**Health Education Syllabus- *Mr. Pierre***

Welcome to Health class In Person and Virtual! In this course, we will be focusing our studies on Health Education. Health Education is an intentional effort to help students understand, care about, and act upon core health values. The North Carolina Essential Standards Health Education- is a Grades 6 – 8 curriculum.

**The 5 Healthy Living Strands that are focused on are:** **Email address:**

* Mental and Emotional Health Jayy.pierre@ucps.k12.nc.us
* Personal and Consumer Health
* Interpersonal Communications and Relationships **Materials:**
* Nutrition and Physical Activity **Headphones with Microphone, Charger, Laptop**
* Alcohol, Tobacco, and Other Drugs **\*\*Donations to the class – Hand Sanitizer, Headphones**

The strands are the same in each grade, but the lessons that are taught are an extension of the previous grade. Greater attention to the content and skills of Health Education can make a difference in whether young people choose healthier behaviors and lead happier and more productive lives. Health literate students are more likely to become adults who achieve high-level wellness and who are ready for the challenges of the global economy.

**Healthy Disciplines:** To successfully achieve the objectives in Health, students must practice health discipline. These are skills that will carry students into any situation for life. Students will be engaged in class discussions, small group work as well as an independent approach in the exploration of the health standards.

**Classroom Rules:**

**1) Be Respectful – To yourself.** Do and be the best you can be. **To others around you** – Listen to the teacher and other students, respect their property, and treat them like you would yourself. **To the classroom (In person and online)** – We are visitors. Keep the classroom clean and do not touch what doesn’t belong to you.

**2) Be Responsible – For getting to class on time or making the Microsoft Team on Time.**

**For having your materials ready for class (**Headphones, Pencil/Pen, Paper, Folder)

**For completing all assignments on time.**

**Consequences: 1) Verbal warning and Minor referral written 2) Minor referral written**

**3) Assigned seat & Contact Parent, and Minor incident written) 4) Major referral Written**

**Grading:** The students will be given a bi-weekly Notebook Challenge on Fridays. (On Google Drive)

Every assignment, notebook challenge, or project will be graded on a 100 point grading scale.

**Late assignments will be different this year. (Everything is to be turned in by Sunday Night at 11:59 PM) Every week it is late will be 7 points off.**

NC Grading scale for grading 100-90 - A, 89-80 - B, 79-70 - C, 69-60 - D, 59-below -F

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**Grade \_\_\_\_\_\_\_\_\_\_\_\_ Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**We have read and discussed the information above.**

**Student signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­\_ Parent/Guardian signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent/Guardian email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**