

HEALTHY LIVING 7

Degrassi Junior High Edition

Everybody Wants a Good Grade— So Never Give Up!

Module 1: Healthy Self (Season 1)

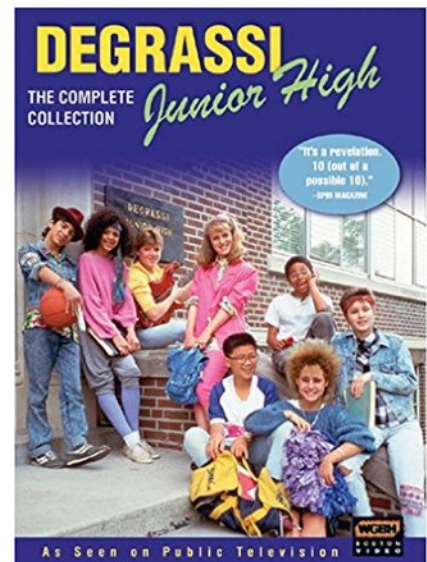
- Goal Setting, Body Image, Oral Health, Identifying Strengths and Weaknesses
- Sexual Health, Substance Abuse, Mental Health
- Creating a Lifework Portfolio
- 35%

Module 2: Healthy Communities (Season 2)

- Provide leadership among peers and younger children
- Understanding positive and negative aspects of social networking and mobile devices
- Examine sport, both organized and recreational and how it can be used to benefit you.

Course Overview

The grade 7 program is aimed at encouraging students to live a healthy lifestyle through the critical examination of issues and topics that are important to them. All students will have the opportunity to gain the knowledge, skills and attitudes needed to improve and maintain their quality of life through active, healthy living. In order to create a more engaging program, students will study these issues from the platform of the 1987 CBC show “Degrassi Junior High”. Assignments, discussions, and projects will be connected to the story lines of memorable characters. Their issues, ironically enough, which are the same issues of teens of today will be examined objectively to find healthy solutions to the their problems.



Module 2: Healthy Relationships (Season 3)

- Describe different types of relationships and examine how to end negative relationships
- Examine methods for contraception and the benefits and disadvantages of each
- Create an understanding of what “Peer Influence” is
- 30%

Character Wall:

- Main characters from the show that are studied will have portraits posted on the wall. Throughout the year students will be asked to stand next with the character they feel best represents them and their struggles at that time.

Classroom Expectations

- Come to class prepared with learning materials
- Be respectful of other people’s views and beliefs
- Respect the provincial policies on language, attendance and assignment completion
- Have an open mind, and always try.

Staying in Touch

Students are encouraged to seek help whenever they feel they need it. I can easily be reached through email, and assignments and class notes can be found on the course website. Parents will be updated via a class newsletter periodically. Student ownership of their academics success is important; I am there to help you along the way. Keep up with your progress by talking with me, and checking on power school through the link on the school website. (ngrhs@ednet.ns.ca)

Class Assessment

Each unit will be comprised of a variety of assessment strategies. (written assignments, creative works, technology based assessments, oral interviews, and class “fishbowls”). The preliminary assignments of each unit will be aimed at ensuring a student understanding of key concepts of that outcome (For Learning), while latter assignments will allow for student choice in representing their critical understanding of these concepts and how they relate to the “bigger picture.” Each unit will conclude with a final assessment administered in a one class period to ensure outcome comprehension for that unit.

****All Assessment During Learning** assignments can be redone within a 1 week window of the assignment being passed back.