



# Health 7/8/9

## Important Course Information

Health and life skills involve learning about the habits, behaviors, interactions and decisions related to healthy daily living and planning for the future.

The [Alberta Program of Studies](#) determines what students are expected to learn in health courses. These expectations are called learning outcomes. The learning outcomes are organized into the following strands:

Strand	Time Period
<b>Life Learning Choices:</b> <ul style="list-style-type: none"><li>• Learning Strategies</li><li>• Life Roles and Career Development</li><li>• Volunteerism</li></ul>	Sept - Nov
<b>Relationship Choices</b> <ul style="list-style-type: none"><li>• Understanding and Expressing Feelings</li><li>• Interactions</li><li>• Group Roles and Processes</li></ul>	Nov - Jan
<b>Wellness Choices</b> <ul style="list-style-type: none"><li>• Personal Health</li><li>• Safety and Responsibility</li></ul>	Jan - May
<b>Cumulative Project (Review) or Human Sexuality*</b> (Students choose 1 or the other)	May - June

\*Human Sexuality Education Human sexuality education is offered in Grade 4 to Grade 9 as a mandatory component of the program of studies. All human sexuality outcomes have been bolded and italicized to assist in identification of these outcomes. Parents will retain the right to exempt their child from school instruction in human sexuality education. Schools will provide alternative learning experiences for those students who have been exempted from human sexuality instruction by their parents.

## Learning in an Online Environment

This course is delivered to you in an online environment. You will access your class through Google Classroom. You can look forward to using resources such as interactive multimedia and the Internet for various activities. Computer simulations, multimedia, graphics, and electronic information will also be available to support your learning. Recording video or taking pictures of others without consent is not permitted. Respectful behavior and language transfers to anything posted in Google Classroom.

## Required Materials

Ensuring you are set-up to learn in an online environment helps lay the foundation for your success in this course. Key items include: a headset (blocks out external noise), and a laptop (second monitor optional).



## Assessment

Marks will be available for students and parents to view on PowerSchool. You will need your Username and password. If you are not sure what these are, please contact our [main office](#).

The Health 7/8/9 marks consists of summative assessments (assignments, quizzes, projects) taken throughout the year. There will also be formative assessments - practice work to allow students to see how well they know the outcomes and prepare for the summative assessments.

Assessment Component		Individual Weightings	
Coursework	Assignments	80%	
	Tests/Projects	20%	

## Additional Information and Expectations

All students and staff are expected to treat each other with respect. Please refer to the Class Expectations that were created together and agreed upon in the Google Classroom. For more information, please refer to our [website](#).