Middle School Health

Coach Oliver

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Conference: 9:40 – 10:26 a.m.

If you should have any further questions or concerns, the best way to contact me will be through email

# Supplies

* Spiral Notebook / Journal
* Pen/Pencil

# Course Unit/Outline

Middle school health we will discuss, understand and become aware of our body functions and structure, hygiene and sleep, what we put in our bodies, mental and emotional health, physical activity, human development, healthy relationships and environment, and preventing and responding to violence.

**Expectations**

* Be on time, whether it is getting to class on time or turning in work before or by the time it is due.
* Respect one another, including teachers, classmates and other figures of authority.
* Listen and follow directions.

# Grading Policy

* Assignments and projects will be done in class with groups, as well as individually. Class participation is a must as students will be actively engaged throughout this course. Warm-ups, daily work, projects and vocabulary summaries are counted once in the gradebook.
* Unit test are counted twice in the gradebook.
* ***Students will have the opportunity to achieve a higher grade on test grades only***. It will be up to the teacher to decide whether it will be a test retake or corrections.

**Late Work Policy**

* Late work policy will be in accordance to the BMS late work policy.

# Absences

* You are expected to be in class every day before the bell rings.
* If you are absent, you will receive equal time missed to make up your work. In other words, for every day missed, one day is given to make up the work.

# Year at a Glance

|  |  |  |  |
| --- | --- | --- | --- |
|  | 6th Grade | 7th Grade | 8th Grade |
| 1st Six Weeks | Health and Wellness | Health and Wellness Fundamentals | Health and Wellness Fundamentals |
|  | Health and Wellness | Health and Wellness Skills | Health and Wellness Skills |
|  | Body Functions | Tobacco and Vaping | Interpersonal Skills / Emotional Health |
|  | Body Functions | Tobacco and Vaping | Emotional Health / Mental Health |
|  | Hygiene and Sleep | Alcohol | Mental Health - Stress and Anxiety |
|  | Hygiene and Sleep | Alcohol | Mental Health Illnesses |
| 2nd Six Weeks | Emotional Health | Medications and Drugs | Healthy Diet and Nutrition |
|  | Emotional Health / Mental Health | Medications and Drugs | Healthy Diet / Body Image |
|  | Mental Health | Understanding and Preventing Diseases | Physical Activity |
|  | Mental Health | Understanding and Preventing Diseases | Physical Activity |
|  | Mental Illness | Promoting Safety and Preventing Injuries | Drugs and Alcohol |
|  | Mental Illness | Promoting Safety and Preventing Injuries | Drugs and Alcohol |
| 3rd Six Weeks | Nutrition | Protecting Environmental Health | Healthy Relationships |
|  | Nutrition | Promoting Healthy Relationships | Healthy Relationships / Violence Prevention and Response |
|  | Physical Activity | Promoting Healthy Relationships | Violence Prevention and Response / Personal Safety |
|  | Physical Activity | Promoting Healthy Relationships | Personal Safety / Environmental Health |
|  | Physical Activity | Human Development | Sexual Diseases / Human Development |
|  | Nutrition / Physical Activity Review | Human Development | Sexual Diseases / Human Development |