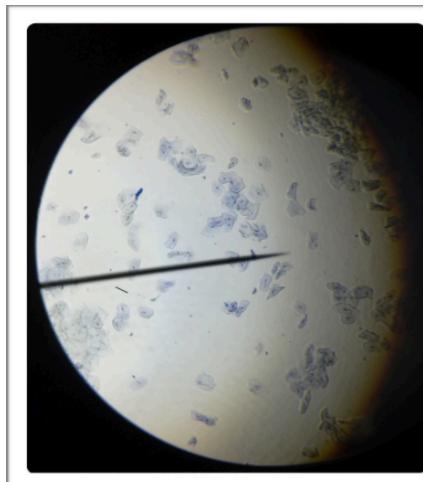
**Ok, so about the class.** This Human Anatomy and Physiology class is a laboratory science course intended for those juniors and seniors who wish to expand their knowledge of the structure and function of the human body. The course is especially valuable for students wishing to continue in various health careers after high school. This course meets the subject area D requirement for the UC/CSU approved course list.

After the first two introductory units, we will cover each of the eleven body systems (as time permits). Each body system is taught as a single unit. Tests typically occur every 2 weeks. Lecture notes are provided for every student. Students are to follow along. It is *highly recommended* that students not just write down what is on the screen but also take additional notes in the margins. For instance, I tell various examples, analogies, and stories to elaborate concepts or topics in order to help students remember the material, and these are good additions to note down. It is important to know that there isn't a lot of *assigned* homework for this course, however that does not mean students have nothing to do - quite the contrary! Students should spend about 30-45 minutes each evening reviewing their notes, handouts, textbook, etc. I treat this course a bit like college: the professor isn't going to check whether or not you did the reading, made flashcards, and reviewed the material... You do all of that because you have to actually learn the material, not just arbitrarily cram the night before. Every assignment I assign, whether it is an in-class or an out-of-class assignment has a purpose and is intended to help students practice and learn the content.

**As the school year progresses you will receive a copy of this newsletter via email.**

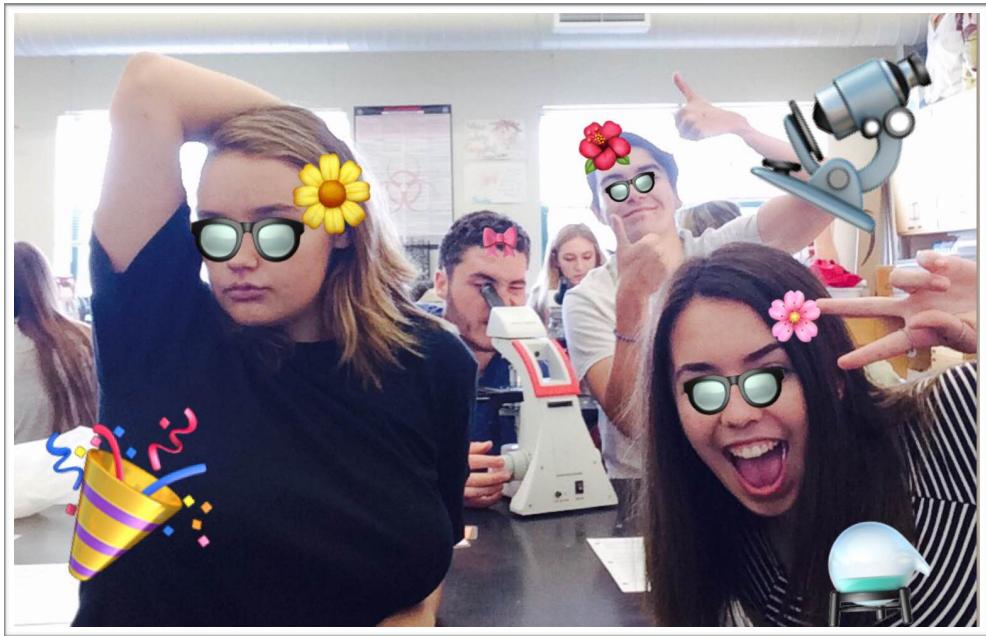
The goal of the newsletter is to keep parents and guardians informed about the course and what their student is learning, as well as any other needs and/or announcements regarding the course. If, for whatever reason you are *not* interested in receiving this newsletter please respond to this email and I will remove you from the list. You and your student can find lots of other helpful information from my class website, [ryannes.weebly.com](http://ryannes.weebly.com). To see the daily agenda and any assigned homework, please check out the homework blog - the Daily Happenings - located in the Anatomy & Physiology drop down menu. Also in the drop down menu you will find a tab titled Films, here you will find a (growing) list of those films students *may* watch at some point in class this school year. New to the drop down menu this school year is the Video Resources tab, here students will find, divided by unit, mini lectures and video clips about the content they are learning about. Students may wish to watch these videos while reviewing current material and/or preparing for a test.

The screenshot shows a website for Ms. Yannes' PHS Science class. The header includes the title "MS. YANNES - PHS SCIENCE" and navigation links for ANATOMY & PHYSIOLOGY, PHYSICAL SCIENCE, PHS, AERIES, LIBRARY, and LINK CREWI. Below the header, there's a purple sidebar with tabs for DAILY HAPPENINGS, UNIT TITLE PAGES, VIDEO RESOURCES, FILMS, and NEWSLETTERS. A large photo of Ms. Yannes is on the left, and a welcome message and office hours are on the right. The main content area has sections for WELCOME!, Office Hours, Contact Ms. Yannes, and Grades.



**Students began the year with an introductory unit,** during which they were exposed to each of the eleven body systems and their basic functions, as well as how the body maintains homeostasis via positive and negative feedback loops, and finished up the unit with some basic medical terminology based on body regions and directional planes. We are currently in our second

unit, which is a mini review of animals cells. **There will be a quiz this Friday 9/15.** During the first lab of the year, students jogged their memory of how to properly use a microscope as they collected a sample of their own cheek cells; leaned how to stain their sample cells using various stains, then viewed them under 100x and 400x microscopic viewing power! Check out the photo to the left, these "cheeky cells" came from a student in Group 2 from second period (Tess B, Katie B, Elyse O, and Riley Z).



**All in all we are off to a GREAT start!** I'm seeing lots of thinking and processing going on in the classroom, but I'm also seeing lots of smiles too. As you can see in the picture above, these particular students were all pretty psyched, though also very studious during the cheek cell lab. Ahhh, how my students make me laugh, I love it! Thank you to Annika C, Olivia Z, Daniel I, and Dominic P for sending me the above photograph! It is a delight to have the privilege to teach these fine young students and be a part of such a solid team of teachers here at Petaluma High School. Parents, thank you for *all* that you do to support your student both at home and at school. Please do not hesitate to contact me at any point during the school year. I can be reached at [ryannes@petk12.org](mailto:ryannes@petk12.org).

Be well,

Rachel Yannes

#### **Current Classroom Wish List Items**

*Though it is never expected, it is always appreciated!*

- white printer paper
- color printer paper
- tissue paper (already lots of runny noses)
- scotch tape
- Lysol All Purpose Cleaner (either spray bottle or refill container)
- disinfecting hand soap
- Dish sponge with scrubby on one side (for cleaning beakers and lab equipment)
- Bostitch Executive Desktop Pencil Sharpener (x2) - can get at Staples
- 65 WHITE rubber swim caps (needed for an activity during the Nervous System unit)
- 20 electric thermometers (all need to be the same model)