Health Class

Coach Stephanie Kirvan

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# Dear Parents or Guardian,

My name is Stephanie Kirvan and I graduated from William Woods University with a degree in Physical Education/Health, a minor in coaching, as well as being eMINTS certified. This is my first year of teaching and I’m very excited to get this year started. My contact information is at the top of the page, so feel free to contact me at anytime of day and I will be happy to communicate with you.

Your child will be making decisions that impact his or her physical, emotional, mental and social health for the rest of their lives. The purpose of the Health education class is to provide students with the knowledge and resources they need to make responsible and well-informed decisions about their health. As the course progresses, students will be asked to explore their values, opinions and beliefs about health.

They will need a firm guidance from inside the classroom, as well as having support and guidance from home.

In this health class the students will be using computers daily to learn and explore different aspects of health. There are many tremendous programs that will help your child learn and grow, not only with health, but also with technology. The students will be monitored closely so they stay on track with the task at hand. Inappropriate websites are restricted from student use.

**I’m excited to get this year started!!**



Classroom Rules

1. Students should treat all of faculty and other students with respect at all times.
2. Students have to keep food and drinks away from the computer areas
3. Early is on time/On-time is late
4. Students should bring all material necessary for that days of learning
5. Be respectful
6. Students must follow all rules in the student handbook.

**A**—Always do your best

**T**—Think

**T**—Try Hard

**I**—Improve yourself daily

**T**—Tell the truth

**U**—Utilize time wisely

**D**—Do it now

**E**—Exercise good judgment

**Classroom Activities**

Week 1-2 \* Anatomy of the Human Body

Week 3-4 \* Diet and Exercise

Week 5-6 \*Smoking and Drugs

Week 7-8 \*Dating and Relationships

Week 9-10 \*Safety and Driving