**Middle School Health Education**

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“Health is a state of complete **physical, mental, emotional and social** well-being and not merely the absence of disease.”

–*World Health Organization*

At SAMS Puxi Campus each student will take one semester of Health in grade 6, 7 & 8. Health education at SAS is based on the wellness approach that integrates social, emotional, mental and physical health, as well as the development of personal values.

  **Assessment Policies:**

1. **In health class, we will check for your understanding through a wide variety of assessments.**
2. You will be evaluated on the following:
	1. **C**lass discussion: *Because this subject deals with REAL LIFE subject matter, participation is the most important thing you can do to learn in this class. If you do not participate, you will not be prepared to deal with real-life situations that can harm your health.*
	2. Projects/Presentations
	3. Meditation Time (journaling, breathing exercises, walking meditations)
	4. In class assignments and homework: ***Most*** work in health can be completed in class. However, if time is not used wisely, assignments may have to be completed at home.

**Health Class Norms**

Now it’s your turn to chat! Your job is to come up with how you and your friends want our classroom to run and function by coming up with **class norms**. When discussing and coming up with ideas, here are some things to think about: What do you value most when learning? How do you think others and yourself should act while in health class? What type of classroom environment do you learn best in?

Jot down class norms below so you’ll always have a place where you can go back and revisit them!

\_\_\_\_\_\_\_\_\_\_\_ **CLASS NORMS**

**STUDENT:** I understand the importance of the class norms and how following the norms will help our classroom be a fun and productive environment to learn in.

Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Grade 8 Health** **Course Outline** |  |

**The order of these units is subject to change:**

1. **Character & Values**

What are my unique character strengths?

 The 8th grade Family Values and Mission Statement project!

 **Standard 2**: Analyzes the importance of character and values (character strength poster and values project)

**Standard 1: Identifies & demonstrates** balance in health practices

1. **Technology Balance/Digital Citizenship**

What does digital footprint mean?

Are you keeping your technology habits in check?

Find time management techniques that work for you.

**Standard 2**: Analyzes the importance of media, culture & values on personal health

**Standard 5:** Advocates for personal, family & community health (Infographic Project)

1. **Media Literacy and Body Image**

What are the messages we’re receiving from the media?

How do we protect ourselves and our friends from unhealthy body image?

**Standard 3:**Accesses & Evaluates valid information

1. **Energy Bar Project**

What makes a healthy snack?

How does the food industry market its products to appeal to consumers?

How can we create and market a healthy snack for our peers?

**Standard 3:**Accesses & Evaluates valid information

**Standard 4**: Sets and reflects upon health goals (lab and letter to future self)

1. **Alcohol and Drug Awareness**

Are you aware of the risks involved?

**Standard 4**: Sets and reflects upon health goals (lab and letter to future self)

1. **Healthy Relationships and Dating & Values with our counselor, Mr. Everett!!**