

WELCOM

to

Mrs. Curran's Health Class



Goal:

To provide a skills-based health curriculum that is relevant to all students and will empower them to make decisions and develop healthy habits that will enable them to live a healthy lifestyle.



Teacher Contact Information

Mrs. Curran

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Please don't hesitate to contact me with any questions!

Expectations

1. Be Safe
2. Be Respectful
3. Be Responsible

* Ask your student about the class norms we created together!

Curriculum

- Our Health Curriculum will follow the Massachusetts Comprehensive Health Curriculum Framework.
- You can find a link for the framework here: <https://www.doe.mass.edu/frameworks/health/1999/1099.pdf>

Grading

- 50% daily journal entry/ participation

- 50% unit projects



UNITS:

Nutrition

- What a healthy meal looks like.
- How to read a nutrition label
- Ways to limit added sugar

Reproductive Health

- Lowell Community Health Center will bring their Teen BLOCK program to Butler to cover this topic.
- Here is a link for more detail: [../././Lowell CHC HTHR Passive Consent Letter \(3\).doc](#)

Mental Health

- What is Mental Health?
- Strategies to improve all dimensions of health include social, emotion, and physical health.

Substance Abuse



- Dangers of substance abuse
- Substance Abuse vs Substance Use
- Strategies to deal with negative peer pressure
- Analyzing influences