

Health 9

Ms. Prosser Course Outline

2025-2026

Welcome! I am looking forward to the new school year and getting to know each one of you. I hope my classroom will be an engaging, comfortable and enthusiastic place where you can come to learn valuable, lifelong lessons. My goal is to provide you with challenging, yet positive experiences that will cause you to think critically and motivate you to find success in your learning.

In order to ensure the following year is a successful one for you, please take a moment to read this document thoroughly. **You are responsible for your own learning, be involved, aware and come to class prepared.**

Course Overview:

The Grade 9 Health course focuses on empowering students to make informed decisions that positively impact their physical, mental, and social well-being. This course emphasizes personal responsibility, the development of life skills, and the exploration of issues relevant to adolescents. Students will gain a deeper understanding of health topics, such as substance abuse prevention, mental health, sexual health, and building healthy relationships. The course also prepares students for the transition to high school by equipping them with the knowledge and skills needed to navigate more complex social and personal challenges.

Course Objectives:

By the end of the course, students will:

- Maintain Mental Health and Wellness: Develop strategies to manage stress, build resilience, and seek help when needed.
- Prevent Substance Abuse: Understand the risks of alcohol, tobacco, and drug use, and develop skills to resist peer pressure.
- Make Informed Sexual Health Choices: Learn about reproduction, contraception, and STIs while making responsible decisions regarding sexual activity.
- Build Healthy Relationships: Foster communication, respect, and trust in relationships while recognizing and addressing unhealthy behaviors.
- Practice Digital Citizenship: Promote responsible online behavior, address cyberbullying, and ensure privacy and safety in digital interactions.
- Enhance Personal Safety: Learn strategies to stay safe, practice first aid, and understand the legal implications of personal decisions.

Overview of Units:

Unit 1: Wellness Choices (Personal Health, Safety & Responsibility)

This unit focuses on advanced concepts of personal wellness and health, integrating physical, mental, and emotional aspects. It emphasizes critical thinking and personal responsibility in maintaining and improving wellness.

Unit 2: Relationship Choices (Understanding & Expressing Feelings, Interactions, Group Roles & Processes)

This unit explores the complexities of relationships in various contexts, including friendships, family, and romantic relationships. It addresses communication, conflict resolution, and the impact of societal expectations.

Unit 3: Life Learning Choices (Learning Strategies, Life Roles & Career Development, Volunteerism)

This unit encourages students to prepare for future personal and professional goals, focusing on career exploration, goal setting, and the importance of lifelong learning. It also emphasizes community involvement and personal growth.

Unit 4: Human Sexuality

This unit provides an in-depth exploration of human sexuality, including the physical, emotional, and social aspects. It addresses issues of sexual health, consent, and respect for diversity.

(*Parents/Guardians will retain the right to exempt their child from school instruction in human sexuality education)

Resources and Materials:

- Alberta Health Curriculum Guides
- Educational videos and online resources
- Guest speakers (e.g., nutritionists, mental health professionals)
- Hands-on activity materials (e.g., health-related games)

Classroom Expectations:

- Respect for self and others.
- Active participation in discussions and activities.
- Timely completion of assignments and projects.
- Adherence to classroom safety guidelines, especially during hands-on activities.

Assessment and Evaluation:

Assignments and Projects: 80%

Class Participation and Engagement: 20%

Course Calendar:

September: Personal Health

October: Safety & Responsibility

November: Understanding & Expressing Feelings

December: Interactions, Group Roles & Processes

January: Learning Strategies

February: Personal Health

March: Life Roles & Career Development

April: Volunteerism

May: Human Sexuality

June: Importance of living a physically active lifestyle

Google Classroom:

Google Classroom is updated regularly in Health 8 to keep students informed on what was taught. Parents, please note, once students are populated into Google Classroom, you will receive an invite via email to follow along with what they are doing where you will also find an electronic copy of this course outline, and upcoming assignments.

Google classroom is accessible from ANY device that has the internet, this includes cell phones!

PowerSchool:

PowerSchool is kept up to date with students' progress in my classroom. You may see scores, if something is missing, late or incomplete at any time. In grade8, I expect students to be accessing their own PowerSchool often to understand where they stand in my class.

<https://www.prsd8.ca/public/home.html>

Late Policy:

Enter the room quietly, place your cell phone in the basket and head to your desk **without** disrupting my teaching or your classmates working. Take a look at what we are doing and join in. If you do not know what we are doing, hold on, I'll get to you when I can take a break and catch you up. Chronic lates will result in an at lunch or after school detention and possible further disciplinary action by the school.

Cell Phones:

Upon entering my classroom, there is a cell phone basket where you will be required to place your phone, handheld gaming devices, iPads or similar devices into if they have not been left in your locker. Earbuds, iPods or similar are not allowed in your ears. Occasionally I will allow you to listen to music on your chromebook only, I will let you know, do not ask. These are school wide policies.

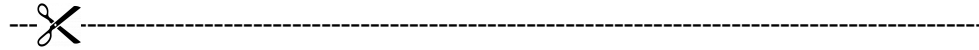
If you have any questions, please feel free to contact me and I will get back to you in a timely manner!

Ms. Kristy Prosser

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(403) 548-3951

Please acknowledge your understanding of the course outline by signing and return the bottom portion.



Class: _____

Student Name: _____

Student Signature: _____

Parent/Guardian #1:

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Best contact number: _____

Best contact email: _____

Parent/Guardian #2:

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Best contact number: _____

Best contact email: _____

Main contact for student celebrations/questions/concerns (please check):

- Parent/guardian contact #1
- Parent/guardian contact #2
- Contact both parents/guardians