



# Healthy Living 9

## MS. JOHNSTON'S CONTACT INFORMATION:



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St. Agnes Junior High: (902) 493-5132

## Course Content:

This course will cover a wide range of topics related to three main units that make up the Healthy Living curriculum, **Healthy Self**, **Healthy Relationships** and **Healthy Community**. Through a balance of both group and independent based assignments and activities students will work towards developing an understanding of themselves, how they relate to their environment, and how they can advocate for themselves in order to live a positive and healthy lifestyle.

Class topics will include:

- Goal Setting
- Mental Health
- Physical Activity and Nutrition
- Sexual Health
- Addiction
- Career goals and Resume Writing
- Sexualization and Media
- Positive Community Involvement
- Digital Citizenship
- Coping with change

## Assessment & Evaluation

**Course evaluation will consist of a variety of both formative and summative assessments:**

**Formative Assessments** are assessments FOR learning. These are the day-to-day learning and practice activities that build successful attitudes, knowledge, and skills. Formative assessments will include note-taking/making, answering questions about texts and other media, homework exercises, participation in discussions, conversations, informal presentations, reflective writing activities, and planning & conducting investigations. These activities are used to guide each student's learning and to indicate success. Formative assessments are not used in reporting achievement.

**Summative Assessments** are assessments OF learning. These include assignments, projects, reports, presentations, quizzes, and tests which demonstrate learning outcomes or achievement. They are used to create a “mark” for reporting to parents, to the school board, and to the department of education.

**Students will be evaluated on a 1-4 scale for all work done in class:**

- 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

## **Class Expectations:**

**Respectful language and behavior are required** – this is a safe space, and there will be zero tolerance for those who attempt to make others feel uncomfortable or unsafe.

If a student thinks they cannot complete an assignment by the given due date, **it is their responsibility to contact me to arrange for an alternate due date *before* the assignment is due.**

## **Communication**

**Powerschool:** Marks will be posted throughout the year for students and guardians to stay updated.

**Google Classroom/Website:** All assignments and communications will be posted on our Google Classroom page so that students can access at all times. If students are absent this will be the location to find missed work!

In addition to scheduled Parent/Teacher meetings, curriculum nights and other formal communication opportunities, I am available for informal conversations and meetings. Please refer to the contact information on this handout if you have any comments, questions or concerns!

***Looking forward to a great year!***

- Kelsey Johnston