



# Health 6 - Mrs Stalboerger

## Course Understandings

*Students will understand that:*

- Physical, mental/emotional, and social aspects of health are all important and interconnect.
- Behaviors, choices and attitudes can help prevent injuries and protect their own safety and the safety of others.
- Using refusal and negotiation skills reduce health risks.
- The dangers of using drugs, tobacco and alcohol and the strategies to refuse these substances can affect their lives in positive and negative ways.
- Responsible decision making will impact their ongoing quality of life.

## Standards Based Grading

Health teachers will use a standards-based grading system that focuses on the most important standards and benchmarks as determined by the National Health Standards. Students' knowledge and performance will be evaluated using a 4, 3.5, 3, 2.5, 2, 1.5, 1, .5 proficiency scale that will allow parents, students, and others to determine what a student knows and can do. Daily practice may be noted in the gradebook, but may not be factored into the final course grade. This reflects the belief that students should be graded on what they know and can do based on multiple opportunities to showcase proficiency.

## Materials Needed

- Pocket folder
- spiral notebook
- pencils
- earbuds (if you have them)

### Health Units

#### Trimester 1

- Health Triangle
- Goal Setting
- Communication
- Influences
- Decision-Making
- Reliable Resources
- Advocacy

#### Trimester 2

- Stress/depression
- Puberty
- Disease

#### Trimester 3

- Chemical Health
- First-Aid



## Class Expectations

### BE PREPARED

- Come to class on time. This means being in your seat at the start time, focused and ready to learn.
- Come to class with the necessary supplies.

### BE RESPECTFUL

- Respect yourself and others.
- Respect our class time and our materials.

### DO YOUR BEST

- Be responsible for your learning; work hard and do your best.
- Don't be afraid to ask for help.



# Textbook: Goodheart-Willcox Health Skills for Middle School

## Skills Based Instruction

A skills-based Health education prepares students for success by supporting the development of skills and acquisition of knowledge they need now - and will need in the future - to maintain or enhance their health.

## National 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
- 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 or reduce health risks.
- 8: Students will demonstrate the ability to advocate for personal, family, and community health.

# Mrs. Stalboerger

This is my 23rd year teaching at JMS and my 29th year teaching in the Anoka Hennepin School District. I am no stranger to Anoka Hennepin as I am a graduate of Coon Rapids High School ('85). I love teaching 6th grade health because it will help build the students' knowledge, skills and positive attitudes about health. I am excited to have your student in my health class this year!



### How to contact me:

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- 763-506-5364
- [Stalboerger's Health Website](#)

### Office

- 763-506-5200
- [Daily Announcements](#)

### School Website

- [JMS Website](#)
- Help Line: 763-506-4357
- [506HELP@ahschools.us](mailto:506HELP@ahschools.us)