

Thomas Jefferson Middle School
Course Expectations
Coach Gorman and Ms. Markway
Health
E-mail: heather.gorman@jcschools.us
katie.markway@jcschools.us

Course Description:

The middle school health curriculum will focus on providing students with a greater understanding of how their body systems function. Additionally, the course will explore development of a positive commitment to a healthy lifestyle.

Health Topics to Discover:

6th: Muscular and Skeletal System
Central Nervous System (CNS)
Peripheral Nervous System (PNS)
Digestive System
Personal Health Hygiene
Communicable/ Non-communicable diseases/ Prevention
HIV/AIDS Prevention
Basic First Aid
Nutrition
Family and Peer Pressure
Drugs/ Alcohol effects on body
Harassment/Bullying
Safe/Unsafe Situations
Goal Setting/ Decision Making/ Body Image
Health Careers/ opportunities in community
Stress Management

Availability:

Best way to get a hold of me is through email.

Grading Policy:

Missing, incomplete assignments, nonparticipation or refusal to complete any course activities will result in the loss of points.

Absences:

Absences will be handled as explained in the Student Handbook.

My Classroom Expectations:

Students will:

1. Be punctual.
2. Be prepared with necessary materials for class
3. Be willing to participate in classroom activities and assignments.
4. Have fun.

Encore Recess:

Encore recess is an incentive for students who have no missing assignments in Encore classes, no F's in Encore classes, fewer than 4 tardies for Encore and no referrals in Encore classes.

Dates:

- Assignments due October 9th and recess is October 18th.
- Assignments due December 10th and recess is December 18th
- Assignments due February 27th and recess is March 7th.
- Assignments due May 6th and recess is May 14th.

**Parent Signature Form
For Course Expectations**

Name of Student: _____

Hour/Day: _____

Name (s) of Parents/Guardians: (First and Last Names)

Parent Guardian's Home Phone: _____

Parent/Guardian's Work Phone: _____

Parent/Guardian's E-mail Address: _____

Preferred Method of Communication: Phone or Email

I have read the course expectations and understand that I must take responsibility for my academic advancement, as well as my classroom behavior.

Student Signature

Date

I have read and discussed with my son/daughter the Course Expectations for this course.

Parent/Guardian Signature

Date

Additional comments or information that you will want me to know about your student:

