

CHEROKEE 7th GRADE HEALTH SYLLABUS

Dear parent or guardian,

Welcome to seventh grade health at Cherokee Middle School. The following information and guidelines will explain classroom procedures and academic expectations for you and your child. Health is a semester long course and will be graded. Perhaps the most important key to success in Health is to be in class everyday with the appropriate materials.

Please go over this information with your child and sign the other side so that the bottom portion may be returned as part of an assignment. Please include any comments you feel may better help me understand your child.

Written work in this class will focus on conventions (spelling, punctuation, capitalization), organization (variety of writings – diary, journal, letters), and word choice vocabulary (using the correct word at the correct time).

Any student that for any reason who wishes not to participate in the section (chapter 6) that deals with Family Life – Sex Education may request a different assignment during that period of time. Their grade will not be lowered because of this decision.

The course objectives will be as follows.

1. The student will examine the effects of healthy choices upon disease prevention and control.
2. The students will understand how self-esteem, peer pressure and relationships will effect mental, social and physical well being.
3. The student will examine the use of alcohol, tobacco and other drugs and its effects on the individual, family, community and society.
4. The student will identify nutritional needs of the adolescent and determine the effects of food choices on body composition and optimal health.
5. The student will understand the components of lifelong personal health and apply strategies and skills needed to obtain personal health goals.
6. The student will have an understanding of safety guidelines to use with a choking victim.
7. The student will recognize that lifestyle decisions effect environmental and community health.

Health education is designed to help students understand and exercise responsibility related to the function of a healthy mind and body. This course includes instruction directed at helping students become more effective with all aspects of their personal health – MENTAL, PHYSICAL AND SOCIAL WELL BEING.

Plagiarism will not be tolerated at Cherokee. Please do not use someone else's work as your own or paraphrase information without giving credit to the proper person. For more information please see the student handbook.

STUDENT RESPONSIBILITY:

1. Be on time to class each day.
2. Be prepared for class each day.
3. Turn all work in on the assigned day.
4. Be responsible for all make-up work.
5. Practice proper etiquette at all times.

SUPPLIES:

Each student will be responsible for bringing **daily** to class:

- Pen or pencil
- Red pen
- Notebook paper
- Textbook
- Health folder

GRADES:

The district-wide grading scale, as listed in the student handbook, will be used.

GRADES WILL BE BASED ON TOTAL POINTS AND PERCENTAGES.

POINTS AND PERCENTAGES WILL BE DETERMINED BY DAILY WORK, TESTS, PARTICIPATION AND/OR A HEALTH NOTEBOOK. CLASS PARTICIPATION INCLUDES ATTENDANCE, PUNCTUALITY, PARTICIPATION AND A COOPERATIVE, RESPECTFUL ATTITUDE.

POINTS MAY BE DEDUCTED FROM ASSIGNED WORK FOR THE FOLLOWING:

1. DIRECTIONS WERE NOT FOLLOWED PROPERLY.
2. WORK WAS NOT TURNED IN ON TIME.
3. WORK WAS NOT COMPLETE.

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We have read and discussed the syllabus and are willing to comply with the responsibility to be in health class.

Print Student Name _____ Class Period _____

Student Signature _____

Parent/Guardian Signature _____ Date Signed _____

CHEROKEE 6th GRADE HEALTH SYLLABUS

Dear parent or guardian,

Welcome to sixth grade health at Cherokee Middle School. The following information and guidelines will explain classroom procedures and academic expectations for you and your child. Health is a quarter long course and will be graded. Perhaps the most important key to success in Health is to be in class everyday with the appropriate materials.

Please go over this information with your child and sign the other side so that the bottom portion may be returned as part of an assignment. Please include any comments you feel may better help me understand your child.

Written work in this class will focus on conventions (spelling, punctuation, capitalization), organization (variety of writings – diary, journal, letters), and word choice vocabulary (using the correct word at the correct time).

Any student that for any reason who wishes not to participate in the section (chapter 6) that deals with Family Life – Sex Education may request a different assignment during that period of time. Their grade will not be lowered because of this decision.

The course objectives will be as follows.

1. The student will understand the physical, mental and social changes of early adolescence..
2. The student will analyze and select acceptable ways of expressing emotions and interaction with others that are consistent with a healthy non-violent lifestyle.
3. The student will examine the use of alcohol, tobacco and other drugs and its effects on the individual, family, community and society.
4. The student will identify nutritional needs of the adolescent and determine the effects of food choices on body composition and optimal health.
5. The student will understand the components of health and apply strategies and skills needed to obtain personal hygiene and fitness.
6. The student will have an understanding of safety guidelines emergency procedures and basic first aid principles.
7. The student will recognize existing and potential environmental and community problems.
8. Analyze information to become a wise consumer.
9. Understand the structures and functions of and relationships among human body systems.

Health education is designed to help students understand and exercise responsibility related to the function of a healthy mind and body. This course includes instruction directed at helping students become more effective with all aspects of their personal health – MENTAL, PHYSICAL AND SOCIAL WELL BEING.

Plagiarism will not be tolerated at Cherokee. Please do not use someone else's work as your own or paraphrase information without giving credit to the proper person. For more information please see the student handbook.

STUDENT RESPONSIBILITY:

1. Be on time to class each day.
2. Be prepared for class each day.
3. Turn all work in on the assigned day.

4. Be responsible for all make-up work.
5. Practice proper etiquette at all times.

SUPPLIES:

Each student will be responsible for bringing **daily** to class:

- Pen or pencil
- Red pen
- Notebook paper
- Textbook
- Health folder

GRADES:

The district-wide grading scale, as listed in the student handbook, will be used.

GRADES WILL BE BASED ON TOTAL POINTS AND PERCENTAGES.

POINTS AND PERCENTAGES WILL BE DETERMINED BY DAILY WORK, TESTS, PARTICIPATION AND/OR A HEALTH NOTEBOOK. CLASS PARTICIPATION INCLUDES ATTENDANCE, PUNCTUALITY, PARTICIPATION AND A COOPERATIVE, RESPECTFUL ATTITUDE.

POINTS MAY BE DEDUCTED FROM ASSIGNED WORK FOR THE FOLLOWING:

1. DIRECTIONS WERE NOT FOLLOWED PROPERLY.
2. WORK WAS NOT TURNED IN ON TIME.
3. WORK WAS NOT COMPLETE.

Contact Information:

Tracy Williams

twilliams@spsmail.org

523-7273

We have read and discussed the syllabus and are willing to comply with the responsibility to be in health class.

Print Student Name _____ Class Period _____

Student Signature _____

Parent/Guardian Signature _____ Date Signed _____