

## Health Class - Middle School

Students will start out the year learning how social, mental and physical health will work together to make us healthier individuals. Areas that we will cover will include Nutrition, physical activity, body systems, preventing, diseases, and personal safety to name a few. This class will include some reading, writing and in class projects. We will be working on whole class, partner and small group activities.

Grades: This class will be graded just like other Specials classes with an effort grade. Grading within the class will be based on:

Participation: 50% (Includes being prepared for class)

Class Projects: 20% (Includes homework, if assigned)

Quiz and/or Tests: 20% ( All will be announced)

Writing: 10% (Aligns with our school's writing program)

The book we will be using is ***Teen Health*** and is available on line at Glencoe.com This site will also be used for some of our class projects and homework assignments. We also will be using the books ***Too Good for Drugs*** and ***The Human Body*** as supplements to this class as well as Read Aloud books that align with our school's reading program.

I am looking forward to this school year. If you have any questions, I can be reached at [pmiller@olwschool.org](mailto:pmiller@olwschool.org) or at ext. 347