

Healthy Living 8

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Healthy Living 8 at a Glance

In Healthy Living 8 we will be looking at the following 6 units:

- **Unit 1:** Mental Health Literacy & The Adolescent Brain
- **Unit 2:** Life Skills, Social Determinants & Health Decision-Making
- **Unit 3:** Relationships, Boundaries & Power Dynamics
- **Unit 4:** Adolescent Sexual & Reproductive Health
- **Unit 5:** Physical Health Behaviours, Sleep Physiology & Disease
- **Unit 6:** Substance Misuse, Co-Use & Community Impact

In order to help make students more comfortable discussing their changing bodies, a lot of our classes will be discussion based with supporting activities and assignments.

Each of these units aligns with the Nova Scotia Healthy Living curriculum which can be found here <https://curriculum.novascotia.ca/english-programs/course/healthy-living-8>

Classroom expectations

Classroom climate is incredibly important. Students need to feel safe, welcomed, and included, therefore I have high expectations for those in my space which include how to treat others in class, what they should do when feeling frustrated, how they should treat the classroom space, and what the expectations are for late assignments. Some hard and fast expectations that I have are: work is to be submitted on time, students can have water to drink in the classroom, nothing else, they are only permitted food during break time (unless a medical reason is specified), and cell phones are to be in their lockers. Parents wishing to contact their child can do so using the school's main line.

Assessment

Most assessments will be based on: in-class assignments and participation, self-directed learning and a few well-outlined projects. Students will be expected to complete both group and independent activities over the course of the year. Class assessments will use the provincial 1 – 4 rubric. Term report cards will be in percentages.

Homework & Projects:

Copies of most assignments will be available on Google classroom. If a student is struggling to complete an assignment, or confused about the directions, simply communicate that to me and we will take the necessary steps to adjust the assignment. Please be advised that it is the student's responsibility to see what they've missed during a period of absenteeism.

Extensions, Extra Help, and Plagiarism

If a student requires an extension on an assignment, it must be requested via email at least **forty-eight hours** before the due date. The length of the extension will be granted based on the size of the assignment and how many in-class days were given. Extra help will be offered to any and all students who require it. It will be offered on an as-needed basis. Plagiarism is not permitted in this course. Any students who pass in unoriginal work will not be given an opportunity to resubmit that assignment.

A Note to Families

Over the course of the year, parents can expect the following from me in terms of communication. During Term 1, any student who is below a 65% will receive an email home regarding my concerns and a plan of action will be created to make sure the student is successful. In Term 2, any student with a mark below a 55% will receive an email home regarding my concerns and a plan of action will be created to make sure the student is successful. For Term 3, only students who are not meeting the minimum grade of a 50% will receive an email home. Parents are encouraged to **check PowerSchool regularly** and reach out with any concerns or questions at any point throughout the year.

Contact information

If you need to get in contact with me during non-school hours (or if you are sick) **please** use my HRCE e-mail: brogers@hrce.ca. Parents wishing to contact me can do so via e-mail or by calling the school.