

Pine Grove School
Course Outline/Long Range Plans
Health and Life Skills 8
2017-2018
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Program Philosophy:

The aim of the Health and Life Skills program is to enable students to make well-informed, healthy choices and to develop behaviors that contribute to the well-being of self and others.

Course Outcomes

The Health and Life Skills Program focuses on three major outcomes as follows:

1. Wellness Choices
 - Personal Health
 - Safety and Responsibility
2. Relationship Choices
 - Understanding and Expressing Feelings
 - Interactions
 - Group Roles and Processes
3. Life Learning Choices
 - Learning Strategies
 - Life Roles and Career Development
 - Volunteerism

Weekly lessons will incorporate activities to help deal with stress and promote positive self-image. At the beginning of the year students will spend some time on organizational strategies for school, including learning the features on digital devices which can aid in this area. Strategies for success, written about in “The 7 Habits of Highly Effective Teens”, will help students identify positive behaviors to help in school and beyond. Aspects of Digital Citizenship including staying safe online, online etiquette and online commerce will also be studied.

The focus topics for Health 8 throughout the year will be as follow:

September to December: Organizational Strategies and Goal Setting, Self Esteem/
Anti-bullying/Digital Citizenship (with focus on “The Seven Habits of Highly Effective Teens)

January to April: High School and Career Goals, Job Preparation (resumes, cover letters),
Personal Wellness and Safety

April to June – Human Sexuality

*One component of the Grade 8 Health and Life Skills Program is Human Sexuality, however parents retain the right to exempt their child from instruction in this area. Parents will be notified before this unit is taught.

REMIND APP – to get text or e-mail messages from the teacher for this class -

text: @mrspayette to 780 666 7169 or go to our website for instructions on downloading the mobile app for smartphones or getting messages by e-mail

Supplies

Pencils and erasers, Ruler, Pens, Colored pencil crayons or markers, Blank and lined paper, Reinforcements, Duo-tang, Glue, Scissors

Evaluation

Daily activities and assignments **80%**

Participation **20%**

Classroom Conduct

Appropriate dress and behavioral guidelines will conform to the Pine Grove Middle School Student Handbook.