

## Dear Student, Parent or Guardian,

In our 8th grade Health Education classes we will be meeting the LPS Health Standards with special attention given to the **six youth health risk behaviors** and how they affect school age youth.

### **Youth Risk Behaviors Include:**

1. Behavior that results in Unintentional and Intentional Injuries
2. Tobacco Use
3. Alcohol and other drug use
4. Sexual behaviors that result in sexually transmitted diseases (including HIV) and unintentional pregnancies.
5. Dietary behaviors which contribute to disease
6. Physical inactivity

In 8th grade at Scott Middle School, we concentrate on Mental and Emotional Health, Social and Family Health, Physical Fitness, Nutrition, Injury Prevention and Safety, Alcohol, Tobacco, & Other Drugs, and Growth and Development ( Understanding Sexuality ). Prior to the beginning of the Growth & Development Unit, because of some sensitive issues, parents will be notified. The material and discussions included within these units will help the students lay the groundwork for making healthy choices.

Throughout the duration of the school year, and well beyond, we hope that you will talk to your child about what he or she is learning, thinking and feeling. Such discussions are most important in helping students form and clarify their goals and values and in building good communication between you and your child.

### **How to be successful in Health:**

**1. Be prepared for class:** First, be on time for class. I will follow the school tardy policy. Second, you should always have a pencil to write with and a folder for Health class. The folder will help you keep things organized. You will also have a Health folder that we keep in class. You will use that to keep your work in if you finish or we need it again next class period. You will use your own folder for homework or anything you don't finish in class.

**2. Use class time wisely:** I try not to give homework very often. You will have homework when we have tests, projects, or you miss class time. I will give you class time to complete our work. If you focus during class and complete your work you will have very little to do outside of class.

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Please sign, tear off bottom and return to your Health teacher.

Student ( Print ) \_\_\_\_\_

Parent Signature \_\_\_\_\_

**3. Use your planner:** Since we have Health every other day it is very easy to be unorganized. Use your planner to write the agenda down each day (found on front white board). This will help you keep track of your work and when assignments are due. It also helps you remember what we have done. Over the weekends we have 4 day gaps between classes. If you have all that information written down it is much easier to stay on track.

**4. Participate:** Health class is much more enjoyable if to take an active part in it. Follow along, ask questions and complete work. Please ask questions during discussion. If there is anything you want to know, or are interested in, on a Health related topic please ask. Many other students may be wondering the same thing. We also have many discussion grades for videos or class work. By discussing and answering these questions it will help you learn the material better and also improve your chances of receiving a good grade.

Lastly, I am here to help you be successful in class. If you have a question or don't understand something please ask.

### **Grading:**

Activities will be graded on a point basis. These will include daily assignments, writings, quizzes, unit tests, instructional videos, and projects. The following grade scale will be used:

<b>100-90 = A</b>	<b>74-70 = C</b>
<b>89-85 = B+</b>	<b>69-65 = D+</b>
<b>84-80 = B</b>	<b>64-60 = D</b>
<b>79-75 = C+</b>	<b>59-0 = F</b>

Students will also be receiving grades in two areas: **Work Habits and Social Behavior Skills**

If you have any questions or concerns, please contact us.

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