

Welcome to 6th Grade Health Class!

Explore Your Path to Well-Being!

Welcome, students, to an exciting journey through the world of health and wellness! Get ready to explore, learn, and grow. This class is designed to equip you with the knowledge and tools to make informed choices about your health and well-being. Together, we'll build a foundation for a healthy future!

In this class, we'll dive into the essentials that will help you lead a balanced, healthy life. Here's what we'll be exploring together:

The Health Triangle

- **Physical Health:** Learn how to keep your body strong and active.
- **Social Health:** Discover the importance of friendships, relationships, and social connections.
- **Emotional Health:** Understand and manage your feelings for a balanced life.

Fitness and Nutrition

- **Components of Fitness:** Find out what it takes to stay fit.
- **Target Heart Rate:** Learn how to measure your fitness level.
- **Fitness Plan:** Create a plan that suits your lifestyle.
- **Food Groups:** Understand what makes a balanced diet.
- **Reading Food Labels:** Make informed choices about what you eat.
- **Balanced Meals on a Budget:** Plan delicious and nutritious meals without breaking the bank!

Emotional and Mental Health

- **Self-Esteem and Body Image:** Learn to love yourself and your body.
- **Eating Disorders:** Understand the importance of a healthy relationship with food.
- **Mental/Emotional Disorders:** Get informed on mental health.
- **Stress and Emotions:** Find healthy ways to manage stress and emotions.
- **Communication:** Improve your communication skills for better relationships.

Growth and Development

- **Personal Hygiene:** Keep yourself clean and healthy.
- **Puberty:** Understand the changes happening in your body.
- **Reproductive Systems:** Learn about the male and female reproductive systems.
- **The Life Cycle:** Explore the stages of life from birth to old age.

Substance Awareness

- **Tobacco, Alcohol, and Drugs:** Learn about the risks and effects of harmful substances.
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Class Rules

1. **Be Respectful:** Show respect to your classmates and teachers at all times.
2. **Raise Your Hand:** If you have a question or want to answer a question, please raise your hand.
3. **Come Prepared:** Bring your pencil, charged Chromebook, and be ready to learn.
4. **Have Fun:** Learning is an adventure—enjoy the journey!

Class Requirements

- **Be Prepared!** Students must bring a **pencil** and a **charged Chromebook** to class every day.
- **Preparedness Checks:** Random checks will be conducted, and being prepared will impact your grade.

Assignments & Grading

- **Google Classroom:** Most, if not all assignments will be completed and submitted through Google Classroom.
- **eSchool:** Check eSchool for the most accurate and up-to-date grades.
- **Point System:** Your grade will be based on a point system. More extensive assignments will be worth more points.
- **Due Dates:** Assignments are due by the **beginning of class** on the given due date.
- **Late Work:** Incomplete work will be accepted up to **24 hours** from the due date for **half credit**.

Handling Absences

- **Responsibility:** If you are absent, you are responsible for going on Google Classroom to complete the work you missed.
- **Need Help?** If you're unsure about what was missed, ask me or a classmate.
- **Due Dates:** Health class meets every other day, so even if you are absent, you are expected to have the missed work completed when you return, unless there are extenuating circumstances. If so, please see me.

Acknowledgement of Class Requirements

By signing below, we acknowledge that we have read and understood the class rules, requirements, and expectations.

Student Signature: _____ **Date:** _____

Parent/Guardian Signature: _____ **Date:** _____
