***Welcome To 7th Grade Health***

***Valley Middle School***

***Teacher: Mrs. Sisock***

***E-Mail: sisockb@hasdk-12.org***

***Length of Course: 1 semester***

**Materials Needed:** Planner, Notebook or Folder, and Pencil

**Class rules:**

1) Respect others at all time.

2) Use appropriate language.

3) Be prepared for class

4) No food, gum, candy or drinks allowed (except water).

5) Be ready to learn with a positive attitude.

**Class Procedures:**

1) Enter the class quietly, find your seat and begin working on the starter for the day. This must be completed in your NOTEBOOK/FOLDER. All textbooks will be kept in the classroom.

2) You are also responsible for bringing your PLANNER and a PENCIL to class daily.

3) Keep your notebook/folder and pencil on your desk after entering the room. Store other materials under your desk.

4) When announcements are made over the intercom, stop working immediately and listen.

5) Health textbooks are located under your seat daily.

6) You may use the bathroom. Raise your hand and ask permission. You will not be allowed to leave the room without filling youragenda out and signing out .

7) Absent? You are responsible to get all homework and notes. You will have 3 days to make-up your work. Do not turn in assignments to a substitute teacher. See me if you have any questions or need to schedule time to make up a test. Please know that I am available before and after school.

8) If you need to sharpen a pencil or get a tissue, please raise your hand. Do not get out of your seat unless you ask. This can cause a commotion if too many students are out of their seats at one time.

9) Notebooks/folders will be checked weekly.

**Units:**

Personal Health Emotional, Physical & Social Health, Substance Abuse,

Communicable & Non Communicable Diseases, First Aid and Safety, and Nutrition

**Grading:**

Participation: 25 %

Class work: 40%

Tests: 35%

**Objectives:**

1) Students will be able to explain how physical, emotional and social changes occur during adolescence.

2) Students will be able to recommend and justify effective strategies for responding to stress, conflict, peer pressure and bullying.

3) Students will explain the importance of effective social interaction skills.

4) Students will recommend effective self-management and coping strategies for maintaining mental and emotional health.

5) Students will explain causes, symptoms, and prevention of social (not getting along with others, being uncooperative) mental and emotional problems (depression, anxiety, eating disorders).

6) Students will explain how individual behavior choices and habits relating to diet, exercise, rest and other choices affect body systems.

7) Students will explain risks associated with unhealthy habits and behaviors.

8) Students will describe resources that are helpful for individuals seeking treatment or counseling for negative behaviors or addictions.

9) Students will explain symptoms, causes, patterns of transmission, prevention and treatments of communicable and non communicable diseases.

10) Students will explain how basic first aid procedures for responding to a variety of life threatening emergencies can help reduce the severity of injuries and save lives.

I have read and understand the above guidelines for Health class:

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_

Parent email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_