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www.gregoryhealth.weebly.com

Welcome to Health Class!! I am looking forward to a successful and fun quarter with you! In this class you will learn about making life long health decisions. Here are the topics we will focus on:

- ❖ **Total Health**
 - **Presenter: ThinkFirst Program**
- ❖ **Healthy Relationships & Violence Prevention**
- ❖ **Emotional Empowerment**
 - **Presenter: NAMI (National Alliance on Mental Illness)**
- ❖ **ATOD (Alcohol, Tobacco, Other Drugs)**
- ❖ **Healthy Eating**
- ❖ **Reproductive Wellness**



Materials Needed for Class: EACH DAY you will be responsible to bring:

Completed homework (if necessary)
Pen and/or pencil

Assignment notebook
Folder – provided by Mrs. Burnopp

Homework Policy: While a lot of the Health Education Curriculum is actively based in class, there may be times when work will need to be completed at home. These assignments would be due the next day unless otherwise noted. Late assignments are accepted for reduced credit and will follow the 7th grade level SCHOOL-WIDE policy.

Grading: Based on a total points system and will consist of

1. Assessments
2. Homework
3. In-class assignments (journals, group work)
4. Projects

Classroom Rules: Avoid any actions that prevent Mrs. Burnopp from teaching and the students from learning. So, remember the 3 Gregory R's:



Respect yourself and others
Take **Responsibility** for all of your actions
Foster positive **Relationships** with peers and staff.

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Health Theme this year.... "Feed the Positive Dog"

A man travels to a village to speak to the wise man. He says to the wise man, "I feel like there are two dogs inside me. One dog is positive, loving, kind and optimistic and then I have this fearful, pessimistic, angry and negative dog. They fight all the time. I don't know who is going to win." The wise man thinks for a moment and responds, "I know who is going to win. The one you feed the most. So feed the positive dog."

