

6th Grade Health/P.E.

Mr. Barry

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Object/Rationale: The 6th grade year is a time of many changes and decisions. Health is designed to help students learn about their changing bodies, to help them sort out emotions, to aid them in maintaining optimum health as a lifelong process, and to show students how to take responsibility for making healthy decisions.

Health is all about the student. Topics include real-life situations for teens. Units last two or three weeks, then we are onto something new! The topic areas are based on teen pressures and teenage risk behaviors:

1. **Mental Health:** Dealing with stress, depression, suicide; having empathy for others; violence prevention; positive self-esteem; handling peer pressures; making decisions; the importance of sleep; anger management; communication skills; conflict resolution skills, uncompromising values; dealing with bullies, understanding media literacy and more...
2. **Smoking / Vaping / Alcohol / Drugs:** Understanding the dangers of substance use and helping them learn how to be above the influence to use.
3. **Nutrition:** Balanced eating; understanding nutrients; reading food labels; the importance of exercise; the dangers of many diets and eating disorders
4. **Reproduction/Sexuality:** Understanding reproductive anatomy and related issues; preventing sexually transmitted infections (diseases) and pregnancy; recognizing healthy and unhealthy Relationships; birth control, abstinence, handling sexual abuse and assault, being safe, including internet safety. **(A lot more information to follow prior to this unit. Including an opt out form. This will be one of the last units we do so please don't stress but feel free to reach out with questions!)**

I hope to make a positive difference in your child's life! Keep in touch,

Mr. Ryan Barry

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Classroom Norms

NO CELL PHONES IN CLASS... PUT IT IN YOUR LOCKER OR PLACE IT IN THE DESIGNATED CELL PHONE SPOT IN THE ROOM.

No Earbuds

NO Backpacks

Tardy Policy - A student is considered tardy to class if he/she arrives at class before 50% of the class has been completed. If a student arrives at class after 50% of the class has been completed, the student is considered absent from class. Students may make up all work missed due to tardiness. Tardiness to class may have the following consequences:

- 1st - Tardy Verbal warning
- 2nd - Tardy Teacher detention/parent contact
- 3rd - Tardy Teacher detention/parent contact
- 4th - Tardy and above Office referral

Google Classroom Codes

- 1st Period: ft3ikoj
- 2nd Period: zvud5bg
- 5th Period: jt36v6o
- 7th Period: 6r7pubg