



Home of the MHS Tigers

# Mayerthorpe Junior Senior High School

Health Room 120

Course Outline 2019-2020

Mr. S. Law

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**Overview:**

Health and life skills involves learning about the habits, behaviours, interactions and decisions related to healthy daily living and planning for the future. It is personal in nature and involves abilities based on a body of knowledge and practice that builds on personal values and beliefs within the context of family, school and community.

The aim of the Health and Life Skills Kindergarten to Grade 9 Program of Studies is to enable students to make well-informed, healthy choices and to develop behaviours that contribute to the well-being of self and others. Students will learn things such as:

- make effective personal decisions for current and future issues and challenges
- plan and set goals
- employ critical reflection
- cope with change and transition
- manage stress
- analyze and manage career and health-related information
- recognize and expand personal skills
- recognize, explore and expand career opportunities and options
- explore service learning/volunteerism
- commit to lifelong learning.

**Materials Required:**

3 ring binder

Pencils

Loose Leaf paper

Red Pen

Blue or Black pens

Highlighters

## **Classroom Expectations**

In order for our classroom to be a positive learning community, we all need to respect each other's right to learn and teach. All students in our class are capable of success in science if we all follow these basic expectations:

1. **ARRIVE ON TIME AND PREPARED, EVERYDAY.** You will need your binder, textbook, blue pen, red pen, pencil, eraser, highlighter, ruler and agenda. There is no excuse for leaving these items at home because you know you have Health class every day. It is disrespectful and disruptive to the teacher and your fellow classmates to arrive late or unprepared. Time wasted by late arrival or unprepared arrival will be made up for at noon.
2. **RESPECT** is an essential part of working in a learning community:
  - a. All students are expected to respect each other and the teacher, as well as all property and equipment. Name-calling, teasing, inappropriate language, damage to property, will not be tolerated. Inappropriate behaviour will be dealt with immediately. Further incidents will be handled more sternly and may involve parents and administration.
  - b. Use class time effectively and complete your work on time. Misuse of class time will result in less class time to work on assignments, etc. Misuse of time may also result in making up for that time at lunch hour.
  - c. Do not talk when someone else is talking, whether it is the teacher or a classmate. You want to be heard when you are speaking, and it is expected you would demonstrate the same respect.
3. This is **YOUR** learning environment! A neat and tidy classroom makes the learning experience more enjoyable and safe for everyone. You are responsible for maintaining your personal space and the classroom in general. Please clean up after yourself.
4. Inform the teacher if you know you are going to be absent so you can complete missed work on your own time. If you are absent unexpectedly, it is your responsibility to find out what you missed from the teacher or a classmate and get caught up.

5. If you are struggling or unsure of a concept, please speak with the teacher immediately. The longer you wait, the further behind you find yourself! I will always do my best to make myself available for extra help, but you must ask.
6. Cell phones are not permitted in the classroom unless the teacher has given permission for an activity that requires them. Keep them turned off and out of sight.

Units to be Studied. Order of units studied may vary.

\*Personal Health (September-October)

\*Safety and Responsibility (November)

\* Relationship Choices (December)

\*Understanding and Expressing Feelings (January)

\*Interactions (February)

\*Group Roles and Processes (March)

\*Learning Strategies (April)

\*Life Roles and Career Development (May)

\*Volunteerism (June)

### Assessment for Learning

Throughout a unit, students will be assessed using the method known as “assessment for learning.” These assessments are done by the teacher in the form of quizzes, rough draft corrections, group project assessments, etc. An assessment for learning is not based on a numbered grade or a percentage. Instead, an assessment for learning provides the students with written, guided feedback from a teacher. The feedback from these assignments will help students be better prepared for assessments that will be brought in for marks in the future.

<u>Evaluation</u>	
Daily Assignments	50%
Quizzes	10%
Projects	25%
Final Exam	15%

Late assignments will be completed at noon.

Any parent wishing to meet with me to discuss a problem or concern may arrange a meeting by calling the school or emailing at [donald.moon@ngps.ca](mailto:donald.moon@ngps.ca) Any student wishing to request extra help or wishing to discuss a problem or concern can speak with me at school. I will do my best to make myself available for extra help.

To Parents and Students:

Please sign below to indicate that you have read and understand the **Health** course requirements. Also, please include an email address that I may reach you at in order to inform you of upcoming projects, assignments and examinations. Thank you, please detach this section and return to class.

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Parent Signature

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Student Signature

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Parents email address