

# Health

## Mrs. Terrell

### Curriculum Topics- Same for 7<sup>th</sup> and 8<sup>th</sup> grade:

- Accessing information (overall wellness & health)
- Analyzing influences on our health choices (alcohol, tobacco, & other drugs)
- Communicating with others (healthy relationships)
- Decision making (physical fitness)
- Goal setting & tracking (nutrition)
- Managing personal health (mental health)
- Advocating for healthy lifestyle choices (disease prevention)

Parents will receive information about sexuality education and permission will be requested later in the semester. This portion of the curriculum is not taught until the last month of the semester.

### Rules:

- RESPECT
- Come prepared to class.
- Please arrive on time and prepared. Lunch detentions and parent contact result from 3<sup>rd</sup> tardy or No Materials. 4<sup>th</sup> instance earns after-school detention.

### Seating:

- You will have assigned seats. This may change on different occasions throughout the semester depending on Mrs. Terrell's thoughts.
- If an individual becomes a problem in their location the teacher has the right to move that individual at any point.
- If someone is not to sit near someone else please let the teacher know and it will be corrected.

### Materials- bring every day:

- Passport
- Folder or binder (a place to keep things for this class only)
- **Blank paper or notebook**
- **Pen or pencil**
- Any papers I give you in class
- Don't have what you need? Ask a classmate or look in my lost and found pencil cup.
- Be responsible for yourself so you don't create a problem for others!

### Grading-scores based on:

- In-class assignments; KEEP these items as we may complete over multiple classes
- Occasional homework (rare)
- Projects- individual and group; rubrics will be provided in advance
- Participation- written and verbal reflection as individual, small group, or whole class

Mrs. Terrell can be reached at [dterrell@brownsburg.k12.in.us](mailto:dterrell@brownsburg.k12.in.us)

PE & Health Website: [Brownsburgphysed.weebly.com](http://Brownsburgphysed.weebly.com)