



Ms. Earley, 2023-24

OVERVIEW: The goal of [Healthy Living 7](#) and [Healthy Living 8](#) is to enhance students' ability to make safe and informed decisions as they increase their independence and navigate new risk scenarios. Students will learn in a youth-centered, safe, non-judgmental environment. In both Healthy Living 7 and 8, students will:

- evaluate how life skills influence physical, mental, emotional and spiritual health
- analyse how health behaviours (including nutrition and sleep) affect physical, mental, emotional and spiritual health
- reflect on the importance of mental health literacy.
- evaluate ways to access reliable sexual health information that positively impacts adolescent sexual and reproductive health.
- reflect on how relationships impact physical, mental, emotional and spiritual health
- reflect on the impact of substance misuse on adolescent mental health.

SCHEDULE: Students have Healthy Living 3 times in a two-week cycle.

STUDENT ASSESSMENT AND EVALUATION: Assessment will be based on conversations, observations, and products (projects and written assessments). Not all course materials will be on Google Classroom. You can check your child's real-time attendance, marks, and assessment schedule using the [PowerSchool Parent Portal](#).

METHODS OF COMMUNICATION: I hope to see you at Curriculum Night. Otherwise, do not hesitate to contact me by email (earleyh@hrce.ca) or phone (902 421-6758, extension 545 1215). If you have any concern, please reach out sooner rather than later, following the [parent concern process](#).

PROVINCIAL SCHOOL CODE OF CONDUCT: Students must follow the [Nova Scotia School Code of Conduct](#).

CELL PHONES: Phones must be in the student's locker, or placed in our "cell phone hotel." This is a school-wide expectation.

I look forward to teaching your child Healthy Living this year!

Ms. Earley