



Health Class

Ms. Harrington

2022/23

Location: Room 1213

email kharrington@d123.org

1. District 123 Vision:

A dynamic and supportive environment that ignites lifelong learners who embrace diversity and contribute positively to our community, country, and global society.

2. District 123 Mission:

Preparing today's learner for tomorrow's world.....and staying 'HEALTHY' !!!

3. Course Description

Health is a course designed to provide students an opportunity to examine and increase basic knowledge of healthful living. A major goal is for each student to take personal responsibility for their health and well being, while attempting to make positive lifestyle choices. In keeping with the mission of OLH School District 123, Health class is delivered in a setting that strives for mutual respect throughout all the lessons.

4. Learning Outcomes *Students will be able to:*

- *Explain the basic principles of health promotion, illness prevention and safety.*
- *Describe and explain the factors that influence health among individuals, groups and communities.*
- *Explain how the environment can affect health.*
- *Describe and explain the structure and functions of the human body systems and how they interrelate.*
- *Explain the effects of health-related actions on the body systems.*
- *Describe factors that affect growth and development.*
- *Demonstrate procedures for communicating in positive ways, resolving differences and preventing conflict.*
- *Apply decision-making skills related to the protection and promotion of individual health.*
- *Demonstrate skills essential to enhancing health and avoiding dangerous situations.*

5. Daily Procedures

Each day, students should arrive promptly to class, participate in the Question of the Day discussion, and focus on the lesson. Various accommodations will be made to promote individual learning styles, academic levels, social interaction, and student engagement.

6. Expectations of Student Students are expected to participate in class discussions, GoogleMeets, written assignments, and health presentations, to the best of their abilities. Each day, students at-home should follow the activity or assignment uploaded to GoogleClassroom.

7. Expectations of Teacher

In Health class, the teacher will:

- Provide engaging health-related activities
- Promote collaboration
- Encourage students to think of health-enhancing behaviors
- Communicate feedback to students in a timely manner, using Skyward

8. Assessments

3 Reporting Standards:

1. Demonstrate comprehension of concepts related to health promotion and access valid health information, products and services
2. Identify health enhancing behaviors and ways to reduce health risks, while using interpersonal communication skills
3. Utilize goal setting and decision making skills to advocate for personal family and community health
 - Students will have numerous opportunities for assessments.
 - Oral Presentations
 - Projects
 - Quizzes
 - Written responses

9. Materials:

Students should arrive each day with a chromebook & writing utensil.

10. Instruction and Directions for Help?

Email: kharrington@d123.org

708-499-6400 x7956

Parent Resources: [GoogleClassroom \(health\)](#) [Kidshealth.org](#), [TeenHealth.org](#)

11. Health topics will vary and allign with the National Health Standards:

- NPH-H.5-8.1 Health Promotion and Disease Prevention
- NPH-H.5-8.2 Health Information, Products and Services
- NPH-H.5-8.3 Reducing Health Risks
- NPH-H.5-8.4 Health Influences
- NPH-H.5-8.5 Using Communication Skills to Promote Health
- NPH-H.5-8.6 Setting Goals for Good Health
- NPH-H.5-8.7 Health Advocacy