

# 8th Grade Health Education

Mr. Rick Engelstad

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**I. LEVEL & LENGTH:** Full year, every other day for the 8th grade year.

## **II. HEALTH STANDARDS**

1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.
2. Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
3. Students will demonstrate the ability to access valid information and products and services to enhance Health.
4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
5. Students will demonstrate the ability to use decision-making skills to enhance health.
6. Students will demonstrate the ability to use goal-setting skills to enhance health.
7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid health risks.
8. Students will demonstrate the ability to advocate for personal, family & community health.

## **III. MAJOR TOPICS WE WILL DISCUSS TO TEACH THE STANDARDS:**

First Aid; Personal Health; Health and Wellness; Tobacco, Alcohol, and Drugs; Mental Health; Suicide Education; Communicable Disease; Body Systems

## **IV. MAJOR LEARNER OUTCOMES:**

### **The students will:**

- Know basic structures and systems of the human body.
- Know how to recognize abusive or harassing behaviors.
- Adopt personal behavior to maximize their wellness level.
- Understand different ways of managing and coping with stress.
- Know signs and symptoms of health problems that affect adolescents.
- Know the consequences of using tobacco, alcohol and other drugs.
- Know how to prevent communicable diseases.
- Know strategies for preventing accidents and environmental hazards.
- Know what to do in case of sudden illness or injury.
- Have the knowledge to access health career information.
- Students will increase the probability that when they come into contact with potentially suicidal adolescents:
  - they can more readily identify them.
  - they will know how to respond to them.
  - they will know how to rapidly obtain help for them.
  - they can more readily identify them will be consistently inclined to take such action.
- To make sure youth in need are aware of and have access to helping resources so that they they are inclined to seek help as an alternative to suicide

## **V. MATERIALS:**

Teacher information, classroom book, health magazines, pamphlets, group work, worksheets, videos, magazines, newspapers, computer programs, guest speakers, role play, & visual displays, Hazelden Lifelines Curriculum **Book:** Glencoe Health, 2013 edition

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**VI. PROCEDURES:** Lecture with discussion; Reading and writing; Daily work; Group and individual work & projects; Objective quizzes & tests; Audiovisuals with reactions; Demonstrations.

**VII. GRADING:** Grading is based on total points:

- 100% - 95% A
- 94.9% - 90% A-
- 89.9% - 87% B+
- 86.9% - 84% B
- 83.9% - 80% B-
- 79.9% - 77% C+
- 76.9% - 74% C
- 73.9% - 70% C-
- 69.9% - 67% D+
- 66.9% - 64% D
- 63.9% - 60% D-
- 59.9% - 0 F

To receive full credit for an assignment it must be handed in when due, unless you were absent or have made arrangements with Mr. Engelstad.

- Assignments one class period late will receive a maximum of 90% credit.
- Assignments two class periods late receive a maximum of 80% credit.
- Assignments three class periods late receive a maximum of 70% credit.
- Assignments four class periods late receive a maximum of 60% credit.
- After four class periods, late assignments will be accepted for 50% credit.

**\*\*Incompletes are handled according to school policy.**

### **ABSENT**

Sometime during the year you will probably miss a day of school. However, it is important for you to be in class every day. You cannot learn if you are not in class. **Remember to bring in your admit slips for me or the sub to sign.** Also, do not forget about the attendance policy stated in your Dragon handbook. Since this is an every other day class, the attendance policy is for the semester (1st and 2nd quarters together), but falls under the quarter policy. What this means that if you miss more than 6 days for a semester (excused or unexcused absences) your grade will be a NG. School authorized absences do not count towards this number. However, a student may have to make up days on their own time if they exceed 6 absences and some are school authorized

(according to school policy) if the time is not made up they will receive an incomplete.

### **TESTS**

Each unit test will be announced at least 3 to 5 days in advance. If you are absent on the day of a test or quiz you will be given two days from the day you return to to make up the test or quiz. Make-up tests and quizzes must be done before school, with prior arrangements made with Mr. Engelstad. If you were in class the day a test was announced, but absent the day before the test, you will be taking the test with the rest of your class. If you choose to pass a test/quiz by **cheating** - you will receive a **ZERO**. Parents/guardians will be contacted.

### **GRADES**

Assignments, tests, and quizzes will be recorded as points, and grades will be posted in the classroom. You will be able to keep track of your grade for the quarter. I will be using your student ID #. Write it down in your health folder so you won't forget it, it's on your schedule.

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Grade is figured on total points.

**BATHROOM PASS POLICY** Students will receive two bathroom passes to use each quarter.

- No locker passes (school policy) Be prepared!!!
- Cell phones must be left on teachers desk.
- You **MUST** fill out the pass completely and correctly.

**MATERIALS YOU NEED FOR CLASS:** Pencil or Pen (blue or black), Notebook and a Folder  
Students need to come to class with materials. Should something be forgotten in a locker students will go get it and be marked tardy.

**ROOM 180 - EMERGENCY:** In the event of a **FIRE EMERGENCY** everyone in room 180 exits out the West doors (main entrance of building). Students will stay in a group and wait for the instructor to take roll.

**What if the exit is blocked?** Students will exit through the 7th commons out East doors.

- **RULES**

- DO NOT PANIC
- WALK IN SINGLE FILE
- LEAVE ALL MATERIALS IN THE ROOM
- REMAIN OUTSIDE UNTIL ALL IS CLEAR
- LOCATE AND STAY BY YOUR INSTRUCTOR

In the case of a Bad Weather Emergency, we will stay in this room. We will sit on the floor away from the entrance and windows, until we receive the signal from administration that all is clear.

It is my expectation that you will be in class each day on time, prepared, and cooperative. I also expect you to show respect for each other and myself. It is also my belief that each student has the ability to be successful in this class. If you need extra assistance or modification of the curriculum, it can be arranged.

If your parent(s) or guardian have any concerns, they can give Mr. Engelstad a call at the High School by dialing 629-4158 or e-mail: [rengelstad@isd578.org](mailto:rengelstad@isd578.org)

## **Health 8 Classroom Management Plan**

### **Classroom Codes:**

- Be Respectful
- Be Responsible
- Be Cooperative
- Be Attentive
- Be Considerate
- Be Prompt

### **If you Choose to Break a Rule:**

First time: Non-verbal (the look)

Second time: Walk and stand by (let student know you are there)

Third time: Look and a verbal reminder

Fourth time: One on One conference (student / teacher) and Detention

Fifth time: Detention, Conference, Contact Parents

\*\*\*Severe Behavior: Student sent immediately to office

### **Rewards:**

Verbal / Nonverbal; Positive Notes; Treats; Game Days (health appropriate); Call Parents

### **Procedures and Routines:**

1. ENTERING THE CLASSROOM: Students will enter the classroom prepared to begin the warm-up problems/activity. Cell phones and headphones will be removed and put away prior to entering. Students should come to class with their (list specific materials). Students should be in their seat when the bell rings and ready to begin class without being prompted to do so. Only the materials that are needed will be out on the desk. The warm-up activity will be posted on the front board.
  - Check previous class objectives for past work due, any missed work.
    - Will be hanging by the specific classes current objectives
  - Check the whiteboard for any work to be done.
2. ENDING THE CLASS PERIOD
  - Review topics
  - Area Clean
  - Students are expected to stay in their seats until dismissed by the teacher, not the bell.
3. TARDINESS (***NOTICE*** - no warnings)
  - 1st time = Detention
  - 2nd time = Detention
  - 3rd time = Detention
    - 3rd tardy is a charged day of absence.(school policy)
    - Send out Parent Alert
    - Detention

**NOTE:** NO FIDGETS ALLOWED IN CLASS. KEEP THEM IN YOUR LOCKER!

## **Be Responsible:**

- Chromebooks must remain under your desk unless you are instructed to take them out.
- Chromebooks must be flat on your desk when in use.
- Chromebooks are only to be used for (your class) related activities (no emailing, messaging, or checking grades unless instructed to do so).
- Teachers have the right to look through your Chromebook.
- If you are using the Chromebook inappropriately, you will be given one warning. If the behavior continues, it will be taken away.

## **1:1 Device Management Plan**

As a member of a 1:1 program, it is your responsibility to bring your device to class each day charged and ready for use. Failure to do so will result in your being sent to the Media Center to receive a violation. If your device is in need of charging it will be kept and charged for the remainder of the class hour or until it reaches 50%. It is your responsibility to pick it up between classes. Loaner devices are available only for devices that are mailed in for repair

- Violation #1 - Warning
- Violation #2 - Detention
- Violation #3 - Detention and loss of privilege to take device home for the period of 20 school days

## **School Cell Phone Policy**

- **All violations are turned into the office**
  - #1- Back at end of day
  - #2- Parent pick up
  - #3- Full day options room and parent pick up

## **Tardy**

3 unexcused tardies = detention assigned, detention given for each tardy thereafter (start fresh each quarter) In your seat when bell rings.

## **Late Work/Missing Work**

Expectation is to turn things in on time, students can arrange time with teachers to make up late work for credit as determined by the teacher.

## **Bathroom Passes**

2 per quarter - will keep track on attendance sheet.