



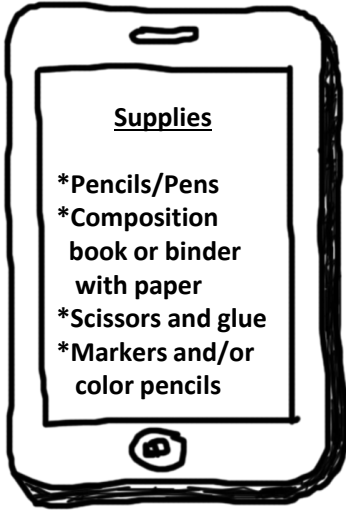
# CCJHS Health

2019 - 2020

with Mrs. Schmitt

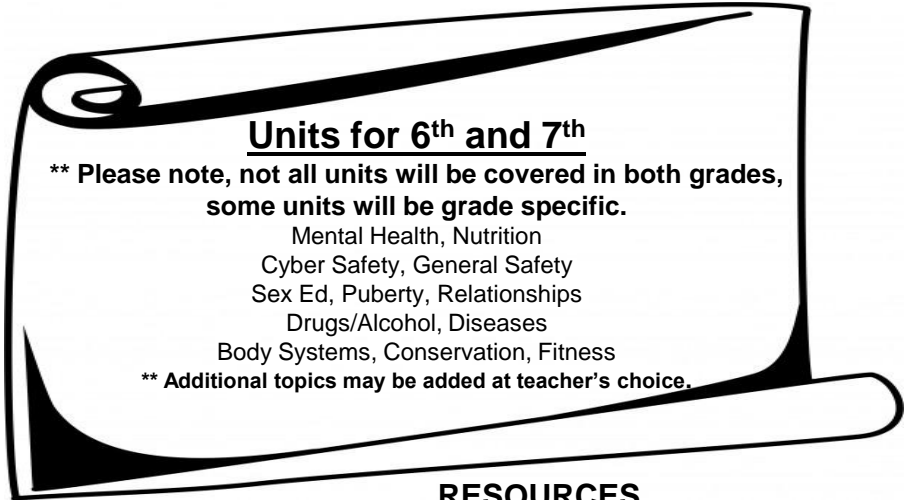


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#CCJHSEaglePride



### Supplies

- \*Pencils/Pens
- \*Composition book or binder with paper
- \*Scissors and glue
- \*Markers and/or color pencils



### Units for 6<sup>th</sup> and 7<sup>th</sup>

**\*\* Please note, not all units will be covered in both grades, some units will be grade specific.**

- Mental Health, Nutrition
- Cyber Safety, General Safety
- Sex Ed, Puberty, Relationships
- Drugs/Alcohol, Diseases
- Body Systems, Conservation, Fitness

**\*\* Additional topics may be added at teacher's choice.**

### RESOURCES

Various books, videos, websites, and magazines may be used to supplement some topics. Please contact Mrs. Schmitt if you would like additional information on supplemental materials used during class.

→ If you can provide these additional classroom supplies for our classroom that would be wonderful:

- Kleenex
- Lysol wipes
- Post it notes
- White drawing tablet paper (1 pack or tablet)

### Additional Information

\* Fitness will be incorporated into Health class. This may be indoor or outdoor. The students will be doing strength exercises and moderate to vigorous cardio exercises.

\* Please contact Mrs. Schmitt for questions regarding anything in this syllabus or class.

\* This syllabus is subject to change at any time.



## EXPECTATIONS

Bring materials to class.

Make smart choices.

Respect others and materials.

Listen to teacher instruction.

Do your best work.

Participate!

By signing below, I have read and understand all items in the CCJHS Health syllabus.  
**Please cut this section off and return signed.**

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Student

\_\_\_\_\_  
Date