

Independent 8th Grade Health Class Syllabus

Teacher Contact:

Ms. Sue Swanson, PLMS (425) 837-5753 or swansons@issaquah.wednet.edu

District Contact:

Mrs. Joanne Griesemer, Teaching and Learning Dept. (425) 837-7626 or griesemerj@issaquah.wednet.edu

Course Requirements:

1. Complete the Independent 8th grade Health Registration Form
2. Pay \$120 class fee to your building Registrar. For special arrangements, contact your school Registrar. All payments must be paid in full by April 30, 2012.
3. Check-out an eighth grade Health textbook at your school from your school Registrar.
4. Attend the Class Orientation (this is for all students and at least one parent to attend)

Date: Thursday, September 22, 2011

Time: 6:00-8:00 pm

Location: Pacific Cascade Middle School Gym

5. Read the assigned chapters:

Chapter	Topic
1	Health and Wellness
2	Making Healthy Decisions
3	Stress Management
4	Managing Mental and Emotional Health
8	Eating Responsibly
14	Tobacco
15	Alcohol
16	Medicine and Illegal Drugs

6. Thoroughly answer all Lesson Review questions (not the end of chapter review questions) in complete sentences. Please answer the questions in one Microsoft Word document, include student name on each chapter and note which chapter and question you are answering.

7. Sign-up and Attend a FLASH and HIV/AIDS class.

Students may not attend without signing-up prior to the class. Since class space is limited to 25 students per session, students will need to sign-up to attend both Session 1 and Session 2 classes. To register, email Jamie McKinley mckinleyj@issaquah.wednet.edu with the following information: student name, school building and preferred dates. She will confirm which class you are signed-up for. All students need to sign-up by Friday, January 13, 2012.

Each class is four hours and fifteen minutes. Students are asked to bring their own snacks, beverages, and lunch/dinner. Students will need to arrive and stay for the whole class in order to receive credit for this class.

Session 1 (FLASH): Introduction to Sexual Education, Puberty, Reproductive System, Pregnancy, and Birth Control

Date	Time	Location
Thursday, February 9	4:15-8:30 pm	Issaquah Administration Building Boardrooms
Monday, February 13	4:15-8:30 pm	Issaquah Administration Building Boardrooms
Tuesday, February 14	4:15-8:30 pm	Issaquah Administration Building Boardrooms
Friday, March 9 2	4:15-8:30 pm	Issaquah Administration Building Boardrooms
Monday, March 12	4:15-8:30 pm	Issaquah Administration Building Boardrooms
Saturday, March 24	8:45-1:00 pm	Issaquah Administration Building Boardrooms

Session 2: STDs, Touch & Abstinence, Teen Parenthood, Defending Your Rights, Communication, and HIV/AIDS (1 hour)

Date	Time	Location
Tuesday, March 27	4:15-8:30 pm	Issaquah Administration Building Boardrooms
Saturday, March 31	8:45-1:00 pm	Issaquah Administration Building Boardrooms
Tuesday, April 3	4:15-8:30 pm	Issaquah Administration Building Boardrooms
Saturday, April 21	8:45-1:00 pm	Issaquah Administration Building Boardrooms
Monday, April 23	4:15-8:30 pm	Issaquah Administration Building Boardrooms
Tuesday, April 24	4:15-8:30 pm	Issaquah Administration Building Boardrooms

In order to excuse your child from the FLASH and/or HIV/AIDS education it is a state requirement to attend the district Parent Preview session on Tuesday, January 10, 2012 at 6:00 PM at the ISD Administration Building Boardroom A. Note: if a parent chooses to opt their child out of the HIV/AIDS portion this is only for part of Session 2. Those students would leave Session 2 one hour early.

8. Fulfill PE requirement.

Eighth graders who have registered for Independent Health must fulfill their Independent PE requirement by maintaining a Fitness Log that describes the student's physical activity, records a minimum of 75 hours of physical activity, and is verified by a parent. The Fitness Log is available for students to download and record their activity on the district website at: www.issaquah.wednet.edu/academics/Programs/healthPE.aspx. Please total the hours accumulated prior to submitting your Fitness Log.

The Fitness Log can be submitted with all the coursework to Sue Swanson no later than April 30th, 2012.

9. All materials must be **received by April 30, 2012**

Via email swansons@issaquah.wednet.edu or hard copy mailed to:
Ms. Sue Swanson
Pine Lake Middle School
3200 228th Ave. SE
Sammamish, WA 98075

Grading:

Pass/Fail grade will be posted at the end of the school year.

Contact information:

Joanne Griesemer, District Curriculum Specialist, griesemerj@issaquah.wednet.edu (425) 837-7626

- Class sign-up for FLASH and HIV/AIDS, answer questions about the course requirements

Sue Swanson, Class Teacher, swansons@issaquah.wednet.edu (425) 837-5753

- answers questions about curriculum content and instruction, grades assignments

Building Registrars (varies at each school)

- Class fee, textbook