



FAIRVIEW HIGH SCHOOL

Health 8B Course Outline, 2021 - 2022

Room 22

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Extension 40022 – Google Classroom Code: poljm7s

WHY STUDY HEALTH?

The overall objectives of the Alberta Health and Life Skills course are “to enable students to make well-informed, healthy choices and to develop behaviours that contribute to the well-being of self and others.” To achieve this aim, students require an understanding of self as the basis for healthy interactions with others and for career development and lifelong learning. (*Health and Life Skills, K-9* ©Alberta Learning, Alberta, Canada. 2002).

GENERAL OUTCOMES:

1. **Wellness Choices** - Students will make responsible and informed choices to maintain health and to promote safety for self and others.
 - Personal Health - this includes examining the consequences of choices, recognizing that everyone develops at their own pace, dealing with pressures relating to appearance, personal food choices, and substance use and abuse.
 - Safety and Responsibility - this includes determining what constitutes abuse, identifying unsafe situations, developing strategies to identify health services in the community, and developing resilience.
2. **Relationship Choices** - Students will develop effective interpersonal skills that demonstrate responsibility, respect and caring in order to establish and maintain healthy interactions.
 - Feelings - this includes developing an understanding of depression and mood disorders, suicide intervention, risk and stress management, and self-concept.
 - Interactions and Groups - this includes healthy relationships, integrity in relationships, conflict resolution, conformity and dissent, and leadership.

3. **Life Learning Choices** - Students will use resources effectively to manage and explore life roles and career opportunities and challenges.
 - Learning Strategies - this includes time management, work/ life balance, decision making, goal-setting, and identifying personal strengths in order to plan the future.
 - Life Roles, Career Development, and Volunteerism - this includes researching and creating a portfolio to display interests, strengths, and potential career paths, relating personal skills to opportunities for service in the community, and mentorship.
4. **Human Sexuality*** - Students will learn about STIs, forms of contraception, and responsibilities and consequences associated with involvement in a sexual relationship.
OR
Cumulative Project - Students will complete a project on a topic relating to course content.

***Note:** Students must have a signed permission form from parents/guardians to take the Human Sexuality unit. For those who do not have signed permission, there will be a cumulative project assigned to them based on the content learned in Units 1, 2, and 3.

UNITS OF STUDY ENCOMPASSING THE GENERAL OUTCOMES LISTED ABOVE:

1. Personal Safety & Injury Prevention
2. Substance Use, Addictions, & Related Behaviours
3. Growth & Development
4. Healthy Eating

COURSE TEACHING RESOURCES:

- Second Step program - <https://www.secondstep.org/middle-school-curriculum>
- The Fourth R program - <https://youthrelationships.org/pages/grade-7-8-9-health-physical-education-hpe>
- Teaching Sexual Health - <https://teachingsexualhealth.ca/teachers/grade/grade-8/>
- Various lessons created by teachers and the school Yes Worker

EVALUATION:

- Assessment will be ongoing with many formative tasks designed to help you direct your learning.
- Marks will be awarded based on a variety of summative assessments.
- Classmark: based on a variety of assessments and classwork (e.g. assignments, projects, journaling, etc.)

Assignments	60%
Projects	40%

EXPECTATIONS:

- Attend regularly and come to class prepared with a binder, lined paper, and/or a pencil/pen. Chromebooks will be available when needed in class.
- Missed work is your responsibility. Most lessons and assignments will be posted on Google classroom. If you have overdue assignments there will be a phone call home.
- No phones in class. And, absolutely no pictures or video recordings are allowed.
- Food is NOT allowed in class. Absolutely no energy drinks allowed either. Beverages other than water will be allowed at the teacher's discretion.
- Treat EVERYONE in the classroom with respect. This includes guests, substitutes, EAs, etc.

If you need help completing an assignment, please ask me BEFORE it is due. If you ever have a question about the course, ask it... There are no silly questions!

**** PLEASE NOTE ****

Abiding by the guidelines of Fairview High School

- Regular attendance is expected. This is to ensure success in each of your courses as well as limit the disruptions to the classroom.
- Tardiness or being late will not be tolerated. Any amount of time missed as a result of being late, will be accounted for and subsequently made up.
- Completing all assignments as per instruction and by the deadline will be expected.
- Treating your fellow students and myself as a teacher, with dignity and respect, are expected behaviours for this class.
- **Cheating will not be tolerated!** This could include, but not be limited to, the following:
 - tendering another's work as your own
 - downloading information from the Internet and not citing it
 - cutting and pasting from documents not your own
 - paraphrasing another's writing
 - submitting with that you have already received a grade for in another course