

Health

COURSE DESCRIPTION (OVERVIEW)

Today's students need to build skills to become mentally, emotionally, physically and socially well-rounded individuals. These qualities are essential to each student's success beyond the academic classroom. Montgomery County Comprehensive Health Curriculum is designed to empower students with skills and strategies that encourage lifelong wellness, through self-regulation and self-reliance. This Comprehensive Health Education program helps students, through health literacy skills and strategies, build the knowledge, concepts, skills and strategies that lead to making healthful decisions throughout their life.

As students progress through Montgomery County Public Schools comprehensive health education program and grade levels, the topic supports increase in depth of understanding and promotes a commitment to lifelong health and well-being. Topics and standards are consistent across the grade levels, with the 6th grade curriculum as the foundation, the 7th grade supporting and leading into the more challenging 8th grade curriculum. Bullying and Harassment, as well as the concept of abstinence from ALL risky behavior are covered in all grade levels.

Middle School Health class, for 6th, 7th and 8th graders is taught in one quarter (9 weeks), as a pullout unit from Physical Education Curriculum. Parents are offered the opportunity to review all Health materials relating to the Family Life and Human Sexuality Units, during the Parent Meeting scheduled in the Fall (you will receive information on dates/times in this month's newsletter) .

Units of Study

The 6th grade curriculum is the building block for Mental Health, Safety and Injury, Tobacco, Disease Prevention, Family Life and Human Sexuality, Nutrition and becoming a smart consumer. One key focus is the TNT (Towards no tobacco) program, which helps build self-esteem and a good self-concept, as well as providing the student with refusal skill tools. Topics such as puberty and interpersonal relationships are introduced as part of the 6th grade Family Life and Human Sexuality unit.

The 7th grade curriculum includes Mental Health, Safety and Injury, Tobacco – Alcohol and other drug use, Family Life and Human Sexuality, Disease Prevention, the Smart Consumer and Nutrition and Fitness. One key focus in the 7th grade curriculum is the Project Alert, which helps students learn about Tobacco, Alcohol and other drugs, peer pressure, the decision-making process, and positive and negative consequences of the choices that youth make. In addition, the topics of dating and relationships, pregnancy, childbirth, and disease are discussed as part of the Family Life and Human Sexuality unit.

The 8th grade curriculum includes Mental Health, Safety and Injury, Tobacco-Alcohol and other drug uses, Family Life and Human Sexuality, Disease Prevention, Nutrition and Fitness, with a special focus on stress and depression (Red Flags program). The topics of male and female reproduction, contraception, pregnancy and sexually transmitted diseases are introduced as a part of Family Life and Human Sexuality.

GRADING POLICY

Student's grades are based on mastery of specific course standards, taught throughout the Health units. Students are expected to be able to explain, demonstrate, apply and model Health skills and topics, through individual and cooperative group activities and exercises, and apply the experience and knowledge in every class encounter. Practicing the pillars of good character (Honesty, Respect, Caring, Responsibility, Trustworthiness, Self-Discipline, Acceptance, Cooperation, Kindness, and Citizenship) is every student's personal and social responsibility. In class, students are graded on their Personal and Social Responsibility (PSR), which includes a combination of coming to class with appropriate materials, participating in class discussions, respecting peer opinions, respecting the teacher's right to teach and the student's right to learn. Work not attempted will be recorded as a "Z" and calculated as a zero.

Grade Breakdown by Category w/Percentage:

Category	Percentage of Total Grade
Homework for Practice & Preparation	10%
Formative Assessments	60%
Summative Assessments	30%

*MVMS uses the "raw score conversion to percentage" method to calculate grades. Therefore, the # of points a particular assignment is worth does not impact its weight within a category (18/20 carries the same weight as 36/40). However, assignments may be still be weighted within categories by assigning assignment weights.

Health

Learning Skills: Non-academic indicators that influence student achievement are reported as C (consistently), O (often), S (sometimes), R (rarely), NI (not enough information).

- Participation: asking questions, giving ideas, using feedback, engaging in learning
- Task completion: completing homework and class work.

GRADE UPDATES

Grades entered in a teacher's electronic gradebook are automatically uploaded to Edline on a nightly basis. Both students and parents should log into Edline regularly to check grades and missing assignments. Students are expected to know their grades, and what, if any, work is missing at all times. There should be no surprises about grades to students or parents; if so, please make sure you contact me. If you need an Edline activation code, please contact our school's Edline Superuser, Alice Marable at alice_marable@mcpsmd.org. In addition, it would be extremely helpful to enter an active email address in both student and parent Edline accounts; I use this to provide class updates as well as other communication throughout the year.

LATE WORK AND MISSING WORK

- Each assignment will have a due date. This is the date by which you are expected to submit the assignment. Your grade may drop one letter grade if it is not turned in by the due date.
- The deadline is the last day an assignment will be accepted for a grade.

RE-TEACH AND REASSESS

Re-teaching occurs when teachers or students determine that students are not meeting learning goals.

- Assessed tasks may be revised to receive a higher grade until the end of a lesson sequence.
- The original student work, along with the teacher comments and/or rubric, must accompany the revised work in order to be re-graded.
- Alternative forms of assessment may be used for reassessment.
- Quizzes may be taken a second time, with the second score will take precedence over the first.
- In accordance with MCPS policy, summative assessments cannot be reassessed.

HOMEWORK

There will be assigned homework in this class. Students are required to complete work prior to class, and turn in during the class on the given due dates. Students who cannot meet these deadlines in class, or who are absent, must complete their work outside of class.

MAKE UP POLICY (A Student's Guide to rights and responsibilities in MCPS)—

"You are responsible for making up any work you miss during absence, regardless of the reason for the absence. If the absence is unexcused, your teacher does not have to help you make up the work you missed, give you a retest, or give you an extension on work that was due." **You are required to make up work in this class and it is your responsibility to check with the teacher about missed work.** One day will be given for each day of excused absence to make-up work.

COMMUNICATION

One of the most useful ways we have to communicate is your child's data notebook. Please check this daily for information. I can also be reached by email (fastest) or by calling the school (301-840-4660). In addition, please check Edline regularly to know if you are missing work.

HALL PASSES

In order to successfully complete this course and meet timelines, you will need to be in class. Therefore, hall passes will be issued for emergencies only. Please make every effort to go to the bathroom and get a drink during the break between classes. You will not be allowed to leave the room without the use of an official **MCPS Pass**. This is school policy and it will be enforced in this classroom.

INTERNET USE

Students are allowed to use the Internet for school purposes, only. Please be aware that inappropriate use (visiting non-school related internet sites) can result in the revocation of Internet privileges. Loss of Internet or computer privileges can interfere with student's success in all classes. Students who lose privileges will still be responsible for completing work, but will be required to complete it outside of class.

Teacher

Content Specialist

Health

Content Administrator

Principal

STUDENT EXPECTATIONS

The student will:

Be on time to class and in their seats when the bell rings. Begin instructional warm-up immediately.

Follow all classroom procedures.

Keep a note book, including journal entries for Health.

Work interactively as a member of a group during class.

Complete all class work.

Complete all homework.

All work must be turned in by the dead line or it will not be accepted for credit.

Make-up all missed work due to absence. One day will be given for each day of excused absence to make-up work. It is the student's responsibility to get class notes from a classmate, then confirm all assignments, with the Health Teacher

ARRANGE A TIME TO MAKE UP WORK WITH THE TEACHER. IT IS YOUR RESPONSIBILITY TO OBTAIN A PASS.

- **Note that**

- **Health class is NO GUM ZONE.**
- **Food and drink is to be consumed in the cafeteria or locked in the student locker (no food or drinks in any class)**
- **Students are expected to lock coats and backpacks in their hall lockers, throughout the school day, and retrieve their belongings after the dismissal bell (do not bring coat or backpacks to class)**
- **Students are expected to keep hands and feet to themselves**
- **Students are expected to respect the teacher, each other and the learning environment**
- **Students are expected to spend 100% of each class period working on their class work. Working on other class work will not be allowed.**

Student Signature _____

Parent Signature _____

Health

Please complete and return this page:

I have read and understand the preceding policies and procedures for Health class.

Student Signature _____ Date- _____

My email address is _____

I have read and understand the preceding policies and procedures for Health class and I have discussed them, and the class rules, with my child.

Parent/Guardian Name (Printed) - _____

Relationship - _____

Parent/Guardian Signature- _____ Date- _____

Parent/Guardian Email - _____

Work Phone Number - _____

Cell Phone Number - _____

Additional Contact Information:

EDLINE (www.edline.net) will always have your child's current grades in any class.