

# Healthy Living 8

Course Outline 2022-23

Ms. Earley

## **OVERVIEW:**

The goal of 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-centred, safe, non-judgmental, interactive, and conversation-based environment. In Healthy Living 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 will have Healthy Living 3 times in a two-week cycle (one or two times per week, depending on whether it is Week 1 or Week 2).

## **STUDENT ASSESSMENT AND EVALUATION:**

Assessment will be based on conversations, observations, and products (projects and written assessments).

## **METHODS OF COMMUNICATION:**

I hope to see you during the parent-teacher interviews. If you have a concern at any other time, please don't hesitate to contact me by email ([earleyh@hrce.ca](mailto:earleyh@hrce.ca)) or by phoning the school (902 493-5124), and I will phone you back.

## **PROVINCIAL SCHOOL CODE OF CONDUCT**

Students must follow the Nova Scotia school code of conduct which can be found [here](#).

## **CELL PHONES**

A cell phone is not required for Healthy Living 8. Phones must have notifications turned off and be out of sight. If a student needs to use a phone urgently, the student may ask permission to go to the office. Parents or guardians who wish to communicate with students during the school day (with the exception of lunchtime) must do so through the main office, 902-493-5124.

Healthy Living 8 also links nicely to our school garden project - only one reason why I am really looking forward to teaching this course!

Helen Earley