

# Sixth, Seventh & Eighth Grade Health

## Overview for Parents

**Teachers:** Kathy Barth

### Content Goals

Health Education is focused on the promotion of healthy lifestyles, attention to personal safety, and awareness of public health issues. Subject areas are implemented based on the level of growth and development of each grade. Topics include: injury prevention, personal safety, bullying and harassment, decision making strategies, human development, puberty and adolescent development, sexual health, HIV / AIDS prevention, tobacco / alcohol / drug use prevention, depression and eating disorders, media awareness, nutrition, and exercise. Teaching methods used include classroom presentations, PowerPoint presentations, guest speakers, group discussion, and group activities.

During the second trimester, students will have one health and two physical education classes each week. Both health and physical education will be incorporated into the 2<sup>nd</sup> trimester physical education grade. The health portion of the grade is composed of homework, quiz and test results, student participation and cooperation in class, effort, and preparation.

### Expectations for Students

- Come prepared to class with plan book, notebook or ipad for notetaking, and pencil.
- Respectfully and actively participate in health topic discussions by being a good listener, raising a hand to speak, and by following instructions.
- If health class is missed, consult with classmates or health teacher to obtain the notes on material missed.

### Homework Requirements

Students in health will have a minimal amount of homework. When given an assignment or project they will have at least one week or more to complete it.

### Contacting the Teacher

We may be contacted at school (603) 795-3111 or by e-mail: [kathy.barth@crossroadsacademy.org](mailto:kathy.barth@crossroadsacademy.org). For more information on our health program, please attend the Parent Health Orientation Middle School Coffee, scheduled in November.



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