

WHITEAKER MIDDLE SCHOOL

Health 7

Mrs. Johnson

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(503) 399-3224

Dear Parents,

I'm pleased to be your child's 7th grade health teacher. This semester, your student will have an understanding of the concepts of living a healthy life, making good decisions, and keeping oneself safe. Additionally, they will gain knowledge in a multitude of areas, intended to help them to develop a lifetime desire for physical activity and good health.

COURSE GOALS

1. To learn a wide variety of information which pertains to health; including mental health, problem solving, fire safety, communication, abstinence-based sex education including HIV/AIDS, exploration of careers, alternatives & consequences of drug & alcohol use, and healthy food choices using MyPyramid.
2. To have the opportunity to role-play while learning and developing proper skills.
3. To learn to set both physical and nutritional goals, which help enhance health and fitness.
4. To develop an appreciation for lifetime activity and health.

TAG CONSIDERATIONS:

1. Differentiated Instructional Strategies –

- Cluster/Small Grouping – Grouping students with similar needs, interests, and/or abilities in the same classroom.
- Tiered Assignments – Providing assignments that reflect the individual level of the student's knowledge content.
- Flexible Grouping – Student are grouped together to receive appropriately challenging instruction.
- Multiple Intelligences – Incorporation of strategies into instruction that allow students to use areas of strength.
- Learning Styles – Different approaches or ways of thinking, i.e., auditory, tactile kinesthetic, and visual.

STUDENT REQUIREMENTS:

- 1. Come to class on time.**
 - Students must be in the classroom and seated before the bell rings or will be marked tardy.
- 2. Come to class prepared. You will need a SPIRAL notebook for this class.**
 - Have materials and any homework ready at the beginning of class.
- 3. Turn in assignments.**
 - Missing assignments are scored as a 0 and will adversely affect the overall grade.
 - If a student is absent, they must make arrangements to make up assignments and assignments.
 - If a student does not meet the standards on any assignment, project or test, they have the opportunity to redo it.
- 4. Grades are based on percentages.**
 - Please utilize Student and ParentVue to monitor your 7th grader's progress. Please note, assessments are weighted greater than assignments.

I look forward to working with you and your student to further their health education. Please let me know if you have any questions.

Sincerely,

Cheryl Johnson

“Those who succeed owe their success to effort” – Ramana Maharshi

I have read the above and agree. Keep upper section for your records.

Student Name _____

Parent/guardian Name(s) _____