

7th Grade Health Education Course Syllabus 2023-2024

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Room #201

COURSE DESCRIPTION

The purpose of this course is to provide opportunities to apply comprehensive health in developing a healthy lifestyle. We will study topics such as Taking Charge of Your Health and Wellness, Taking Care of your Mental Health, Nutrition and Physical Activity, and Protecting your Physical Health and Safety..

ASSESSMENT

Students' grades will be determined by using the following categories and percentages:

Practice	--	30%
Mastery	--	70%

Grading Scale: A (90-100) B (80-89) C (70-79) D (60-69) F (0-59)

CLASSROOM EXPECTATIONS/RULES

1. Be on time and where you are supposed to be. (Prompt)
2. Be prepared and on task. (Prepared)
3. Ask for what you need. (Positive)
4. Strive for excellence and always do your best. (Productive)
5. Respect the rights, responsibility, and property of others. (Polite)

You are responsible for reading and following the student handbook as well as classroom procedures and classroom rules. When you make a choice that violates classroom and/or school rules, disciplinary consequences will be implemented. Please refer to the following documents found on the tvcs.org website under "middle school", "Forms/Documents/Newsletters":

- VCMS Student Handbook
- 23-24 Classroom Behavior Management Plan

TEXTBOOK/CURRICULUM

Essential Health Skills for Middle School- Textbook/Workbook/Google Classroom
Project School Wellness

PROCEDURES

Daily Required Materials:

- Chromebooks
- Loose-leaf paper
- Pen/paper
- Colored pencils
- 2-pocket Folder

Google Classroom:

You will be given a Google Classroom code for your individual class period. This will help with information that needs to go out, unit review sheets, quiz links, and other important items throughout the year. There will be a link to the course calendar on my Teacher Connection Page as well as a PDF with the course codes on it.

Bell Ringer/Dismissal:

Please be on time for class. Students are to remain seated until I dismiss you. Please clean your work space by throwing away all trash that you have generated. When the classroom is in order and all students are in their seats, I will dismiss you to leave.

Make-up Work:

In the event that you are absent, check the website and/or Google classroom. Communicate with your teacher about missed assignments. It is the student's responsibility to follow through with missed work. To receive credit for missed work due to an absence, a student must turn in assignments upon returning to school within the number of days missed plus one day. However, any assignment that has a previously determined due date, that due date must be observed unless other arrangements have been made with the assigning teacher.

Late Work:

If a student does not have an assignment ready on the due date, he/she may turn in the assignment at the next class meeting for a maximum grade of 60%. After that, assignments will not be accepted for credit. Absolutely no work will be accepted once we have moved on from a unit/chapter.

IMPORTANT DATES/EVENTS

POTENTIAL VIDEOS TO BE SHOWN IN CLASS TO FURTHER INSTRUCTION- *We don't always watch full videos, sometimes video clips are used.*

- Food Inc. (PG)
- Fed Up
- Fat, Sick and Nearly Dead (based on nutritional choices)
- Supersize Me
- Teen Depression
- Inside Out (emotional development)
- Encanto (stress/mental health)
- Big Hero 6 (grief and loss)
- Wall-E (environmental health)
- Fat Boy Chronicles
- My All-American
- Fat, what no one is telling you
- Inside the Teenage Brain (PBS)
- Digital media (PBS)
- Cyberbully – ABC Family
- Teens Talk Videos

Signing the attached form is stating that you are allowing me to show your student these videos to supplement instruction. If you have questions about any of these titles please email me or call me. I would be more than happy to talk to you about the intended purpose or its impact on instruction.

POTENTIAL GUEST SPEAKERS

TNT (Total Nutrition and Therapeutics) (Healthy choices)

E3 Family Solutions

Health Department

School Counselors

AR READING PROCEDURES

On Fridays, each student will be required to have a book from the school Media Center to AR read. Students who have completed their AR books, must go to the Media Center before or after school to check out any additional books. Points for AR day will be deducted and an additional assignment will be issued if any student does not have an AR book to read. Students will not be allowed to check out books during class on AR days.

If a student has their AR folder signed by their Language Arts teacher, she or he may take an AR test in the Media Center after it has been cleared by Coach Tomassian.

ADDITIONAL ASSISTANCE AND COMMUNICATION

I am available to any student or parent requesting additional assistance or needing additional information. If you choose to email me, please remember to put "Student" in the subject line so your email will reach me through the VCS web filter. If you prefer to contact me by phone, please call the school office and leave a message requesting me to return your phone call. If I need to contact you, I will first try to contact you through email unless you have indicated a preference for phone contact on the Google Form Syllabus Page.

Please view the Electronic Signature Page posted in the student's Google Classroom using the student assigned Chromebook.

***** PLEASE SIGN AND RETURN THE ELECTRONIC SIGNATURE PAGE BY Friday, AUG. 18, 2023*****