



Welcome to Health

It's all about the skills

Welcome to health education!

Students will learn about the components of a healthy lifestyle and learn strategies for making healthy choices. My philosophy is to have students learn the essential health skills while having fun. I want students to **want** to be healthy.

Please feel free to contact the teacher with any questions or concerns. We are happy to send family resources on any topic!

By the end of the term students will have had time to practice the following essential skills for lifelong health:

- Comprehending Health Concepts
- Analyzing Influences
- Accessing resources
- Interpersonal Communication
- Decision Making
- Goal Setting
- Practicing Health-Enhancing Behaviors
- Advocacy

[link to standards](#)

National Health Education Standards

Course Materials will be posted on my online classroom
[subjects covered](#)

Be sure to check ParentVue to keep up with your child's health grade.

Grading

6th Grade Health

Dimensions of Wellness
Influences on our behavior
Healthy relationships
Teen depression
Human growth and development
.....and so much more.

We appreciate your support of your student's learning and hope you will find it to be an opportunity to connect with your child on these timely and important topics.