**8th Grade Health Education**

Teacher: Christine Botti ([Christine\_Botti@fa.org](mailto:Christine_Botti@fa.org), 516-393-4282)

**Course Overview:**

The eighth grade health curriculum is designed to be an interactive, student-centered class constructed to help students learn about important health issues while exploring their own personal health habits. In this class, emphasis is placed on developing important life skills, including decision making, planning and goal setting, communication, stress and relationship management, while integrating topics relevant to today’s youth.

**Class Expectations:**

Students are expected to help maintain a classroom environment that is inclusive and respectful of their peers’ experiences and beliefs. Student participation in this class will enhance the lessons as we will cover some very interesting and important topics to promote healthy lifestyles. This is information that you can refer to throughout your lives!

To be prepared for class you should come with a notebook with pockets or a binder and something to write with. Students are expected to hand work in on time and adhere to the academic integrity policy.

**Class Objectives:**

By the end of the quarter, students should be able to:

* Identify the difference between health and wellness
* Identify the importance between emotional and mental health and healthy relationships
* Monitors, evaluates and adjusts the personal stress management strategies for wellness and coping with stressful situations
* Identify personal support systems and create a plan to maintain and enhance personal health
* Predict short and long term consequences of their decisions and that potential effects on their health
* Demonstrates positive interpersonal and intra-personal behaviors when working with others

**Assessments**:

Class participation

Class work (individual and group)

Homework

**Absence Policy:**

If you are absent from school, you are required to check with me to find out what work you have missed.

I am always available to answer any questions you may have – before, after, or during school. Ask me and we will work out a time.