

Mrs. Deitz **E-mail: kdeitz@rsd13.org**

**Website: kdeitz.weebly.com**

Course Purpose:

*The purpose of seventh grade health is to provide students with multiple opportunities to assess their individual habits and behaviors and to study alternatives that will help them achieve the highest level of well-being. Skills of decision-making and analysis of influences from peers, family, and the media are essential to developing behaviors that promote health and well-being. Having multiple opportunities to advocate for healthy behaviors allows students the opportunity to demonstrate their understanding of health enhancing behaviors and help others make healthful decisions themselves. Through these planned learning experiences, students will develop a stronger sense of self-worth and develop a respect for others through critical thinking, role-playing, and cooperative learning experiences to build life skills that are necessary for a healthy and productive future.*

Students will engage in four major units covering the following topics:

**SELF AWARENESS**:

* What is health?
* Self assessment - “How healthy am I?”
* Dimensions of wellness: social, emotional/mental, physical
* Self-esteem and self-respect
* Goal setting

**DECISION MAKING AND PEER PRESSURE:**

* Positive and negative influences and relationships
* Standing up for your values
* Decision making model

**SAFETY**

* CPR & First Aid
* Internet Safety

**BULLYING/SUICIDE PREVENTION**

* Bullying/Cyberbullying
* How to be an upstander
* Suicide prevention (warning signs, causes and effects of, resources for help)

\*Note: During each unit, we will also cover health topics that are connected to the curriculum but are not listed above (ex: substance abuse)

Grading Policy

Although Health education is a “specials” class, it is much more similar to a traditional “core academic” class. Final letter grades will include the following:

* **Quizzes**
* **Projects**
* **Participation (includes homework assignments, current events, and in-class participation)**

Grading Policy continued...

All work is expected to be done on time and with a high level of effort. **Late work will have 10% of its total value deducted for each class meeting that it is overdue**. Assignments that are five or more days late will not be accepted (under certain circumstances assignments will be accepted but may be for partial credit).

Attendance and Participation

Unexcused absences will be dealt with in accordance to school policy**. Arriving to class tardy three times will result in a lunch detention.** There will be a warning after the second tardy. Health is an interactive class and the most successful students are those who participate in class activities, group work, and discussions.

Student Responsibility

Students are expected to be prepared for class with:

* **A writing utensil**
* **A folder/binder containing all notes and class work**
* **Paper/notebook**

If a student misses a class due to absence or other conflict, it is his or her responsibility to make up any work and get caught up to the progress made by the class.

Firedrill/Lockdown Procedures:

* Fire escape plan is posted near the entrance of the doorway
* Lockdown – Mrs. Deitz will point out where students will quietly move to in the event of a lockdown

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Sign and return to Mrs. Deitz by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have read and understand the content of the seventh grade health curriculum and the expectations of this class.

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student name (please print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dear Parents and Guardians,

We all recognize that education is the most effective when reinforcement comes from both home and school. This reinforcement is particularly important in health education. Through the shared responsibilities of the teacher as a catalyst for imparting knowledge and a facilitator in discussions, of the student as an active learner, and of the parent as a support system, cooperative learning will take place.

My students will be continually assessing their individual habits and behaviors. They will be studying alternatives which help them achieve the highest level of well-being during their health class. The topics presented in the seventh grade health curriculum are shown on the attached syllabus. This information is made available to you so that you may initiate discussions with your child on health-related topics and/or you will be aware of his/her focus in health class.

Sincerely,

Kirsten Deitz

I have read and understand the content of the 7th grade health curriculum and the expectations of this class.

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_