**Ms. Sorrentino (Mrs. Drago)**

**Health Education 7th-8th Grade**

**Syllabus**

**Course Description**

The Health Education program at Eugenio Maria De Hostos encourages the growth and development of physical, mental, social and emotional health. In grades 7 and 8, the objective of this course is to have a basic understanding of the skills necessary to live a physically and mentally healthy life that will develop into personal healthy lifelong habits. Many of the decisions you will face in the future will require knowledge in what you will learn in this class, such as understanding positive and negative influences when you see them, accessing credible information, communication, decision making, goal setting, practicing healthy behaviors, and advocating for yours and others health. In 7th grade, students will begin a basic understanding of these concepts and in 8th grade, students will begin to explore these concepts on a much deeper level.

Never refrain from asking questions!!

**Topics**

Please review the following units to gain a better understanding of topics we will cover in this course.

* Mental & Emotional Health - Violence Prevention - Sexual Health
* Personal Health & Wellness - Alcohol & Other Drugs - Tobacco
* Healthy Eating - Physical Activity - Safety & Injury Prevention

**Grading**

Students will be graded using the following scale. There will

Class Participation ***10-20 points per assignment***

Homework/Classwork ***5-20 points per assignment***

Unit Tests/Quizzes ***40-100 points per assignment***

Projects ***40-100 points per assignment***

**Classroom Rules**

All Students are expected to abide by the following standards

1. Be on time 4. Be respectful to those around you
2. Be prepared with necessary materials 5. Be positive and willing to learn
3. Stay on task/focused 6. Absolutely no use of cell phones

**Technology**

Various assignments/activities will require the use of technology in this class such as PowerPoint or projector.

**Materials**

The following materials will be needed in class daily:

1. Notebook/journal or binder with paper
2. Folder
3. Pen/Pencil

**Contact Information:**

Please feel free to contact me with any questions or concerns, I will be happy to help in any way I can! I can be reached at lsorrentino@yonkerspublicschools.org