

7th Grade Health Education

Teacher: Christine Botti (Christine_Botti@fa.org, 516-393-4282)

Course Overview:

The seventh grade health curriculum is designed to be an interactive, student-centered class constructed to help students learn about important health issues while exploring their own personal health habits. In this class, emphasis is placed on developing important life skills, including decision making, planning and goal setting, communication, stress and relationship management, while integrating topics relevant to today's youth. It is our belief that every decision is in some way health decision.

Class Expectations:

Students are expected to help maintain a classroom environment that is inclusive and respectful of their peers' experiences and beliefs. Student participation in this class will enhance the lessons and is very much encouraged. This is information that you can refer to throughout your lives!

To be prepared for class you should come with a notebook with pockets or a binder and something to write with. Students are expected to hand work in on time and adhere to the academic integrity policy.

Topics: The following units will be used to develop an understanding of personal health through skills based health education:

- Wellness
- Self Management
- Decision Making
- Alcohol, tobacco and other drugs
- Mental and Emotional Health
- Human Growth and Development
- Relationship Management
- Planning and Goal Setting

Assessments:

Class participation

Class work (individual and group)

Skill Demonstration

Absence Policy:

If you are absent from school, you are required to check with me to find out what work you have missed.

I am always available to answer any questions you may have – before, after, or during school. Ask me and we will work out a time.