**Broad Meadows Middle School**

**Health Education**

**Mr. Tardif**

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**Overview:**

Welcome to the exciting world of health! This course is designed to provide important information about health, wellness, and individual lifestyle. We will be talking about real life situations that occur on a daily basis and may impact some of you directly. One important aspect to keep in mind, is that certain material covered during the year may be difficult to discuss due to different things happening in your life, If this is the case, please do not hesitate to speak to me either before or after class. Additionally, I am very flexible and love learning about new topics, if there is something new you would like to talk about regarding health please let me know!

**Topics:**

Some of the topics we will be discussing include:

* Physical, mental, social and emotional health
* Drugs and alcohol
* Violence
* Nutrition
* Systems of the body
* Puberty
* Communication
* Decision making skills
* Social Awareness
* Healthy vs unhealthy relationships
* Body image
* Reproductive system
* Stereotypes and labeling

As previously mentioned, if you come up with an idea or topic that you would like to have discussed in class, feel free to mention it to me.

**Grading:**

The majority of your grade will be based on how you conduct yourself during class. Since each health class will only be meeting once a week, participation will play a key role in your overall grade. A few projects may be assigned during the year but these will most likely be completed during class time.

 Actual grades will be based on the **ESU** policy.

 -**E** (Excellent) Follows all class rules and actively participates in class discussion. Completes all work in a timely manner.

 -**S** (Satisfactory) Follows class rules and actively participates in class discussion sometimes. Completes most work on time and when it is due.

 -**U** (Unsatisfactory) Student does not follow class rules and does not participate during class. Most assignments are handed in late or not at all.

**Class Rules:**

* Respecting others thoughts and ideas.
* Absolutely no talking when the teacher or another student is speaking.
* Raising your hand to speak instead of calling out.
* Coming to class prepared and with the correct materials every day.
* Respecting people’s differences and understanding that some topics may be difficult to discuss for certain people.
* Arriving on time.
* Any other school rules will always apply within health class
* Have fun and enjoy!

**Materials:**

 Please arrive to class every day with a folder, something to write with, and paper to write on.

**Makeup Policy:**

 If you miss classwork, please come see me as soon as possible so that I can get you the information you need. Any assignments will still be expected to be turned in. Come and talk to me so we can discuss an appropriate time for you to be expected to turn the work in.

“Take care of your body. It’s the only place you have to live!” –Tim Rohn