

8th GRADE HEALTH & SAFETY

NAME _____

COURSE OUTCOME

Welcome to Ms. Roma's Health class! I am passionate about helping students learn to make good decisions regarding their health. Please refer to this syllabus and to the school website, www.knoxschools.org/greshamms, for additional information about Health class at GMS.

The curriculum used in this class is the Michigan Model for Comprehensive Health Education, which is closely aligned with the National Health Education Standards (NHES), and is KCS approved and recommended. The Michigan Model for Comprehensive Health Education can be accessed at www.emc.cmich.edu/mm/default.htm. The Tennessee state standards for Health can be found at http://www.tn.gov/education/ci/health_pe/index.shtml. The NHES can be found at <http://www.cdc.gov/HealthyYouth/SHER/standards/index.htm>.

The most successful efforts in education are those that result from collaboration between school and home. Parents/guardians play the primary role in determining teens' behavior and attitudes toward health issues, particularly sexual activity and drug abuse. I strongly encourage communication between parents and students on all health matters.

INSTRUCTION

Basic content topics your 8 th grader may be covering in health class:	
<ul style="list-style-type: none">• Nutrition & Physical Activity• Social & Emotional Health/"Choosing Who I Become"	<ul style="list-style-type: none">• Drug Use & Abuse Prevention: Club Drugs, Date Rape Drugs, Prescriptions• Disease Prevention & Family Life

Pacing

Students attend Health class every other day for 40 minutes, for one semester.

Materials Needed

Students are expected to attend class prepared with an agenda, AR book, and pencil every day.

Resources

- Food, food replicas, puppet, The Label Says nutrition game, empty food packages, Human Body puzzles
- Possible novel: Go Ask Alice (by Anonymous)

Videos that may be shown are educationally sound and supplement the unit being taught. We may not use all of the videos, but may use some of them in part or in full at the appropriate point in our curriculum. If you wish to receive specific information regarding videos, please contact me. **Videos that may be presented in class:**

<ul style="list-style-type: none">• Obesity in a Bottle• The Totally Disgusting Tobacco Gross Out Video• The Teen Files: The Truth About Drinking• Marijuana & the Teenage Brain• Bully Bystanders• I was Cyberbullied• Eat Smart!	<ul style="list-style-type: none">• Temple Grandin• Miss Representation• Meth Destroys• Understanding HIV and AIDS• What's the Rush? Don't Be A Teen Parent• Violence Prevention, Sexual Harassment: What You Can Do• Additional Knox County approved videos
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If you do not approve of a resource listed, please make your request to me in writing and an alternative assignment and/or materials will be provided. The request should include your name, the student's name, the specific activity/materials in which you do not want your child to participate or to which you do not want them exposed, and the nature of your objection.

Possible Guest Speakers:
-Mental Health Association of East TN
-Knoxville Police Department: Life Skills
-Knox County Health Department: Baby Think it Over
-Knox County Health Department: Healthy Relationships
-Lucas Hurd: The Sex Talk
-Additional KCS Approved Speakers

ASSESSMENT

Assignments in Health class will be divided into categories:

Health Standards- 75% of overall grade
Class Assignments- 25% of overall grade

KCS GRADING SCALE:
100-93 Exceeding Expectations (A)
92-85 Meeting Expectations (B)
84-75 Approaching Expectations (C)
74-70 Attempting Expectations (D)
69-0 Insufficient Evidence (F)

Sign up to receive REMIND text messages:
Text the message **@roma8** to **(917) 746-1539**

If you ever have questions about class content or your child's progress, please do not hesitate to contact me (email is usually best, but I also welcome your phone calls). I will be working hard to promote a positive learning environment, and at the same time filling each little head with valuable health information.

Health class will be studying a unit on Family Life, which will mention HIV/AIDS and other sexually transmitted diseases. I understand that these can be particularly sensitive topics. The curriculum and speakers used explain that abstinence is the only behavior that can guarantee a person will not acquire a sexually transmitted disease. Your child may be exempted from this part of the Family Life unit with no penalty. I will provide alternative assignments for the period.

PLAGIARISM

Plagiarism is a form of stealing and academic fraud. Students found guilty of plagiarism will have the option of either redoing the assignment within a specified time period and accepting a grade letter drop or taking a zero on the assignment.

OUR CLASSROOM PROCEDURES

- enter quietly, complete warm-up assignment
- pick up absent work (in case you missed it!)
- be attentive & participate

Please do not hesitate to contact me with any questions or concerns!

Sincerely,

Ani Roma
GMS Health Educator
Email: ani.roma@knoxschools.org
Phone: 865.689.1430

P.S. If you are interested in contributing any items to help our classroom run more smoothly, I always welcome facial tissue, colored pencils, and pencils. Thank you!

Website: www.knoxschools.org/greshamms

HOMEWORK

Student's name _____ **Class Period** _____

I have reviewed the video policy and list. I understand that I may choose to have my child exempted from parts of Health class with no penalty.

Parent/Guardian Signature _____