WHITEAKER MIDDLE SCHOOL
Health
Mrs. Walker
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(503) 399-3224

COURSE PURPOSE:

The student will have an understanding of the concepts of living a healthy life, making good decisions, and keeping oneself safe. The student will gain knowledge in a multitude of areas, which will help 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 –**
    a. Cluster/Small Grouping – Grouping students with similar needs, interests, and/or abilities in the same classroom.
    b. Tiered Assignments – Providing assignments that reflect the individual level of the student's knowledge content.
    c. Flexible Grouping – Student are grouped together to receive appropriately challenging instruction.
    d. Multiple Intelligences – Incorporation of strategies into instruction that allow students to use areas of strength.
    e. Learning Styles – Different approaches or ways of thinking, i.e., auditory, tactile kinesthetic, and visual.

STUDENT REQUIREMENTS:

1. **Come to class on time.**
    a. Students must be in the classroom before the bell rings or will be marked tardy.
2. **Come to class prepared.**
    a. Have materials and any homework ready at the beginning of class.
3. **Turn in assignments.**
    a. This is the main reason students do not do well in class. Students will be given plenty of time to get assignments in. It is the students' responsibility to get make up work after being absent. If a student does not meet the standards on any assignment, project or test they may redo it until standards are met.
4. **Grades are based on percentages.**
    a. Approximately every week students will be given an update on their grades. Tests and projects will be worth more than daily assignments. Check ParentVue for updates!

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

Student Name _____ **Student ID number**_____

Parent/guardian Name(s)_____

Phone numbers and best time to call_____.

Email address _____@_____