

# Hortonville Area School District 8<sup>th</sup> Grade Health Education Syllabus



Mrs. Lindsey Norton - Health Educator  
 Hortonville Middle School  
[lindseynorton@hasd.org](mailto:lindseynorton@hasd.org)  
 920-779-7922 Ext. 24114



Health Education is most effective when it is taught at home, community and school. This curriculum has been designed to help our students understand that the decisions that they make now can affect the quality of their lives both now and in the future. The curriculum focuses on risks, responsibilities, and relationships through the use of all 7 dimensions of health (Social, Emotional, Physical, Intellectual, Career, Spiritual, and Environmental.)

## Tentative Schedule

<b>First Aid, CPR, and AED</b>	Adult, child and infant (certification)
<b>Personal Wellness</b>	Social development, self-awareness, advocacy
<b>Nutrition</b>	Budgeting, planning, the role of fitness, trends
<b>Alcohol and Other Drugs</b>	Physical and legal consequences, decision-making, resources
<b>Dating Violence/ Suicide Prevention</b>	Self-advocacy, bullying, "I" statements/ Stress reduction, SOS, QPR, resources
<b>Human Growth and Development</b>	Puberty, reproductive systems, diseases, decision-making

### Expectations: 3-R's of Health

1. Respect
2. Raise your hand to talk
3. Ready to learn

\*A more detailed description of these expectations is posted on the **PBIS Matrix** located in the classroom. Failure to adhere to the classroom expectations may result in any of the following; verbal warning, seat change, behavior reflection, note/call home, detention, removal.

### Materials

1. Health Workbook
2. Writing utensil
3. Notebook
4. Folder

**Bring to class every day!**

### Electronics

Personal electronic devices will be placed in the designated "phone locker" upon entering the classroom. Students in violation will have their device held in the office.

### Leaving Class

Students must have permission from the instructor to leave class and must have a pass to be in the hallway. Please use restrooms, get drinks, and have all materials prior to class.

### Class Absence

It is the duty of the student to talk to Mrs. Norton to find out what was missed during an absence and plan arrangements to make up any missed coursework.

-----  
**Please rip off/ cut this portion and return to Mrs. Norton ASAP!**

**I have read and agree to the above classroom procedures for health class!**

Name: \_\_\_\_\_ (print)

Student Signature: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

## Evaluation of Learning

Students will be assessed on Health Power Standards, and the learning will be documented using a 4-point scale in Mastery Connect.

**Upon Completion of 8th grade Health, HASD Middle level students will be proficient these standards:**

<b>2:3:A1</b>	By the end of 8 <sup>th</sup> grade, students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
<b>6:3:B2</b>	By the end of 8 <sup>th</sup> grade, students will demonstrate the ability to use goal-setting skills to enhance health.
<b>5:3:B1</b>	By the end of 8 <sup>th</sup> grade, students will demonstrate the ability to use decision-making skills to enhance health.
<b>4:3:B1</b>	By the end of 8 <sup>th</sup> grade, students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>1:3:A2</b>	By the end of 8 <sup>th</sup> grade, students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>3:3:A2</b>	By the end 8 <sup>th</sup> grade, students will demonstrate the ability to access valid information and products and services to enhance health.
<b>PS.8.CC.1</b>	By the end of the 8th grade, students will be able to describe situations and behaviors that constitute bullying, sexual harassment, sexual abuse, sexual assault, incest, rape and dating violence.
<b>PR.8.IC.2</b>	By the end of the 8th grade, students will be able to demonstrate the use of effective communication and negotiation skills about the use of contraception including abstinence and condoms.
<b>SH.8.AI.1</b>	By the end of the 8th grade, students will be able to identify medically accurate information about STDs, including HIV.