Ms. Boyd’s 2016-2017 8th Grade Health Course Outline and Classroom Expectations

“It is health that is real wealth and not pieces of gold and silver.” Mahatma Gandhi

**COURSE OVERVIEW**

Health education will provide opportunities for you to acquire knowledge, rehearse life skills and develop positive attitudes necessary for practicing lifelong, health-enhancing behaviors. The Health curriculum focuses on helping you learn that you are ultimately responsible for your personal well-being and that building a solid foundation of health literacy and decision-making and goal setting skills can contribute to a variety of healthy choices for self and others that will be of value throughout your life. It is my goal that you will develop a deep sense of appreciation and respect for yourself; for your body and mind through a study of current health related topics.

* + **Topics Covered**
  + \* EMOTIONAL HEALTH
  + \* NUTRITIONAL & PHYSICAL HEALTH
  + \* SUBSTANCE ABUSE PREVENTION
  + \* SOCIAL HEALTH
  + \* DISEASE PREVENTION
  + \* COMMUNITY HEALTH & SAFETY
  + **Materials To Bring To Class**
    - \* School Planner
    - \* Health Notebook for journaling reflections and taking class notes
    - \* Health Folder
    - \* Paper, pencils and pens
    - \* COLORED PENCILS

**Homework**

* + - \* Complete unfinished classwork when required

\* Projects

**Graded On:**

* + - \* Daily Participation
    - \* Preparedness: BEING IN ASSIGNED SEAT, QUIET AND READY TO WORK WHEN THE BELL RINGS

\* Following Directions and Listening

* + - \* Practicing Good Citizenship Behaviors as outlined in the DMS Citizenship Rubric
    - \* Class assignments and activities
    - \* Health Notebook journaling assignments
    - \* Homework
    - \* Projects

\* Common Assessment Quizzes / Tests

**Late Work**

Accepted but points may be deducted

* + - **Absences**

If you are absent you are still required to make up missed assignments. It is your responsibility to get the assignments for the days missed (talk to your study buddy, check your class planner or talk to the teacher). Any missed work must be completed outside of class time. Any make up test needing to be completed must be done before school, during eTime, or after school. Please make arrangements for this with me.

* + - **CITIZENSHIP IS EXTREMEMLY IMPORTANT IN MY CLASS.** **PLEASE:**

RESPECT is appreciating the value and worth of yourself, your peers, your teachers and school property (building,

class supplies). What this would look like in my class is as follows:

\* Be kind and courteous: **CARE**

* + - 1. \* Be responsible, honest and accountable for your own behavior and actions: **HAVE INTEGRITY**
      2. \* Be helpful and supportive: **OTHERS MATTER**
      3. \* Be a good listener and cooperate: **KEY TO YOUR SUCCESS IN ALL YOUR RELATIONSHIPS**
      4. \* Be prepared (paper, pencil, science notebook and folder) and ready to work everyday when the
      5. bell rings: **PRACTICE PUNCTUALITY AND READINESS AS THEY ARE IMPORTANT IN SCHOOL AND IN**
      6. **YOUR** **FUTURE JOB SUCCESS**
      7. \* Be active in participating in class discussions and activities: **PRACTICE MINDFULNESS, BE HERE NOW!**
      8. \* Be a follower of directions: **DOING WHAT IS ASKED HELPS YOU LEARN AND STAY SAFE**
      9. \* Be studious and review class materials: **DEVELOP GOOD WORK HABITS AS THEY WILL BE KEY TO**
      10. **YOUR SUCCESS NOW AND IN THE FUTURE**
      11. \* Be hopeful as you can always improve with a little more effort: **HAVE A POSITIVE ATTITUDE**!
      12. \* Be reflective: **CONTINUALLY BE THINKING ABOUT HOW YOU CAN IMPROVE**
      13. \* **Be and do your best by always striving for excellence!**
      14. \* **REMEMBER THAT YOU AWESOME, YOU ARE LIKE A BRIGHT SHINNING DIAMOND THAT**
      15. **HAS INESTIMABLE VALUE AND WORTH: SO, LIVE UP TO WHO YOU ARE!**
  + **If you have any questions**:

**\*** I can be reached at [kimberbo@provo.edu](mailto:kimberbo@provo.edu)

* + **\*** I am also available at school between 7:35 a.m. - 8:00 a.m. and 2:50 p.m. – 3:15 p.m.

Student Signature (PLEASE PRINT) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Period \_\_\_

Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Is there anything you would like to share or something I should know about your child that will help him/her succeed in my class?

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Daytime phone number where you could be reached if needed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email where I could contact you if needed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I appreciate you for your time spent in reading this course description. I believe that your consistent interest, encouragement and support in your child’s education can have a powerful impact on their academic progress. You can assist your child in having a successful 8th grade health experience by checking his/her grades regularly ensuring that assignments are being completed and turned in and by getting involved in their education by asking questions and listening to what they have learned in class. Conversations about health related issues outside of the classroom environment that engage your child in retelling what they have been studying will strengthen and reinforce learning and knowledge acquisition. If you have any questions or concerns regarding your child’s successful completion of 8th grade health please let me know. I am here to help.

Thank you,

Kimberly Boyd

8th Grade Health

kimberbo@provo.edu