

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

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Course Purpose:

*The purpose of eighth grade health is to provide students with multiple opportunities to reflect on the choices they have now and in the future and assess decisions as they impact health and well-being. Students will study core concepts of Substance Abuse, Human Sexuality, and Nutrition while developing the skill of accessing valid health information. Students will use this core concept knowledge while developing competence in the decision making process to be able to make decisions now and throughout their lifespan that will enhance their overall level of well-being. Through these planned learning experiences, students will engage in critical thinking 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:

**SUBSTANCE ABUSE**:

* Effects on body systems
* Classification of drugs
* Addiction (physical and psychological)
* Legal aspects
* Drug interactions
* Accessing reliable sources of information
* Advocating for healthy choices

**DISEASES:**

* HIV/AIDS (prevention, transmission, effects on body)
* STDs (prevention, transmission, effects on body, responsibility to self and society)
* Other communicable and non-communicable diseases
* Emotional and physical consequences
* Abstinence
* Advocating for healthy decisions

**NUTRITION**:

* Diet analysis
* Eating disorders
* Obesity
* Trend of our present day eating habits and potential problems in the future

**STRESS MANAGEMENT**

* Stress management and available resources
* Positive and negative stress
* How stress can be beneficial
* Physical, mental, social effects of stress
* Short and long term effects of stress

Grading Policy

Although Health education is a “specials” class, it is much more similar to a traditional “core academic” class. Students will be graded on the following categories:

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

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**. 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 notebook or paper**
* **A folder/binder containing all notes and class work**

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 this packet to Mrs. Deitz by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have read and understand the content of the eighth 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 eighth 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 8th grade health curriculum and the expectations of this class.

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

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