



I. Key Message/Expectations

- ❖ **Regular attendance** – To be successful, students must attend classes and complete the work associated with learning the concepts and skills of the course. The student is responsible for getting notes and doing the work that was assigned if they are absent/late. If the student knows that they will be away, please notify the teacher so the student can pick up their work, so they do not fall behind.
- ❖ **Arrive on time/ Be prepared** – It is expected that you are at your desk ready to start class when the bell rings at 2:09. If you are unable to avoid being late, please enter the classroom with a minimum of disruption. Handouts and notes are to be kept in order in a binder.
- ❖ **Cell phones - Electronic Devices that Access a Mobility Network**
 - Students will be able to access Chromebooks for academic purposes only during class time. These are only to be used when instructed by your teacher.
 - Personal mobile devices will be kept in students' lockers from the first bell until the last bell, except during lunch hour or scheduled breaks- *an exception will be made for students with a diagnosed medical condition or an identified inclusive educational need.*
 - Personal mobile devices may be used appropriately during the lunch period and must be returned to students' lockers at the end of the lunch period.
 - Personal mobile devices may not be brought into the washrooms or locker rooms at any time.
 - Unauthorized use of Mobile Devices in class will be dealt with in the following manner:
 - 1st Offense:** Phone taken for the day.
 - 2nd Offense:** Phone taken for the day. Parent/guardian will be notified.
 - 3rd Offense:** Phone taken for the day. Parent/guardian will be notified, and must come into the school to pick up the cell phone.
 - 4th Offense:** Phone turned into the office at the beginning of each day and returned at the end of each day for a time period determined by administration.
 - Further Offenses:** To be determined.
- ❖ **Work Habits** – It is expected that the student use their class time to the best of their abilities for the whole period of every class. Respectful behavior is a necessity for all members of the class and shall be reciprocated. I will be available during class as well as during success to help explain and work through problems and issues when asked.
- ❖ **Attitude** – Another necessity for this course is cooperation and accountability. You are responsible for keeping up with the work, asking for help if needed, and completing assignments.

II. Course Overview

Health and life skills involve learning about the habits, behaviors, interactions, and decisions related to healthy daily living and planning for the future. It is personal in nature and involves abilities based on a body of knowledge and practice that builds on personal values and beliefs within the context of family, school, and community. In an environment of acceptance, understanding, respect, and caring, students in the health and life skills program can learn to acknowledge and express personal feelings and emotions, as well as to appreciate the strengths and talents of self and others. There are opportunities for students to accept and appreciate diversity and the uniqueness of self and others in our global society. This program emphasizes healthy interactions and values, such as integrity, honesty, and trust, that underlie safe and caring relationships. Friendship skills are developed and then extended to incorporate skills for working in groups. Such skills include conflict management, consensus building, negotiation, and mediation.

III. Scope and Sequence

Students will be assessed in 4 different categories;

Communications: This will be a part of most classes and will include proper writing and typing skills so that students can communicate effectively in our digital world.

Be Ready: Focusing on Organization and Safety will prepare students for upcoming challenges.

Be Assured; Focusing on being confident in themselves, and includes sections on Human Sexuality.

Be Yourself: Focusing on thoughts, feelings, and outside influences gives students time to assess themselves and what they need to grow.

IV. Teaching Methodology

Discussions, lectures, presentations, group and partner work. Videos, self-reflection, and regular check-ins with students to assess their learning needs.

V. Assessment

Projects/Major Assignments/Quizzes: 70%

Minor Assignments: 20%

Daily Assignments/Presentations: 10%

Marks will be updated on PowerSchool. For information on how to access PowerSchool, please contact the school.

VI. Resources

Students should be coming to class on time with a folder or binder with pens/pencils and paper.