**Health 8**

**Course Outline**

**Kateri Mission School**

**2010-2011**

**Teacher:** Mrs. Allison

**Course Description:**

The aim of the Health and life Skills program is to enable students to make well-informed, healthy choices and to develop behaviors 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, for career development and lifelong learning. Students also require a safe and caring school and community environment in which to explore ideas and issues surrounding personal choice, to seek accurate information, and to practice healthy behaviors.

**Course Content:**

**GENERAL OUTCOMES**

**Wellness Choices**

*Students will* make responsible and informed choices to maintain health and to promote safety for self and others.

**Relationship Choices**

*Students will* develop effective interpersonal skills that demonstrate responsibility, respect and caring in order to establish and maintain healthy interactions.

**Life Learning Choices**

*Students will* use resources effectively to manage and explore life roles and career opportunities and challenges.

Take these ideas with you and make a change in your life NOW

which will affect you for the rest of your life!!

Be Pro-Active in your choices,

not reactive!!

Marks are cumulative and will be ongoing throughout the year.

Course Evaluation:

Participation 70%

Tests/ Quizzes 20%

Agenda/Journals 10%

Total 100%

\*This grade includes participation in daily work, cooperation, preparedness and attitude. Notebooks will be collected and graded on a regular basis and students will be held responsible for the neatness, completeness and structure of their notebooks. Students will be assisted in the skill of taking and keeping useful and organized notes.

Materials:

 - 3 – ring binder with index dividers

 - Loose – leaf

 - Duo tang or Scribbler

 - Pencils, Red Pen, Eraser, Pencil Crayons, Ruler, Highlighter

 - Student Agenda (Not an Option!)

 

Classroom expectations

Come to class on time! (If you are late and the door is closed, knock once, and wait quietly

Always be prepared. Have your binder and other required materials

RESPECT everybody and everything in the room

Communication with parents will be done by phone, email and my website mrs.allison.kateri.weebly.com

This classroom is a bully-free zone!