



Helena Middle School

7th Grade Health/Life Skills

Dear Parents/Guardians/Students,

Please take a moment to read this very important letter. We have an amazing opportunity to develop the skills in our students of understanding the basics of making healthy behavior choices and life skills to use every single day throughout their life. Our program is aligned in accordance with the Montana State Standards for Health Enhancement and Family and Consumer Sciences. At HMS, our main goal is for each, and every student is to have the confidence and understanding to use these skills to better enhance their own life, and the life of others. Thank you for your support and cooperation in helping us achieve the goals for this program so that all students can be successful!

Overview: The focus of this class is to educate students on how to use real-life application of health skills to apply what they learn in class toward practicing healthy behaviors and choices for a lifetime.

Expectations:

1. **Be Respectful** - Respect the right of others and the rights of others to learn. Respect school property, staff and other students at all times.
2. **Be Responsible** - Be on time and prepared to work and learn. Bring a pencil or pen and a notebook to class. Be productive and complete all assignments on time. Keeping track of your own belongings.
3. **Be Safe** - Follow all directions completely and immediately the first time. Use appropriate behavior and appropriate language. For the safety of others and ourselves, it is imperative we are following all safety rules when we are in the classroom and lab stations.
4. **Be a Learner** - Come to class with the attitude for change. Change as in the mindset there is always something to improve on to better ourselves for a healthier life.

Grading and Responsibilities:

1. Bring ALL supplies needed to be successful in class.
2. Ask for help when you need it!
3. Come prepared with your work done on time and ready to turn in.
4. Accept responsibility for grades and other consequences.
5. Grading will be point based. Points will be earned in a variety of different ways in class such as tests, quizzes, homework, projects, and daily participation points.
6. Missing assignments can always be turning in, but it is students' responsibility to come ask what they need to do.

Participation Points - These points will be awarded everyday based off the following

- Being on time to class
- Following all classroom expectations
- Participating/Paying attention to classroom discussions
- Come to class with a positive attitude willing to learn
- Turning in daily notes from discussion
- Points will be lost by violating any of the following rules

Final Thoughts:

Check Helena Middle Schools website for posted weekly updates on what we are learning about. Along with what will due each Friday.

- <https://hms.helenaschools.org/teachers/bnicholson/>

How to contact me:

- Students – Teams Chat or email
- Parents – bnicholson@helenaschools.org

Thank you for taking them time to read our Health Syllabus here at HMS to further understand your student's expectations/responsibilities every day and how students will be graded. I look forward to teaching your child this upcoming year.

- Mr. Brayden Nicholson