Mrs. Eddy’s Health Class Syllabus

What is Health Education?
Plano Middle School health education consists of improving your knowledge and awareness in the areas of physical fitness, nutrition, mental illness, stress management, goal setting, decision making, advertising, first aid, drugs and alcohol, human sexuality and other related topics. The skills you build in this class will be a foundation for many life experiences in the future. I hope to teach you the knowledge on how to take the best possible care of your body and empower you with skills on how to put this knowledge into practice.

Illinois State Standards for Health and Physical Education:
The following are goals that we will work on in 7th and 8th grades
Goal 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.
Goal 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.
Goal 21: Develop team-building skills by working with others through physical activity.
Goal 22: Understand principles of health-promotion and the prevention and treatment of illness and injury.
Goal 23: Understand human body systems and factors that influence growth and development.
Goal 24: Promote and enhance health and well being through the use of effective communication and decision making-skills.

Things we will learn:
• physical fitness
• nutrition
• mental illness
• stress management
• goal setting
• decision making
• advertising
• first aid
• drugs and alcohol
• human sexuality (abstinence)
• other related topics

How will you be graded?
You will earn your grade through homework assignments, class projects (7th grade Drug Awareness Speeches), quizzes and participation.
Homework:
Any homework assigned will be due the next day unless I tell you otherwise. I DO accept late homework. Late homework will lose 10% for every day it was late, this percentage will be taken off the final homework grade for that assignment. If you are missing any homework, your name will be under “missing assignments” on the front whiteboard. Please use this to keep a watchful on any missing work you may have.

Grading Scale:
100%-90%=A
89%-80%=B
79%-70%=C
69%-60%=D
59%-0%=F

Rules and Discipline Procedures:
All school rules apply in my classroom. Please become familiar with these rules that are clearly stated in your agenda. I follow that standard tardy policy and ask that all bathroom and drink stops be completed during passing period.

What materials should I bring to class?
Please come prepared. When homework is assigned, or when you are asked to bring a sheet back to the next class, please do so. You will always need the following materials:
• pencil or pen
• paper
• agenda

What if I miss a day of class?
If you are absent for any reason, please see me for any homework or missing information that may have been handed out or discussed during class. You will have the standard make-up time for any work that you missed. Write this down in your agenda and complete it by the next day. You are responsible for asking for any missed work. However, I am here to help, so please stop by to ask me any questions.

How do I know my grade?
I will be happy to pull up your grade anytime. I also update grades weekly on Power School.

Questions/Problems?
I am here to help you with any problems you may be having. I am here before and after school and would be happy to talk with you anytime.

Contact Information for Mrs. Eddy:
Plano Middle School, Room 8
E-Mail: meddy@plano88.org
School Phone #: (630) 552-3608