

Middle School Health
Class Syllabus
2020-2021
Mrs. Radabaugh

Overview:

Health is an elective class that meets every day for one quarter. All students are required to take health every year during their middle school career. It is the goal of this class to learn to develop a healthy lifestyle, and the skills to make the choices necessary to maintain good health.

Topics:

The following are the primary topics that will be discussed at each grade level.

6th Grade:

Wellness using the health pyramid
Physical activity
Unintentional Injury prevention
Promotion of healthy eating
Alcohol, Tobacco, and other drug prevention
Control/ prevention of diseases
Promotion of sexual health

7th Grade:

Mental/ Emotional well being

- Includes: Self-esteem, decision-making, goal setting, managing stress, coping skills, depression.

Alcohol, Tobacco and other drug use prevention

- Includes: Effects of substances, addiction awareness, decision-making, refusal skills.

Promotion of Sexual Health and control of Disease

- “My Future, My Choice” Curriculum, stressing refusal skills, abstinence, decision making and peer pressure

8th Grade:

Social skills & Healthy Relationships

- Including refusal skills, media influences, peer pressure and self-esteem.

Violence and Suicide prevention
Alcohol, Tobacco and other drug use prevention

- Effects of substances, addiction awareness, decision making, refusal skills.

Promotion of Sexual Health and Control of disease

Materials:

We will be using textbooks in class. All students will be responsible to return books before they leave class. Should students need additional time, a text book will be checked out to complete assignments.

Bring the following supplies every day to class:

**Notebook paper
Colored Pencils**

**Pencil/Pen
Eraser**

Expectations:

1. Be on time.
2. Be ready to learn.
3. Respect your rights and the rights of others.
4. Be open minded to learning.
5. Ask for help when you need it.

Grading:

Academic: Tests and projects reflecting knowledge of critical content.

Citizenship: Assignments, Behavior and Participation.

90-100% =A Exceptional

80-89% =B Above Average

70-79% =C Average

60-69% =D Below Average

0-59% =F Not Meeting Requirements

Note: Any test below 70% can be made up

Homework:

Health is a discussion/ participation based class. The majority of work will be completed during class time.

The following is my expectation regarding homework:

1. If a student does not finish the assignment in class then they have homework. Most class work will be due the next day.
2. Most class projects will be done during class time. However, some projects will require minimal time spent at home.

Assignments:

1. If a student is absent, it is their responsibility to ask for missing work. However many days the student is absent is the number of days the student has to make up the work. (Parents may call the office in the morning to request their child's work when absent). Students can find daily assignments located on the classroom white board as well as google classroom.
2. Late work needs to be turned in as soon as possible. Full credit will be given for work that is turned in on time. Any work turned in a day late will receive a 10% point reduction. Work that is later than one week may receive partial or no credit, depending on length of lateness.
3. Attendance is a crucial part of health class! The majority of health is based upon discussion and group interaction. Makeup work will be given for excused absences only.
4. Students and parents are encouraged to check grades online. Printouts are available to those without Internet access. Students should hold on to all past assignments to verify grades were entered correctly.

I look forward to working with your child in developing knowledge and skills necessary to become health conscious individuals. If you have any questions, please do not hesitate to contact me.

Sincerely,

Mrs. Radabaugh
CCMS Health Teacher
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CCMS Health 2020-2021



Instructor: Mrs. Radabaugh

I have read the class syllabus for CCMS Health and understand that my student needs to meet all requirements of this class.

Student Signature: _____ **Date:** _____

Parent Signature: _____ **Date:** _____

Parent Email: _____

Parent Phone: _____