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Course: Healthy Living 7
 St. Agnes Junior High
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The Curriculum Focus

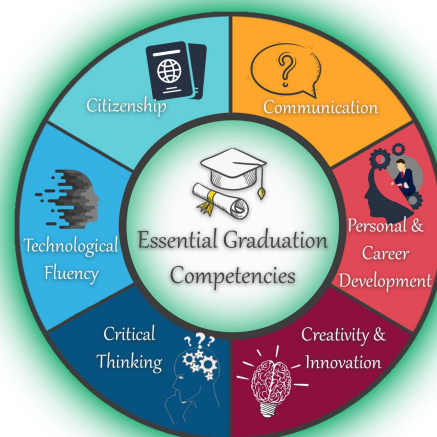
Connections	Relationships	Personal Health
<ul style="list-style-type: none"> ● Draw connections between life skills and physical, emotional, mental and spiritual health. ● Analyze the connection between health behaviours and physical, emotional, mental and spiritual health. 	<ul style="list-style-type: none"> ● The interconnectivity of physical, emotional, mental and spiritual health. ● Understanding the role of all elements of health that all play a role in creating a true "healthy self". ● Tactics for being a supportive peer in difficult situations. 	<ul style="list-style-type: none"> ● Sexual health and the effects of puberty. ● Depression & anxiety. ● The importance of mental health literacy. ● Stress management tactics. ● The effects that both legal and illegal substances have on the human body.

For a full rundown of the curriculum outcomes which students will be assessed on, please visit the following link: [Grade 7 Healthy Living Curriculum](#)

Evaluation:

This year in Nova Scotia, we are in year two of working with a renewed new curriculum in grade 7. Gone are the old outcomes which had become outdated and disconnected from the situations of modern society. In their place are a series of brand new outcomes which are focused on the real world issues that exist, and have existed, within our communities for many years.

The renewed curriculum is following an inquiry based model that focuses on student centered content and the core competencies. This allows



the students to have a better connection to the content and their learning along with it.

Healthy Living evaluation is a hybrid of in class activities, tests and student centered project based learning. I use multiple methods to gauge student understanding and performance which includes one on one conferences and class discussions in order to progress towards meeting the Healthy Living outcomes. I am a firm believer that academic growth does not end after an evaluation; therefore, if a student is not satisfied with a grade, they may meet with me to discuss how they can improve and will be given an opportunity to do so. I wholeheartedly believe in assessing an outcome or topic frequently and in a variety of different ways in order to ensure the most accurate level of understanding possible.

Students will be evaluated on a 1-4 scale for all work done in class. An evaluation of 1 or 2 indicates the degree to which the student has not met the outcome and an evaluation of 3 or 4 indicates the degree to which the student has met the outcome.

1. Limited: student is experiencing difficulty with content and concepts
2. Developing: student is developing knowledge of content and concepts
3. Proficient: proficient knowledge and understanding
4. In-Depth: in-depth knowledge and understanding

Achievement of Expected Learning Outcomes Grade 7

90 – 100%

The student demonstrates **excellent or outstanding** performance in relation to the expected learning outcomes for this course.

80 – 89%

The student demonstrates **very good** performance in relation to the expected learning outcomes for this course.

70 – 79%

The student demonstrates **good** performance in relation to the expected learning outcomes for this course.

60 – 69%

The student demonstrates **satisfactory** performance in relation to the expected learning outcomes for this course.

50 – 59 %

The student demonstrates **minimally acceptable** performance in relation to the expected learning outcomes for this course.

Below 50%

The student has not met minimum requirements in relation to the expected learning outcomes for this course.

For a further breakdown of how the evaluation will be broken down, please consult the following link:

<https://www.ednet.ns.ca/docs/studentassessmentpolicyen.pdf>

Content Highlights:

Students will be learning/covering the following items in Healthy Living this year:

- Mental health research project
- Magazine cover page featuring media misconceptions
- Stress management activities
- Stimulants vs depressants group project and presentation
- Depression and Anxiety common misconceptions
- Life skill portfolio creation
- Sexual health instructional book
- Class discussions
- Assortment of quizzes and kahoots
- Much more

My Google Classroom & Technology:

I maintain my google classroom where all electronic work can be found to complete. On this website, I post what we are currently doing in class, what is coming up and a wealth of writing resources. I take pride in providing an up to date website that provides both parents and students with easy access to the content in class. All students are registered in google classroom and should check it regularly. If a student ever needs extra help, all they need to do is ask for support and we can set up a time that works.

I look forward to a great year!

- Ashley Arnold