

Thomas Jefferson Middle School
Course Expectations
Coach Gorman and Coach Markway
Health
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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:Thomas

7th: Cardiorespiratory/Circulatory Systems
 Endocrine System
 Reproductive System (Health Department/ Health book and supplemental resurces)
 Growth Development/Puberty
 Drugs and Alcohol (Nurse/ DARE Officer)
 STD/Health Issues (Cole County Health Presentation - Donna Seidel)
 HIV/AIDS (Cole County Health Presentation - Donna Seidel)
 Abstinence (State Law) (Cole County Health Presentation - Donna Seidel)
 Personal Health/ Fitness
 Nutrition/ ways food handling preparation
 Different Body systems and ways work together
 Decision Making skills (Classroom teacher/ DARE Officer)

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:

