

Health
Mr. Parker
2017-2018
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Mission Statement

All Saints Catholic Academy is committed to providing the highest quality Catholic education emphasizing faith formation and academic development within a safe and compassionate learning environment.

This Health class will cover a variety of topics that will help students understand and learn about themselves and how to make choices that lead to a healthy and well life. Throughout the year topics that will be covered are:

- Health and Wellness
- Making healthy choices
- Physical fitness and your health
- Physical activity
- Nutrition
- Personal Health
- Proper food choices
- Stress Management
- The human body
- Peer relationships
- Drugs and alcohol
- The life cycle

For 8th graders their grades will be broken down into four categories; in class participation, homework, class quizzes, and class projects. There will be a midterm and a final. The midterm is at the end of the second marking period, the final at the end of the fourth.

- Tests, quizzes, and projects are worth 50%
- Homework and Class Participation are worth 50%

For grades 4-7, you will be graded on class participation (50%) and homework assignments, and quizzes (50%). 25% of your health grade each quarter will be averaged into your Physical Education grade. There is no midterm or final for 4th and 5th grade, 6th and 7th do have to take a midterm and a final.

****Class participation is graded through in-class discussions, class journals, and class readings**

Students should bring their textbooks to class every time we meet along with their class notebook/journal. If there are any questions regarding Health class, do not hesitate to ask me.