

**Thomas Jefferson Middle School**  
**Course Expectations**  
**Coach Gorman and Ms. 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:**

8th:     Advertisements/ persuasive techniques commonly used  
          Digestive System  
          Nutrition (Balance, Variety, and Moderation) (Food Labels)  
          Nervous System  
          Excretory System  
          Transmission of Disease (Comm. vs Non-Comm.) (Body Defenses and Recovery)  
          Personal Health/ KeyPrevention/ Early detection  
          Harassment/Bullying  
          Stress Management and Coping Skills  
          Pollution/ pollution prevention

**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 Electronic 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:

\_\_\_\_\_  
\_\_\_\_\_