



# Helena Middle School

## 7<sup>th</sup> Grade Health/Life Skills

Dear Parents/Guardians/Students,

Please take a moment to read this letter. We have an amazing opportunity to develop the skills in our students of understanding the basics of making healthy behavior choices and life skills to use every single day throughout our life. Our program is aligned in accordance with the Montana State Standards for Health Enhancement and Family and Consumer Sciences. At HMS, our main goal is for each and every student is to have the confidence and understanding to use these skills to better enhance their own life, and the life of others. Thank you for your support and cooperation in helping us achieve the goals for this program so that all students can be successful!

**Overview:** The focus of this class is to educate students on how to use real-life application of health skills to apply what they learn in class toward practicing healthy behaviors and choices for a lifetime.

### **Expectations:**

1. **Be Respectful** - Respect the right of others and the rights of others to learn. Respect school property, staff and other students at all times.
2. **Be Responsible** - Be on time and prepared to work and learn. Bring a pencil or pen and a notebook to class. Be productive and complete all assignments on time. Keeping track of your own belongings.
3. **Be Safe** - Follow all directions completely and immediately the first time. Use appropriate behavior and appropriate language. For the safety of others and ourselves, it is imperative we are following all safety rules when we are in the classroom and lab stations.
4. **Be a Learner** - Come to class with the attitude for change. Change as in the mindset there is always something to improve on to better ourselves for a healthier life.
5. **HAVE FUN!**

### **Grading and Responsibilities:**

1. Bring ALL supplies (Chromebook) needed to be successful in class.
2. Every assignment will be turned in on Microsoft TEAMS
3. Ask for help when you need it! This year more importantly than ever, please ask for help!
4. Come prepared with your work done on time and ready to turn in.
5. Accept responsibility for grades and other consequences.
6. Grades will be represented through Notes, Assignments/Projects, and Formative/Summative Assessments.

7. **Missing Assignments:** If there is a missing assignment it is the students responsible to contact me through Teams letting me know that they turned in something late. If the student never contacts me it is difficult to know what is being turned in once it is late.

### **Final Thoughts:**

- Check Helena Middle schools Website for posted weekly updates on what we are learning about. Along with what will due each Friday.
  - <https://hms.helenaschools.org/teachers/bnicholson/>
- Office Hours for students to easily get ahold of me for a quick response:
  - Monday – Tuesday: 1:45 – 2:50
  - Wednesday: 10:30 – 2:50
  - Thursday – Friday: 1:45 – 2:50
- How to contact me:
  - Students – Teams Chat
  - Parents – [bnicholson@helenaschools.org](mailto:bnicholson@helenaschools.org)

Thank you for taking the time to read our Health Syllabus here at HMS to further understand your student's expectations/responsibilities every day and how students will be graded. Please remind your student to complete the other document attached so they can receive points for their first assignment of the year.

I look forward to teaching your child through this crazy upcoming year.

- Mr. Brayden Nicholson