

**Mr. Ramirez
CCHS Health Teacher**

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Health Class:

Students can follow along each week the work we will do in class on our weekly agenda posted in google classroom.

Students will have their own unique login credentials. Students will take tests on this website as well. All other work will be submitted on google classroom. Please continue to utilize infinite campus as all grades/assignments will be updated throughout the week.

What will be covered in this class: Stress management, peer pressure, body systems, drugs & alcohol, nutrition, physical fitness, CPR and first aid, mental health, diseases, and sex-education including sexually transmitted diseases.

I will be available with any questions and concerns Monday through Friday from 8 AM-3:20 PM. The best way to contact me is through email for a prompt response.

Take care out there, and please let me know if you have any questions.

Mr. Ramirez