

Health 8

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 8 Health course aims to equip students with the knowledge, skills, and attitudes needed to make informed decisions about their health and well-being. The course focuses on personal health, relationships, safety, and community engagement, encouraging students to develop a positive self-image and healthy interpersonal relationships.

Course Objectives:

By the end of this course, students will:

- Understand the components of health and well-being and apply strategies for maintaining physical, mental, and emotional health.
- Develop a positive self-image and self-esteem by critically evaluating media influences and practicing body positivity.
- Build and maintain healthy relationships through effective communication, resisting peer pressure, and practicing safe online behavior.
- Enhance personal safety and make informed decisions about substance use and risk management, including basic first aid skills.
- Recognize the importance of community involvement and actively participate in volunteer activities that contribute to the well-being of others.

Overview of Units:

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

This unit builds on the foundation of personal health and wellness, with a deeper dive into managing health and lifestyle choices. It emphasizes holistic well-being, including physical, mental, and emotional health.

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

This unit continues to explore the dynamics of relationships, focusing on deeper understanding and more complex social interactions. It covers building and maintaining healthy relationships, addressing peer pressure, and developing social skills.

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

This unit encourages students to further explore personal development, career planning, and community involvement. It emphasizes setting and achieving personal goals and understanding the pathways to various career options.

Unit 4: Human Sexuality

This unit provides a comprehensive understanding of human sexuality, focusing on the emotional, social, and ethical dimensions of sexual health. It builds on earlier knowledge and addresses more complex aspects of sexuality and relationships.

(*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.

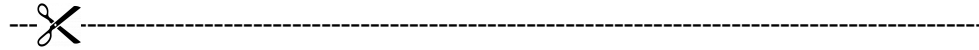
If you have any questions, please feel free to contact me and I will get back to you in a timely manner!

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