



Alamo Heights Junior School Health Guidelines

Objective: *The objective of the Alamo Heights Junior School Health Program is to build knowledge, develop skills, and provide awareness of health issues in an effort to prepare and empower students to value and engage in healthy lifestyles both in and outside of school.*

Health Course Description:

Health is designed to promote awareness through learning regarding health issues that affects a students' immediate and long-term wellness. As a way to maintain a healthy balanced life, students discuss the importance of one's social, mental-emotional, and physical wellness. Health education provides students with knowledge and tools necessary to confront health related issues and make responsible healthy choices throughout his/her lifetime.

Content: The following concepts will be discussed within a 9-week grading period.

- ❖ Self Esteem / Body Image / Self Concept/character Ed/5 forms of mistreatment
- ❖ Nutrition
- ❖ Drug Awareness
- ❖ Relationships: Friends and Family
- ❖ Coping with Conflict/personal and group behavior responsibility
- ❖ Growth and Development

A permission slip will be coming home for this section of health.

Assessment and Evaluation:

50% **Class Assignments** - includes discussions, group online work, participation, class work, and reflection questions.

50% **Projects and Presentations** – consists of an assignment that requires multiple concepts and may take several days of class time to complete.

Class Supplies and Materials:

Each student will need to bring the following to class daily:

- ❖ Agenda
- ❖ Pencil or pen
- ❖ Health Folder or notebook for journaling and note taking when needed. This will be done online as much as possible.

Assignments will be completed on the classroom computers in **Google Classroom** (each student will have their own account).

Health textbooks will not be issued to each student. Any portions of the text book being used will be scanned and put into google classroom for reading so students can do so without sharing materials.

Make-up and Late Work:

Make-up work is the **responsibility of the student.**

1. In general, one day for each day absent will be given to make up assignments.
2. Lunch Bunch is available to make up work.
3. Copies of assignments and handouts can be found in the google classroom.

Classroom Participation Expectations:

Do your **P.A.R.T.**

Be **P**repared

Actively participate

Be **R**espectful

Take ownership

Discipline Procedures:

- ◆ **Warning** – first time discipline issue occurs, I will speak to the student about issue.
- ◆ **Contact** – second time issue occurs, parents will be contacted either by phone or email.
- ◆ **Consequence** – the next time issue occurs, an office referral will be written.

Communication:

I am here to provide success for your student in health. Anytime you need to reach me, please feel free to contact me anytime. I update my webpage every week where current information and assignments will be posted. Also, students can access their Google classroom to ask questions or access class resources. I sincerely hope that your child leaves this class at the end of the nine-weeks with a true passion for healthy lifestyles.

You can contact me in the following ways listed in order of preference:

Email: mboyer@ahisd.net

School Phone: 210.824.3231 ext. 1335 or Coaches office 210.832.5805

Conference: call the above number to set up a face-to-face/online conference or email me.