**Health Syllabus**

## Grade 7

Mrs. Knapp

2010-2011

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**Course Description:** This course is designed to provide information about a variety of health education topics and present them in a way that will empower students to take positive actions towards a healthy lifestyle. Please keep in mind that this is a half year course.

# **Overview:** The following units will be covered throughout the year in accordance with National and State Standards.

* Health and Your Wellness
	+ Making good health choice
	+ Expressing your emotions
	+ Managing your emotions
* Encouraging Healthy Relationships
	+ Managing stress
	+ Building character: Respect
	+ Making good decision
* Nutrition and Your Health
	+ Balancing diet
	+ Healthful eating habits
	+ Eating disorders
* Alcohol, Tobacco, and other Drugs
* Infectious/Non-Infectious Diseases
	+ Bacterial infections
	+ Viral infections
* Growth and Development
	+ What makes you, you?
	+ Growing up and making good decisions
	+ Your changing body
* Personal Safety

**Classroom Expectations:**

* Students are expected to be in their seat when the bell rings and prepared and ready to learn

\*3 tardies will lead to a lunch detention and affect the overall grade

* Students are expected to maintain a safe and clean environment
* Electronic devices including cell phones are not permitted and will be confiscated
* In order to leave the classroom, students must ask permission and use their planner
* Class attendance is necessary for classroom success. It is the student’s responsibility to make up missed work upon return.

**Behavior Expectations:**

* Everyone in the classroom will be respectful of others and their opinions. This includes listening while others are speaking.
* Each person will have the opportunity to express himself/herself without judgment
* Students are expected to participate in all activities and work to the best of their ability

**Environmental Expectations:** In Health class, sensitive topics are sometimes discussed; therefore, the following guidelines have been put into place:

* Each individual has the right to pass
* There are no dumb questions/comments
* One person speaks at a time
* Confidentiality is a must unless the person making the comment is a threat to self or others
* No names of family members or friends should be discussed when sharing personal stories
* No personal questions should be asked of other students or the teacher

**Materials:** *Decisions for Health* (Replacement cost $50.00), pencil, health binder, and planner)

**Late Assignments:** Late assignments will ***not*** be accepted, although if a student is absent then they have 1 day for every day they were out to make up work.

**Preparation/Participation:** Preparation/participation includes being on time for class, sharing during large and small group discussions, taking part in class activities, and having all materials necessary to participate.

**Grading:** Grades will be based on: in class assignments, projects, tests/quizzes, class participation, warm-ups and homework. It will be based on a points system. If you would like to keep up with your child’s current grade feel free to contact the guidance dept. (527-9800 ext. 2440) to sign up for the online parent portal training class. You have to be able to access a computer in order to use this program.

**HEALTH**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Due Date: **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

I have read and understand this syllabus. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (Student Signature)

I have read and reviewed this syllabus with my son/daughter. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

 (Parent/Guardian Signature)

\*Returning this signed sheet is your child’s first graded assignment.