

8th Grade Health Education

Helen Keller Middle School

Dear Parents/Guardians,

All HKMS students will take Health Education as part of their curriculum. The classes will meet every day for 1 trimester (60 days). The topics that we will discuss include the following:

- **Community and Environmental Health:** Students will discuss various ways the environment can affect a person's health. They will use a variety of communication skills to advocate for public health concerns that affect society.
- **Alcohol, Tobacco and Other Drug Prevention:** Students will discuss a variety of topics surrounding the use and effects of marijuana. They will develop personal health strategies that have a positive impact on family, friends, and society. They will use the decision making model to advocate against marijuana use.
- **Family Life/ Sexual Health:** Students will review the anatomy and physiology of the human body and fetal development and realize the effects of peer pressure on decision making. Students will discuss healthy relationships and the benefits of abstinence. Students will explain the transmission of HIV and the importance of assuming responsibilities for personal health decisions. **In accordance with the State Statutes (C.G.S. 10-16e and P.A. 88-112), parents who wish to exempt their children from AIDS and/or Family Life Education can do so by submitting a written request to the building principal.** It is our strong recommendation that all students receive this education.
- **Injury Prevention:** Students will discuss ways to avoid and manage conflict through conflict resolution techniques and develop strategies to avoid or reduce unhealthy behaviors while promoting healthy behaviors.
- **Social Emotional Development:** Students will further develop their social-emotional wellness, with a concentration on conflict resolution skills through this program.

Grading:

Grades will be based on quizzes, homework, projects, class work, and habits of success.

Materials Required:

Students must bring with them to class every day the following materials: pens/pencils, a Health folder, blank paper, and a positive attitude towards Health.

Classroom Expectations:

- Students should come to class prepared, on time, with a positive attitude, ready to learn
- Respect yourself, teachers, students, school property, and other people's possessions
- Be an active member of the class who is responsible for their learning

If you have any questions regarding the curriculum or classroom procedures, please contact the P.E/ Health department: (203) 268-8651 ext 231 or using email: dbreyer@er9.org or ekovlakas@er9.org.

We look forward to a great year in Health.

Sincerely,
David Breyer and Libby Kovlakas

[Connecticut Health Education Standards](#)

