



# Health & Life Skills

SEMESTER 1 . FHS . 2022-2023

## **FAIRVIEW HIGH SCHOOL** Junior High Health Course Outline 2022 - 2023

**Ms. Pinkard**

Room: 35 (Art Room)

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### Course Overview

The aim of the Health and Life Skills Program of Studies is 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.

### Materials Required

All materials required will be in the classroom for you! This is to reduce the amount that you are carrying from class to class, as well as to limit the amount of clutter in room 35.

### Scope and Sequence

Unit 1 – You 101: The Brain, Mind, and Behaviour Connection

Unit 2 – Relationships, Volunteerism & Community

Unit 3 – Human Sexuality and Decision Making

## Big Ideas in Health & Life Skills

WELLNESS CHOICES	RELATIONSHIP CHOICES	LIFE LEARNING CHOICES
Students will make responsible and informed choices to maintain health and to promote safety for self and others.	Students will develop effective interpersonal skills that demonstrate responsibility, respect and caring in order to establish and maintain healthy interactions.	Students will use resources effectively to manage and explore life roles and career opportunities and challenges.

PERSONAL HEALTH	UNDERSTANDING AND EXPRESSING FEELINGS	LEARNING STRATEGIES
SAFETY AND RESPONSIBILITY	INTERACTIONS	LIFE ROLES AND CAREER DEVELOPMENT
	GROUP ROLES AND PROCESSES	VOLUNTEERISM

- ★ Human sexuality education is offered in Grade 4 to 9 as a mandatory component of the program of studies.
- ★ Parents retain the right to exempt their child from school instruction in human sexuality education.
- ★ Schools will provide alternative learning experiences for those students who have been exempted from human sexuality instruction by their parents.
- ★ 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.

## Assessment and Evaluation

The final course mark will be generated in the following way:

Daily Assignments	40%
Projects and Quizzes	60%
<b>Total</b>	<b>100%</b>

## Learning Strategies

A variety of learning strategies will be used in Health 7. These will include:

- ✓ Class discussion
- ✓ personal reflection
- ✓ lectures, videos, and review games
- ✓ individual and group research projects and presentations

## 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 additional lessons created by teachers

# CLASSROOM EXPECTATIONS:

## BE Respectful

Everyone has a right to learn, please do not interfere with someone else's learning.

This means:

- Wait for your turn to speak- allow your teacher or other students to finish what they are saying before you speak. Keep your voice down while people are working, and NEVER talk during a test.
- People sometimes make mistakes when they answer questions- this is part of learning! Be respectful and give everyone a chance to try answering.
- It is particularly important to be respectful in Health due to the nature of the subject matter.

→ Please respect and follow all school procedures and rules.

→ Ask for permission before touching or borrowing someone else's things. Respect personal space.

→ Please respect any technology that is brought into the classroom. You will be instructed on proper, acceptable use. If something is not working, please tell Ms. Pinkard immediately!

## BE Responsible

→ Use your class time wisely. All assignments in this class have a purpose, so please make each one a priority.

→ At the beginning of each class, check to make sure that you have all the supplies you will need. Keep your materials organized so that you will be easily able to find homework and notes.

→ You are responsible for making up missed quizzes and exams on your own time, either at lunch or before or after class. Extended absences nearly always require time to be made up at lunch- asking for a missed assignment is good, but asking for help to complete the assignment is even better!

→ Maintaining a positive attitude and asking for help when you need it will help with this!

→ If you need to leave the classroom, please ask. Only one person will be allowed to leave the room at a time and you will be required to leave any devices in the class (phones, etc.) unless they are medically necessary.

→ Leaving during class time is a privilege - if you are gone for a long period of time, you will no longer be allowed to leave the room.

## ELECTRONIC DEVICE POLICY:

Any device brought to class must be either out of sight, plugged in at the charging station, or placed in the phone box at my desk (cart). Volume must be turned off unless otherwise arranged with Ms. Pinkard.

Please be aware that none of the above locations are locked and secure; if you want to be certain that your device remains safe, *leave it in your locker*. If you need to use your device during class for some reason, ask Ms. Pinkard for permission first.