

# Princeton Middle school

MS Health Education Syllabus

Room #B128

Teacher: Mr. Ross

## **Contact Information:**

Phone: (763) 389-6704 Ext. 6746

Email: [Erik.ross@isd477.org](mailto:Erik.ross@isd477.org)

Website: <http://princetonmiddleschoolhealth.weebly.com/>

Twitter: @PMSHEALTH

## **Course Description:**

The students at Princeton Middle School will be enriched in a semester of health education course meeting every 11 days. We will covering various topics that will enable each to lead a healthy lifestyle and guide them in making healthy choices. The objective of Middle School Health is to give Princeton students the opportunity to gain knowledge, attitudes, and skills to make healthy decisions for lifelong health, wellness and fitness.

## **Curriculum Overview:**

The Princeton Middle School Health Education curriculum integrates two books into the curriculum called, Life Skills and Totally Awesome Health. Research on the web will be a common practice using credible and scientific information in a project based course. These resources are in place to follow the National Health Education Standards for the Princeton Public School District.

## **Course Objectives:**

- Identify the components of health and wellness.
- Value your health & the importance of making healthy choices at a young age.
- Value the practice it takes in making healthy choices & reflect on your daily habits & interactions with others.

## **Materials Needed:**

- Notebook
- Folder
- Pens/Pencils
- Glue Sticks (bring for projects)

## **Classroom Expectations:**

*"Honor Code"!!* Respect myself, others, property & community!

### **Respect Myself:**

- Have a positive attitude in class and always try to do your best.

- Be to class on time and bring your materials to class. Have a pass if you are late.
- Use class time wisely, complete work, pay attention, and study for quizzes and tests’.

**Respect Others:**

- Treat students, staff, and teachers with respect and you will earn their respect. Treat others how you would want to be treated.
- Respect other people’s opinions and personal space and keep your comments and opinions respectful.
- Do your part in projects and be a team player.

**Respect Property:**

- Treat all property with care and respect (books,technology devices, desks, supplies) and use the trash and recycling.
- Get permission to use or take other people's property.
- Help keep our school clean and safe by picking up after yourself and others.

**Respect Community:**

- Help our community by helping others when they are in need (random acts of kindness).
- Use the opportunity to learn to the fullest by taking advantage of your free education.

**Grading Policy:**

<b>A</b>	94-100%	<b>B-</b>	80-83%	<b>D+</b>	67-69%
<b>A-</b>	90-93%	<b>C+</b>	77-79%	<b>D</b>	63-66%
<b>B+</b>	87-89%	<b>C</b>	73-76%	<b>D-</b>	60-62%
<b>B</b>	84-86%	<b>C-</b>	70-72%	<b>N</b>	0-59%

**Consequences for choosing behaviors that do not follow “Tiger Pride” expectations:**

1. Redirect and correct inappropriate behavior verbally or non verbal.
2. Give a verbal reminder to student, conference during or after school.
3. Parent contact, make up time for loss of class time, and create a plan to fix behaviors.
4. Parent, student, teacher meeting to make a behavior contract.

**Princeton Middle School Health Education Scope and Sequence:** *Subject to change*

<b><u>6th &amp; 7<sup>th</sup> Grade</u></b>	<b><u>8<sup>th</sup> Grade</u></b>
<b>Dimensions of Health &amp; Wellness:</b> What does it mean to be healthy?	<b>Dimensions of Health &amp; Wellness:</b> Review of what it means to be healthy.
<b>Nutrition &amp; Physical Fitness:</b> What does food do for me? what should I be eating?	<b>Nutrition &amp; Physical Fitness:</b> Food labels & creating healthy meals.
<b>Dangers of Substance Abuse:</b> Who's at risk? Tobacco/Electronic Cigarettes.	<b>Dangers of Substance Abuse:</b> Prescription drug abuse/heroin, drug classifications.
<b>Social Health:</b> Assertiveness, peer pressure, refusal skills, and conflict resolution. Media & Advertisements.	<b>Personal Health:</b> Genetic and hereditary diseases.
<b>Responsible Decision Making:</b> morals, values & goal setting.	<b>Healthy Relationships:</b> Abstinence, teenage pregnancy, STD/STI and consequences of risky behaviors.
<b>Bullying/Cyber bullying:</b> Appropriate online conduct/behavior.	<b>Bullying/Cyber bullying:</b> Appropriate online conduct/behavior.

