

HEALTH EDUCATION

GRADE 8

Mr. Bowie

Guidelines For Student Success

Overview of Topics and Skills

Healthy Active Life- Physical Activity



- How can I challenge myself to become a healthier person?
- How do lifestyle choices impact my own health?
- What type of goals can I set for myself to become healthier?
- Why should I be physically active? What are the benefits of physical activity?
- What types of exercises are right for me?
- What are my maximum & target heart rates? How do I find them?

Injury and Disease Prevention- Stress and Stress Management / Suicide Prevention

- What can I do to help manage my stress?
- What causes me stress?
- How does stress impact my health?
- What stress management techniques work for me?
- What are the warning signs of suicide?
- Where could I go if I thought a friend, family member or myself needed help?



Substance Use and Abuse- Performance Enhancing Drugs & Club Drugs

- Why should be drug free?
- What can I do to promote the healthy behaviors of others?
- How does a person become dependent to a substance?
- What are the different roles taken on by family members of a chemically dependent person?
- What are club drugs and performance enhancing drugs?
- What happens to a person who uses club drugs or performance enhancing drugs?
- Where could I go if I thought a friend or family member needed help?



Human Growth and Development-

- How do the choices I make have a direct impact on myself and others?
- How do I deserve to be treated?
- What are some indicators of healthy and harmful relationships?
- What are the short and long-term effects of teenage sexual behavior?
- How does a person get STDs (Sexually Transmitted Diseases)?
- What are the risks and responsibilities associated with teenage pregnancy?
- Where can I get valid health information?



Behavioral Expectations-

- Be respectful and courteous to students and teacher
- Arrive to class on time
- Bring required materials
- Participate in class and complete assignments
- Act appropriately to ensure your safety and safety to others
- Follow all school rules in the student handbook and the Human Rights Policy

Assessment

Letter grades will be based equally on:

Tests and Quizzes	25%
Projects	25%
Portfolio	25%
Journal Responses & Homework	25%



Homework Policy:

- Homework will receive full credit only if it is handed in on time.
- 10% deduction will be taken for each day late, up to a maximum 50% deduction.
- Students can see me to arrange a time for make-up work and for any extra help that is desired.

Parents/Guardians are encouraged to check PowerSchool Parent Portal regularly for updates on grades and progress made.

Please see me with any questions or concerns.

Mr. Bowie

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