

Dear Parent/Guardian of _____,

Welcome to 8th grade HEALTH education! I am very excited to have your child in health class this year. We value the physical, social and mental/emotional health of all of our students here at Sycamore Middle School. Our curriculum aligns with the physical development and health standards within the state of Illinois and throughout the United States.

Students will be rotating out of physical education class two (2) times during the school year (each time for a 3-week session, during fall & spring) for a total of six (6) weeks of health. We believe it is best practice to keep our students active throughout the school year, while emphasizing our wellness focus and encouragement of life-long physical activity.

Students will join me in a classroom setting where we will focus on healthy decision making for the promotion and protection of their individual health, goal setting, developing a personal wellness plan, as well as the growing and changing body. Students will be learning about the various life stages, with particular interest on the adolescent years and changes that occur during puberty and adulthood. *(Please note: Students will be viewing the video, "The Miracle of Life," Human Reproduction as well as additional print materials which are available for preview. Please contact me if you are interested in the resources that are used in the 8th grade health curriculum).*

Health Education Classroom Rules are listed below:

- Be on time and in your assigned seat when the bell rings.
- Respect other students' "right to learn" and my "right to teach."
- Be prepared for class daily: assignment notebook, pen or pencil (something to write with), a folder with a least 20 sheets of notebook paper, and homework/assignment.

Consequences:

1. Verbal warning
2. Reminder points
3. Communication with any of the following: student, parent/guardian, support personnel
4. Office Referral

Grading:

Grades will be determined from assignments given in class, projects, quizzes/tests and class participation. The following grading scale will be used: A 90-100, B 80-89, C 70-79, D 60-69, F 59 and below. Health assignments and grades will be reported to student's PE teacher, who will post them in the discovery grade book and may be viewed on parent portal. Please be aware of the dates when your child rotates to the health class.

Please feel free to contact me with any questions/concerns about our health curriculum. Please visit the SMS Website: [Team/Departments, Department, Health-8th grade-Nelson](#) to check class activities and assignments. You can reach me by email: pnelson@syc427.org or phone 815-899-8170.

Sincerely,

Mrs. Pam Nelson
Health & Physical Education
Sycamore Middle School

Health Rotation Dates:

1st Rotation (Fall) _____

2nd Rotation(Spring) _____



I have read the above rules and expectations for 8th grade health education. I also understand the consequences listed.

Class period: _____ Date: _____ Return by: _____ for a recognition point!

Student Name: _____
print signature

Parent/Guardian Name: _____
print signature