

Syllabus

Teacher Info:

- Name: Ms. Litteken,
- Email: taylor.litteken@slps.org

Description:

- Welcome to Health! In this course you will learn how your mental health is the basis of a positive well-being. We will be getting personal, talking about mental, physical, and social health.

Expectations:

- Students are to follow Rules and Procedures of the classroom.
- Bathroom
 - 1 student at a time with the hall pass
- No electronics unless given to you by the district
 - I will take your phone if I see it and will take it to the office
- Talking loud and yelling will not be tolerated in my class
- Profanity will not be tolerated
- Students will be seated unless instructed otherwise
- All expectations will be posted around the classroom

Goals:

- Students are expected to come to class prepared.
- Students will understand how mental health impacts every area of our lives
- Students will be able to understand and use effective communication skills
- Students will understand what it means to respect themselves and others
- Students will learn and understand the importance of healthy habits to maintain a healthy lifestyle

Course Materials:

- A notebook will be provided to you

- Bring a writing utensil
- Ipad/device charged

6 th Grade	7 th Grade	8 th
Advisory-7:05-7:20	Advisory-7:05-7:20	Advisory-7:05-7:20
Period 1-7:23-8:47	Period 1-7:23-8:47	Period 1-7:23-8:47
Period 2-8:50-10:14	Period 2-8:50-10:14	Period 2-8:50-10:14
Lunch-10:19-10:49	Period 3-10:19-11:01	Period 3-10:19-11:43
Period 3-10:54-12:18	Lunch-11:06-11:36	Lunch-11:48-12:18
Period 4-12:22-1:46	Period 3-11:39-12:18	Period 4-12:22-1:46
Period 5-Advisory-1:50-2:07	Period 4-12:22-1:46	Period 5-Advisory-1:50-2:07
Office Hours: 11:46-12:20	Period 5-Advisory-1:50-2:07	

Class Schedule: (Subject to change)

Week 1: Rules and Expectations

Week 2: Intro to Mental Health and why expectations and Rules are needed

Week 3: Mental Health and Review of Rules and Expectations

Week 5-9: Mental Health into Social Health

Week 10-12: Physical Health

Week 13-14: Healthy Habits

Week 15-end of semester: Drugs, Alcohol and other Health information

~We will discuss body systems, mental illnesses and how everything circles back to mental health throughout each unit!