

**Science Strategies
Shepaug Valley School
2025-2026**

Teacher: Mrs. Berns

Course Description

This science course is specifically tailored to the needs of our students. We focus mainly on learning about the human body systems, proper hygiene, grooming and wellness.

Over the course of the school year, we plan to cover the following topics -

- The 5 Senses
- Body Systems
 - Skeletal
 - Muscular
 - Nervous
 - Endocrine
 - Cardiovascular
 - Lymphatic
 - Respiratory
 - Digestive
 - Urinary
 - Reproductive
- Health and Hygiene
 - Nutrition, exercise, self-care, handwashing, tooth brushing/flossing, etc.
- Human Development/Sexual Health and Reproduction (Note: we will address safety and social aspects as well)

Classroom Rules

- Be on time - in your seat and ready to work BEFORE the bell. Use the lavatory, sharpen your pencils, etc. prior to the bell.
- Be respectful of others. Participate, ask questions and LISTEN when others are speaking. Be engaged!

Grading

The students will be graded based on participation. They can earn up to 5 points per day and earn either 20 or 25 points per week.

Contact

The best way to reach me is via email at bernss@region-12.org.

Please get in touch as soon as possible with any questions or concerns.