



THE PUBLIC SCHOOLS of SPRINGFIELD, MASSACHUSETTS

Colleen O'Connor
Principal
Julia St. Martin
Assistant Principal

Chestnut Middle School,
Talented and Gifted
355 Plainfield Street
Springfield, Ma
01107

Health Syllabus

Teacher: Ms. Smith

Email: Smithmo@springfieldpublicschools.com

Course Description:

Welcome to Health Class. In this class we will focus on seven health skills (analyzing influences, accessing valid and reliable information, interpersonal communication, decision making, goal setting, self-management, and advocacy). You will develop these skills through modeling and practice.

Course Content:

Through skill development, students will be introduced to a variety of topics. Some topics may include but are not limited to fitness, nutrition, adversity, mental wellness, relationship building, sexually transmitted infection and pregnancy prevention, and substance abuse awareness.

Class Expectations:

1. **Positive:** Students will use “positive-talk” and encouraging words with peers and adults.
2. **Respectful:** Students will respect the space, property, and ideas of peers and adults.
3. **Engaged:** Students will be actively involved in all stages of the daily workshop agenda.
4. **Persevere:** Students will push beyond their comfort levels in their thoughts and when producing an academic product.
5. **Prepared:** Students will start each learning experience with a model desk.

Grading:

Grading is based on students’ successful completion of homework and classroom assignments, tests, quizzes, and student participation.

Please review the syllabus with your child and feel free to contact me with any questions or concerns. **Be sure to sign and return this section of the form by Thursday, September 31, 2017.**

Student Signature

Date

Parent Signature

Date