

The Department's Educational Philosophy

Health education at the Raymond J. Grey Junior High School promotes the resiliency of its adolescent students. Health educators facilitate lessons that encourage positive decision-making with regard to physical, mental and social health. Students are challenged to examine both short- and long-term effects of health-related decisions. This knowledge is not only important for one's own personal health but also to assume a role in educating his/her peers. The ultimate goal is for adolescents to act independently in promoting their own health, seek resources when necessary, and contribute to public health issues.

Guiding Principles

- Evaluate progressively challenging health concepts.
- Assess risky behaviors and consider outcomes.
- Communicate concerns about personal health issues and seek resources.
- Promote safe and healthy habits within a variety of social environments.
- Utilize a collaboration of school services that promote health.

HEALTH EDUCATION: GRADE 8 HEALTH/FITNESS

Course Frequency: One quarter, meets every day

Credits Offered: N/A, Pass/Fail grade

Prerequisites: None

Background to the Curriculum

This course was developed by the Raymond J. Grey Junior High School Health Education Department as an eighth-grade exploratory. The course was reviewed by a health advisory committee. The Massachusetts Comprehensive Health Curriculum Framework (1999) was used as a guide for course revision. Currently, Life Skills is taught as one of five team courses for eighth-grade students.

Core Topics/Questions/Concepts/Skills

- Acquisition of knowledge through discussion and research.
- Evaluation of health resources.
- Decision-making to promote resiliency.
- Evaluation of outcomes for behavior
- Interpersonal communication skills
- Use of multi-media for presentation of health information

Materials and Resources

American Legacy Foundation. Truth. Anti-tobacco advertisement.

Austin, E.W. Reaching Young Audiences. In Maibach, E. & Parrott, R.L., Eds. Designing Health Messages. Thousand Oaks: Sage Publications, Inc., 1995.

Bronson Merki, Mary. Teen Health course 3. New York: Glencoe McGraw-Hill, 1999.

Boston Globe

Hales, Dianne. An Invitation to Health. Redwood City: Benjamin/Cummings, 1992

Heartsaver CPR. DVD. American Heart Association, 2006.

Media Sharp. VHS/lesson plans. Substance Abuse and Mental Health Services Administration, The Office on Smoking and Health, Centers for Disease Control and Prevention, The American Academy of Pediatrics, & National Education Association Health Information Network, n.d.

Multimedia Projects in Education. Englewood: Libraries Unlimited, Inc, 1998.

New England Cable News

Rescue 911. VHS. ABC Television.

Tortora, Gerard J. Principles of Human Anatomy. New York: HarperCollins Inc, 1992.

Turning Point. VHS. ABC Television.

Van Lieshout, M., Egyedi, T., Bijker, W. Social Learning Technologies. Hampshire: Ashgate Publishing, 2001.

WBZ Channel 4 News.

WCVB Channel 5 News.

WHDH Channel 6 News.