

Health Class

****Health Education is required to graduate****



Health Education:

- 1 term course.
- 3 Options (Classroom, Blended/Hybrid, Online)

Our general Health Education class is offered to students in grades 9-12.

We highly recommend students take Health Education during Sophomore year. Due to the content, rigor, and skills based projects- this is a great time for students to evaluate their decisions, their peer group, and their futures in relation to their overall Health and Wellness. Because students are only required to take 1 health class- if a student takes the health credit during their Freshman year, they could potentially go 3 years after without any health education. It is our professional opinion that students do best and are impacted most when taking it in grades 10-12.

Our Health department offers 3 options for students to get their Health Graduation Credit. All Health courses offer the same content, projects, lessons, and guest speakers. All courses are taught by EPHS teachers.

Health Education	Health Education (Blended/Hybrid)	Online Health Education (Full Online Course)- (Students must be in grades 10-12 to take this course online).
<p>Grades 9-12 (recommend students take it sophomore year). Must take it to graduate.</p> <p>1 Term Class (1 Credit)</p> <p>This class:</p> <ul style="list-style-type: none"> • 100% Classroom Instruction • 8-10 In Class Guest Speaker Presentations • Project based Assessments • Units: <ul style="list-style-type: none"> ○ Mental Health ○ Drugs/Addiction ○ Relationships/Reproduction • Grading: <ul style="list-style-type: none"> ○ 70% Performance ○ 30% Practice • Significant amount of Small Group Discussions, activities, and Collaboration with other students. 	<p>This course is the same as the Health Education course except the blended/hybrid course offers a mix of face to face and online instruction.</p> <p>This Course:</p> <ul style="list-style-type: none"> • Both in classroom synchronous and virtual asynchronous learning throughout the term. • Content has elements of student control over time, place and path with the goal of affording each student a more personalized learning experience • Students will be required to attend class in the classroom on designated days, including all Guest Speaker presentations. • Students will have in-class teacher support available every day of the term (even on asynchronous learning days) • A good option for students who are considering an online class but benefit from the in-person support from their teachers and peers. 	<p>This course:</p> <ul style="list-style-type: none"> • 100% Asynchronous • Lessons posted daily • Due dates and timelines apply to all lessons • Option to attend guest speakers live (virtually) or watch on video. <p>Students who are considering an online Health class should have the following skills:</p> <ul style="list-style-type: none"> • Self-Motivated • Disciplined • Organized • Display good problem-solving skills. • Students who typically procrastinate or have late or missing assignments in other courses do not do well in an online health class.

Questions: Ms. Myhre: rmyhre@edenpr.org – Health Teacher and Department Lead