Appendices







Bonduel Middle School

**7th Grade**

**H****ealth**

To: Parents or Guardians of Health Students

From: Health Teacher

RE: Health Curriculum at Bonduel Middle School

Health Education integrates the physical, social, emotional, and intellectual capabilities necessary for the development of the whole person. The aim of Health Education is to motivate individuals to actively protect, maintain, and improve their quality of health. The curriculum emphasizes the value of health through an awareness of personal health practices and reinforces positive lifestyle goals. Finally, Health Education strives to develop the skills necessary to make health decisions for the benefit of individuals and their communities.

During the quarter the following topics will be covered:

**Emphasis:** Physical, social, and mental-emotional health

**UNIT 1**

**Health and Wellness Introduction:**Wellness/Health Definition
Health Triangle

Goal Setting

SOS/ACT

**UNIT 2**

**Tobacco Unit:**

Forms of Tobacco

Secondhand Smoke

Harmful Short and Long Term Effects

Addiction

Peer Pressure

Making Good Decisions

**UNIT 3**

**Alcohol Unit:**

Harmful Short and Long Term Effects

Laws and Penalties for Illegal Use

Impaired Judgment and Consequences

Alcoholism/Addiction

Peer Pressure

Making Good Decisions

**UNIT 4**

**Drug Unit:**

Prescription and Over-the-Counter

Types of Illegal Drugs

Harmful Short and Long Term Effects

Addiction

Laws and Penalties for Illegal Use

Drug Research Peer Project

**UNIT 5**

**Human Growth and Development Unit:**

Puberty

Male and Female Reproductive Anatomy

Fertilization

Pregnancy/Stages of Fetal Development

Labor and Childbirth

Sexually Transmitted Infections (STI’s)

HIV/AIDS

Abstinence and Contraception

**UNIT 6**

**Nutrition**:
Food pyramid
Balanced Diet

Gain/Lose Nutrition Choices

Healthy Weight
Body Image & Eating Disorders

**Health Current News:**
Article Reviews

During 7th Grade Health, a unit of Human Growth and Development is taught in order to promote accurate and comprehensive knowledge in this area. As well as, responsible decision making that will help to support and enhance the efforts of parents to provide a moral guidance to their children. Parents are given the option to have their son/daughter exempt from the Human Growth and Development unit. To have a student be exempt parents will need to fill out the information below.

Thank you,

Health Teacher

Please sign below and your son or daughter will return to me letting me know that you had an opportunity to view our curriculum.

\_\_\_\_\_\_\_ My son/daughter has permission to participate in the Human Growth and Development unit.

\_\_\_\_\_\_\_ My son/daughter does NOT have permission to participate in the Human Growth and Development unit.

Print Student Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Bonduel High School

**9th Grade**

**Health**

To: Parents or Guardians of Health Students

From: Health Teacher

RE: Health Curriculum at Bonduel High School

Health Education integrates the physical, social, emotional, and intellectual capabilities necessary for the development of the whole person. The aim of Health Education is to motivate individuals to actively protect, maintain, and improve their quality of health. The curriculum emphasizes the value of health through an awareness of personal health practices and reinforces positive lifestyle goals. Finally, Health Education strives to develop the skills necessary to make health decisions for the benefit of individuals and their communities.

During 9th Grade Health, a unit of Human Growth and Development is taught in order to promote accurate and comprehensive knowledge in this area. As well as, responsible decision making that will help to support and enhance the efforts of parents to provide a moral guidance to their children. Parents are given the option to have their son/daughter exempt from the Human Growth and Development unit. To have a student be exempt parents will need to fill out the information below.

Thank you,

Health Teacher

Please sign below and your son or daughter will return to me letting me know that you had an opportunity to view our curriculum.

\_\_\_\_\_\_\_ My son/daughter has permission to participate in the Human Growth and Development unit.

\_\_\_\_\_\_\_ My son/daughter does NOT have permission to participate in the Human Growth and Development unit.

Print Student Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_