



Health Class

Mrs. Bisaro



Some of the topics we will explore this semester are:

- *Working together, Empathy
- *Disagreeing respectfully
- *Decision Making and problem solving, being resilient
- *Relationships, choosing friends and bullying
- *Drugs, Alcohol, Tobacco~ Consequences in health and law
- *Nutrition and Physical Activity (consequences of poor choices)
- *Signs of Suicide, depression, stress relief, dealing with anger
- *Safety, injury prevention, online safety
- *Emergency Aid, Abdominal Thrust, CPR and AED
- *Illegal Drugs, Alcohol, Tobacco~consequences in health, law and life.
- *Conflict resolution, mindfulness
- *Mental Health - understanding of resilience when faced with tough situations
- *Grit-building perseverance, self-control & growth mindset
- *Conquering negative thinking for teens
- *Body Image and eating disorders
- *Reproductive Health- See info on Share Program on this form

Class Expectations:

This class is one of the few where you can focus on yourself. It is very important that you participate in the discussion and activities. Best behavior is expected at all times. School code of conduct is enforced.

Video's we may view throughout the semester are:

Super Size Me
Wall - E
Rudy

Grades are based on participation in class and work turned in. Everything is based on total points. I am looking for A or B quality work and quality participation. If I am not getting that from you, I will speak to you or have written work redone until it is quality work.

Grades in this class are S/U. If you miss assignments your grade average will be in the U range very quickly. Lucky for you, there are only short assignments, usually done in class and won't be extremely difficult. There will be a pre and post test in this class.

We will have many guest speakers in our class to add their expertise in various areas. Please be courteous to all speakers in our classroom.

*You will need a pencil or pen, folder/binder to hold your papers, and a great attitude every day 😊 suggested but not necessary: Kleenex, sanitizer, color pencils, crayons and markers!



Information about SHARE program:

- Experienced instructors will spend 3 class periods with us on the following topics:

Share Program (Sexual Health and Relationship Education)

Middle school program:

Importance of “Guarding Your Heart”

Relationships – guidelines for successful relationships
Examine influence of peers and the importance of having the right ones
Look realistically at the pattern of “going together” and “breaking up” and its effects on their future – explain how choices affect their future
Evaluate the importance of setting standards now before they begin dating that will benefit them long term
Understand that premarital sexual activity affects all of a person’s makeup: physically, emotionally, socially, financially and mentally

Sexually Transmitted Diseases/Infections

STD presentation – interactive
Become familiar with major STD’s and the health risks involved
Understand the difference and danger of viral and bacterial STDs
Understand that ALL premarital sex puts them at risk of STDs

Goal Setting & Media Messages

Discussion of value of setting goals for oneself
Discussion on destructive behavior patterns
Examine forms of media with influence on culture
Review power of advertising and media influence
Learn the value of thinking before acting
Recognize they can learn from mistakes and not repeat them
Identify various traps that get them off course and prevent them from reaching goals
Gain greater awareness of the media’s impact on their reasoning ability
Give students guidelines to help them evaluate media messages

*****Parent Preview of all materials discussed and shown will be at the Parker Room/Administration offices and will be determined at a later date.**

All students in Health 7 class will be provided with the following *universal supports*:

- Strategic seating
- Repetition & clarification of directions
- Breaks (to support anxiety, attention, need for movement)
- Checks for understanding: asking students to repeat directions or describe what the end product of a task will look like
- Extended response/processing/wait time
- Extended time/flexible work completion timelines
- Flexible seating options
- Non Verbal prompts/cues
- Preferential seating
- Restate directions

Thank you for your continuing support. I'm looking forward to an exciting semester.

Mrs. Bisaro