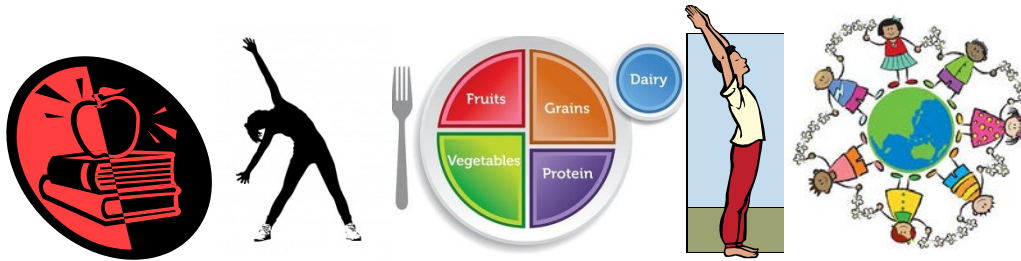


## Welcome To 7<sup>th</sup> Grade Health!



### Course Overview:

Health students will acquire the information and skills necessary to become healthy adults and learn about behaviors in which they should and should not participate. The students learn to refine their critical thinking skills to avoid unsafe situations, analyze health information and products, and maintain healthy relationships. The students are also provided with the opportunity to have an active role in the learning process, a role which allows them to become partners in maintaining and improving their personal level of wellness.

### Units:

Health is broken down into 6 different units: You and Your Health, Nutrition, Tobacco, Alcohol & Drugs, Growth & Development, and Diseases. We will be wrapping up the first unit at the end of this week and beginning nutrition next week.

### Homework:

There won't be too much homework in this class, outside of studying, but there will be some projects along the way that may need to be done at home.

### Supplies:

Your student has been asked to keep a spiral for my class. This stays in the class, except for study nights. This is to teach organization and to ensure that your student has their supplies when they make it to class.

### Edmodo:

My Edmodo website will be periodically uploaded with updates and quiz/test dates. As stated previously, homework isn't going to be too much of an issue, but if I do ever assign any, it will be listed here as well.

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Conference Period: M, T, TH, F: 12:20 – 1:10    W: 12:40 – 1:25