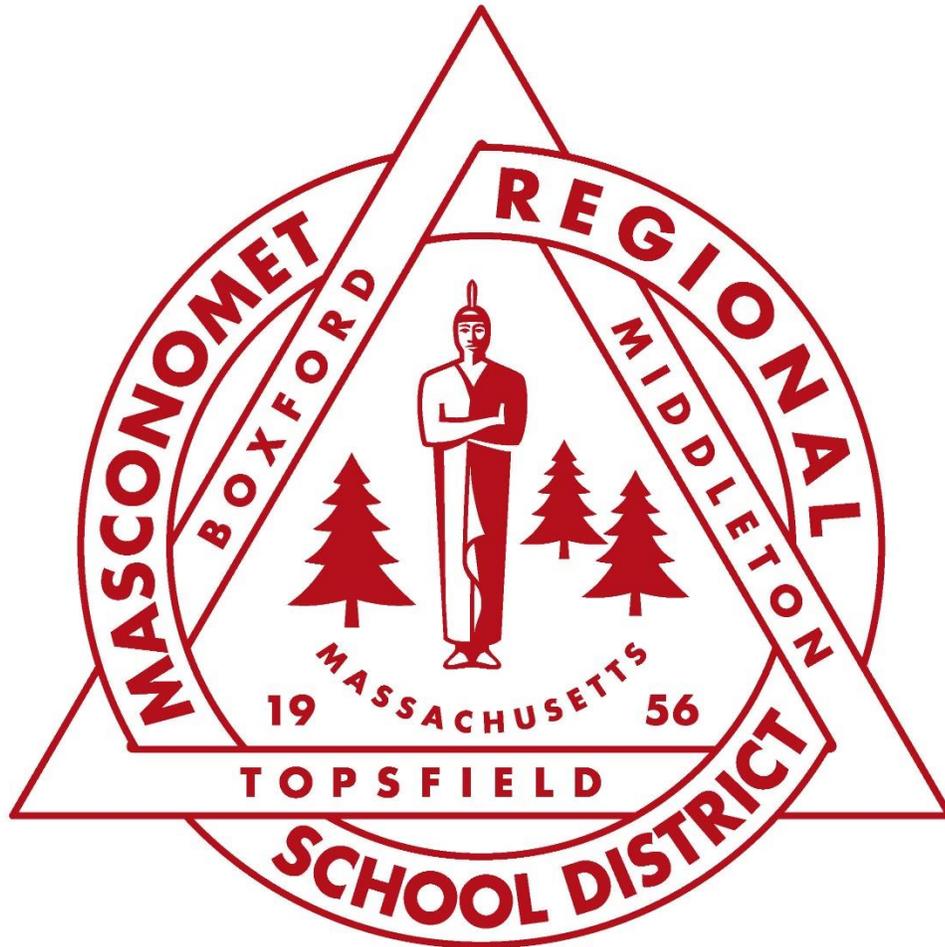


***MASCONOMET REGIONAL  
MIDDLE SCHOOL***



**PROGRAM OF STUDIES  
2021-2022**

This Program of Studies is designed to inform students and parents of the courses offered in the Middle School and to help you select those courses, where appropriate, that fit your needs and interests. Please carefully review all of the courses listed on the following pages.

Your teacher or guidance counselor will discuss the Program of Studies and the course selection procedure with you.

All students are required to enroll in certain courses or programs as noted. In a few cases, you may select from more than one course to satisfy the requirements.

# COURSE DESCRIPTIONS

The course descriptions provided below will help you plan your Middle School program. Each course is designed to meet the needs of our Middle School students.

## ENGLISH

### English - Grade 7

**Full Year-6 periods per cycle**

Seventh Grade English is a course emphasizing reading and literature, written composition, grammar and usage, spelling and vocabulary, and speaking and critical thinking skills. **The curriculum focuses on the essential question: “How can one person make a difference?”** With an emphasis on reading comprehension, students study selections from a variety of literary types: fiction, non-fiction, and poetry. Students write academic, creative, authentic, and personal/reflective compositions with a focus on purpose, audience, topic, and style. In grammar, emphasis is placed on sentence structure, correct usage, and mechanics. In addition, library orientation classes are provided through English classes.

### English - Grade 8

**Full Year-6 periods per cycle**

The goal of the eighth grade English program is to enhance the growth of communication skills in an environment that encourages students to read, write, listen, and speak. Structured literature lessons encourage students to expand their reading experiences by exposing them to a wide variety of genres. Teachers work with students to help them understand that reading and writing are connected. To this end, a wide range of activities and techniques are designed to provide enrichment and reinforce language skills in the classroom.

### Creative Media - Grade 8

**Full Year-3 periods per cycle**

Creative Media is an elective available to students demonstrating proficiency or higher on the seventh-grade ELA state assessment. This class will extend student reading and writing, as well as critical thinking and public speaking skills that supplement the English curriculum through the exploration and creation of different forms of Media Literacy. Throughout the course, students will create authentic projects that rely on creativity and collaboration in three units: Advertising, Children’s Literature, and Drama. Students will expand their knowledge of persuasive writing through the study of Advertising by writing and producing commercials and public service announcements. Students will go through the process of planning, drafting, illustrating, and publishing original and creative Children’s Books. In the Drama unit, students will read and become familiar with the styles of different Greek and Roman plays, and then write, produce, and act in their own play/ short film.

### Literacy Workshop - Grade 8

**Full Year—3 periods per cycle**

Literacy Workshop is a mandatory course for students who have not yet demonstrated proficiency on the seventh-grade ELA state assessment. The teacher will target each student’s area of need using individualized and full-class instruction, with a focus on close reading techniques and analytical writing skills. Students will also strengthen their public speaking skills in order to carry-out effective conversations around the different texts read in class. Once a student has demonstrated proficiency in these areas, he or she can move out of this class and into one of the other Grade Eight electives.

## SOCIAL STUDIES

The Social Studies Department is committed to exposing students to the local, national and global world around them and to promote active citizenship by meeting the Massachusetts History and Social Science Frameworks. The Grade Seven and Eight curriculum places a focus on global awareness and life-long learning.

### Grade 7 – Global Cultures

**Full Year-6 periods per cycle**

The Middle School Social Studies program begins with Grade 7 Global Cultures and will focus on world historical events and issues. The purpose of the Global Cultures program is to acquaint students with different cultures and to investigate issues, accomplishments, and challenges these cultures face as they move through the 21st century. Units will include cultures from Europe, Africa, and the Middle East, as well as a unit on early civilizations. Historical events and the political, social, and economic developments of these cultures will be studied and explored in preparation for the Grade Eight curriculum. **Students will also examine current events in order to make connections between the past and present.**

### Grade 8 - United States and Massachusetts Government and Civic Life

**Full Year-6 periods per cycle**

In this course, students study the roots and foundations of U.S. government, how and why it has developed over time, and the role of individuals in maintaining a healthy democracy. Topics include, but are not limited to: The American Revolution, powers of the Supreme Court, development of the Constitution, amendments to the Constitution and their implications to history. Throughout the year, students will gain the knowledge and skills to become thoughtful and active participants at the national, state, and local levels. **Additionally, students will continue their study of current events in an effort to make connections between historical content and present day events.**

## MATHEMATICS

Every student needs to have a scientific calculator for use in class and at home. It is recommended that the calculator be solar-powered and equipped with a hard plastic cover.

Trimester grades in accelerated pre-algebra and/or algebra 1 honors are not weighted when determining honor roll eligibility.

### Math - Grade 7

#### Grade 7 Pre-Algebra

**Full Year-6 periods per cycle**

This course offers a standards-based, integrated curriculum that incorporates topics described in the learning standards for students in Grade Seven found in the Massachusetts Curriculum Frameworks in Mathematics (©2017) The central content of this course focuses on: Ratios and Proportional Reasoning; The Number System; Expressions and Equations and Statistics and Probability. Students will analyze

proportional relationships and apply them to problem solving situations. They will apply and extend previous understandings of operations with fractions to operations with rational numbers. Students will use the properties of operations to generate equivalent expressions and solve problems using numerical and algebraic expressions and equations. Students will extend their understanding of statistical measures using random sampling to draw inferences about a population and draw informal comparative inferences about two populations. They will investigate chance processes and develop, use, and evaluate probability models.

### **Accelerated Pre-Algebra**

### **Full Year-6 periods per cycle**

Accelerated Pre-Algebra is the first of two middle school math courses during which students will complete the seventh and eighth grade curricula as described in the Massachusetts Curriculum Frameworks in Mathematics (©2017) as well as the algebra 1 curriculum described in the same document. To accomplish this, students study the content listed above for Grade 7 Pre-Algebra. **In addition**, students study content included in the eighth grade curriculum. Topics include:

- knowing that there are numbers that are not rational and approximate them as rational numbers;
- working with radicals and integer exponents;
- understanding the connections between proportional relationships, lines and linear equations
- analyzing and solving equations and inequalities in one variable
- investigating linear equations in two variables.

***Since three years of content are covered in two academic years, the pace of this course will be significantly faster and the workload expectations are greater than for Grade Seven Pre-Algebra.***

Students must complete a placement test in order to be considered for the accelerated pre-algebra program. Due to the ongoing pandemic, students in the Class of 2027 will demonstrate their readiness for a more abstract approach to middle school math by solving a series of non-routine problems. Details about this program – including the timeline – are included with the materials accompanying this document.

### **Geometry Lab**

### **One Trimester – 6 periods per cycle**

This course will provide students with an opportunity to investigate the concepts and skills related to Geometry as delineated in the revised Massachusetts Curriculum Frameworks in Mathematics (© 2017). Students will analyze the relationship between the number of sides and the sums of interior and exterior angles in polygons. They will learn to classify figures in terms of congruency and similarity and apply these relationships to problem solving situations. They will use ratio/proportion to solve problems about similar figures as well as indirect measurement. Students will learn about parallel lines, the Pythagorean Theorem, and transformations in both unmarked planes and the coordinate plane. By the end of the course, students will be able to identify and classify two- and three-dimensional figures by physical appearance and distinguishing attributes. Students will be able to select and apply the appropriate formula to find perimeter/circumference, area, surface area and volume. Students are responsible for this content on both the Grade Seven and Grade Eight MCAS tests.

## Math - Grade 8

Student's math selection for Grade Eight must be approved by his/her seventh grade math teacher. When a student enters Grade Eight without attending seventh grade at Masconomet, the Department Chair will recommend appropriate placement. This recommendation will be based on consideration of records from the feeder school and, when appropriate, performance on a placement test and/or brief interview.

### Grade 8 – Introduction to Algebra

**Full Year – 6 periods per cycle**

This course offers a standards-based, integrated curriculum that incorporates topics described in the learning standards for students in Grade Eight found in the Massachusetts Curriculum Frameworks in Mathematics (©2017). The central content of this course focuses on: The Number System; Expressions and Equations; Functions and Statistics and Probability. Students will formulate expressions and equations and reason about their meaning. This will include using linear equations to model bivariate data and solving linear equations and systems of linear equations. Students will investigate the concept of functions and use functions to describe quantitative relationships. Students will be able to use multiple representations of quantitative relationships including equations, tables of values, graphs and verbal descriptions to solve problems. Students use linear equations, systems of linear equations and functions to express relationships between two quantities and to interpret their components in the context of the problem. Because this course is not equivalent to a full year of algebra 1, the end of year grade in this course does not appear on the student's high school transcript.

### Algebra I (H)

**Full Year-6 periods per cycle**

Algebra I Honors is an in-depth study of Algebra to prepare students to study advanced mathematics courses in the high school leading up to advanced placement calculus. The aim is to better prepare students to move toward more independence in learning. As an algorithm is introduced, the process is stressed more than its memorization. Often more than one solution is shown, and students are encouraged to discover different strategies and methods to solve problems. The use of cooperative groups to solve challenging varieties of word problems is stressed throughout the year. The content is structured around families of functions, focusing on linear and quadratic functions. Students learn to represent a family of functions in multiple ways – as verbal descriptions, equations, tables, and graphs. They also learn to model real-world situations using functions in order to solve problems. Equations and inequalities, graphing, informal geometry, formulas and functions, systems of equations, exponents and radicals, quadratics, proportion and rational equations are the main concepts. ***The pace of this course will be significantly faster and the workload expectations are greater than for Introduction to Algebra. This course is a full year of algebra 1, the end of year grade in this course will appear on the student's high school transcript.***

## SCIENCE, TECHNOLOGY AND ENGINEERING

The Science, Technology, and Engineering (STE) Department promotes students' curiosity about the natural world while developing critical thinking skills through inquiry-

based projects and lab activities. STE courses are aligned to the current Massachusetts STE Middle School Frameworks, with an emphasis on science content, skills, and practices. All STE curricula incorporate study skills, reading for understanding and scientific writing protocols. Additionally, all middle school students will participate in a science night event.

### **Science - Grade 7**

### **Full Year-6 periods per cycle**

The Grade 7 program focuses on life science. Units of study include: classification; structure and function of cells; systems in living things; reproduction and heredity; evolution and biodiversity; living things and their environment; energy in living things; and changes in ecosystems over time. Coursework will emphasize and help develop the 8 Science and Engineering Practices, which were developed, based on what professional scientists and engineers do. These practices will help students understand how scientific knowledge develops, and provide a broader range for investigating, modeling and understanding the world. Students in Grade Seven will engage in a long-term project of student choice that will culminate in an exhibition of student work.

### **Science - Grade 8**

### **Full Year-6 periods per cycle**

The Grade Eight program focuses on Earth, Space and Physical Science. Units of study include: mapping the Earth; Earth's history and structure; Earth in the solar system; properties of matter; elements, compounds and mixtures; motion of objects; forms of energy; and heat transfer. Coursework will emphasize and help develop the 8 Science and Engineering Practices, which were developed, based on what professional scientists and engineers do. These practices will help students understand how scientific knowledge develops, and provide a broader range for investigating, modeling and understanding the world. Students in Grade 8 will participate in a Family Science Night. Students will take the Middle School STE Exam in the spring.

### **STEM - Grade 8**

### **Trimester-6 periods per cycle**

*STEM* is an interdisciplinary trimester course, which promotes deeper understanding of concepts in science, technology, engineering and mathematics through applications that integrate these related disciplines. The course emphasizes learning standards from the Grade 6-8 Technology/Engineering Framework and the Grade Seven and Eight Mathematics Frameworks.

## **WORLD LANGUAGES**

The World Language Department is committed to meeting the National World-Readiness Standards for Learning Languages which include the goal areas of communication, cultures, connections, comparisons, and communities. Studying a world language, like other subject areas, prepares students for lifelong learning. The goal of all world language classes at Masconomet is that students will steadily progress along the path to proficiency from Grade Seven through Grade Twelve. Along with achieving language proficiency, our students will also gain an understanding of cultural perspectives from countries where the target language is spoken. The World Language Department uses a proficiency-based approach, with emphasis on the context and purpose of communication through the three modes: Interpersonal (two-way,

unrehearsed communication between individuals); Interpretive (one-way communication using receptive skills of listening and reading); and Presentational (one-way communication using productive skills of speaking and writing).

Students entering Grade Seven should select their first and second choice for language. We will make every effort to honor first choice selections. It is **not** possible to switch languages between grades Seven and Eight. Your child may switch when entering high school depending on which language he/she chooses and when he/she wants to switch. At the high school level, Spanish is offered at level I CP and CP-2. Chinese I CP/H and French I CP/H are offered when there is sufficient enrollment.

### **Grade 7 – French or Spanish**

### **Full Year-6 periods per cycle**

In this course students will begin to learn the fundamentals of the target language. They will acquire a practical vocabulary and the basic structure needed to ask/answer questions, express opinions/wants/needs and narrate in present tense. Students will gain proficiency in the four language skills of listening, speaking, reading and writing. Students will explore the culture and current events of countries where the target language is spoken. Students are expected to study new vocabulary and grammar concepts every evening, to complete occasional written homework assignments, and to actively participate in class in the target language.

### **Grade 7- Chinese**

### **Full Year-6 periods per cycle**

Students will begin to learn the fundamentals of the Chinese language and character writing. Students will gain the ability to understand and have simple conversations. They will be able to ask and answer simple questions on familiar topics. Listening and speaking will have a great focus on Pinyin and its four tones. Students will be able to understand and identify the basic character components as well as write up to 200 high frequency characters. Students will also explore the ancient cultures of China and will do cultural projects. Learning Chinese is considered to be challenging because of the 3,000 common characters there are in the language. Therefore, students selecting this course must be dedicated to studying, transcribing, and typing characters every day and be committed to continue their study of the language well into high school.

### **Grade 8- Chinese**

### **Full Year-6 periods per cycle**

Students will continue to build proficiency in all four language skills of listening, speaking, reading and writing. By the end of Grade 8, students are expected to pronounce, identify, and distinguish Pinyin and the four tones in meaningful contexts. They are expected to understand and have more complex conversations on familiar topics. They are expected to be able to read, understand, write, and use an additional 250 high frequency characters. Students will become more acquainted with the culture and customs of the Chinese. Daily studying, transcribing, and typing of characters is necessary to be successful in this course.

**Grade 8 – French or Spanish****Full Year-6 periods per cycle**

This course is a continuation of the seventh grade program. Therefore, students may not begin a new language in Grade Eight. Students must continue with the language studied in Grade Seven. Students will increase their vocabulary and knowledge of structure while further exploring the culture and current events of countries where the target language is spoken. Students will continue to develop proficiency in the four language skills: listening, speaking, reading and writing. By the end of the Grade Eight, students will have completed the equivalent of a high school level I program. French or Spanish is the language of instruction and students are expected to speak it daily. Students are expected to study new vocabulary and grammar concepts every evening, to complete occasional written homework assignments, and to actively participate in class in the target language. Grade Eight teachers will recommend students for the appropriate high school level, honors or college preparatory, based on their success in learning the target language in Grade Eight and their work ethic.

**21<sup>st</sup> CENTURY SKILLS****Intro to Coding – Grade 8****Trimester-3 periods per cycle**

This computer programming coding elective will be aligned to CSTA standards. Topics covered will include problem-solving, programming, website design, creation of apps and games and a perspective on how technology influences the world around us. Strong focus on building 21st Century skills students can use across multiple disciplines. There is no prerequisite for this class.

**Media Communications - Grade 8****Trimester- 3 periods per cycle**

Media Communications is an elective course that enables students to use project-based learning and collaboration to build their proficiency in a variety of 21st century skills. Using skills in the areas of English, Technology and Public Speaking, students will be able to research, write and effectively relay a variety of topics to their audience in different media formats. During the course, students will complete projects including Podcasts, Blogs, and a version of TED Talks.

**Intro to Public Speaking – Grade 8****Trimester- 3 periods per cycle**

This course will introduce students to a variety of techniques and skills that are required for successful public presentations. Students will learn how to research, compose, and deliver short, informal speeches. Through feedback from the teacher as well as fellow students, each student speaker will learn what tactics work for a particular style of speaker.

**ART****Grade 7****One Trimester-6 periods per cycle**

Grade Seven Art is a comprehensive art program. It is designed to allow for discovery by presenting creative challenges involving both technical skill and reflective experience. Areas of study include Drawing, Color, 2-D Design, 3-D Design and/or Printmaking. Art History and appreciation are woven into the fabric of each unit. Students will be challenged to think creatively, develop stronger visual-spatial and fine-motor skills, and make personal choices through structured and engaging lessons. Students may spend some of their art time each trimester working on interdisciplinary units with their academic subjects.

## **Grade 8**

### **One Trimester-6 periods per cycle**

Grade Eight Art is a continuation of the comprehensive art program introduced in Grade Seven. Areas of study include Drawing, 3-D Design and/or Printmaking, Color Relationships, and Design. Some projects may incorporate a digital component as well. By the end of two middle school trimesters of art, the students will have experienced the important Elements of Art and Principles of Design necessary to complete their own work. They will have also begun to analyze and talk about the work of others. Students will be asked to observe, think creatively, and make critical decisions while developing stronger problem-solving skills in this hands-on course

## **MUSIC**

### **Music Performance Groups**

Students who electing to participate in a performing ensemble are expected to remain enrolled in that ensemble for the full year, meeting all the performance and assessment expectations of the ensemble.

#### **Chorus - Grade 7**

#### **Full Year-3 periods per cycle**

This course is designed to provide students with the experience of performance through singing. Students are introduced to the fundamentals of choral singing through a curriculum of tonal and rhythmic solfege as well as some movement activities. The majority of the music sung would be unison with some easier two-part music introduced later. The chorus class meets three days per cycle. Student assessment for Grade 7 Chorus Class is Pass/Fail (P/F). There are two optional evening performances for students who would like to perform in a chorus. Students who participate in the concerts can earn either an A- or an A as a final grade for Chorus 7. Grades will be assessed according to the level of participation (i.e. singing) as a member of the chorus during the concerts. Only students who **actively** sing in concerts will be eligible to enroll in Grade 8 Chorus.

#### **Chorus – Grade 8**

#### **Full Year-3 periods per cycle**

This course is designed to provide all students with the experience of performance through singing. The fundamentals of choral singing, introduced in seventh grade chorus, are reinforced through a curriculum of tonal and rhythmic solfege as well as some movement activities. Attention will be given to the development of adolescent voices. The music will consist of two and three-part choral literature. The group rehearses throughout the school year and performs in selected assemblies and concerts. Performance attendance is mandatory. Grade 8 Chorus is one of four music electives at the eighth grade level. **Enrollment is limited and preference will be given to students who actively participated in the chorus concerts during their seventh grade year.**

#### **Band - Grade 7**

#### **Full Year-3 periods per cycle**

The Seventh Grade Band program is comprised of students who have been members of their elementary school band programs and wish to continue in a school based band program. All students who wish to participate in the program must have a minimum of 2 years of experience playing a woodwind, brass, or percussion instrument as well as be able to read standard music notation. It should be noted that seventh grade band is considered an intermediate level ensemble, not a beginning level ensemble. Therefore, it is not an appropriate class for students with minimal or no experience playing a band instrument or experience reading standard musical notation. Also, the Grade Seven Concert Band uses traditional band instrumentation, therefore pianos, guitars and drum sets are **NOT** used in the ensemble. The Grade Seven Band emphasizes correct tonal production, proper articulation, breathing, accurate performance of rhythmic patterns and melodic phrases in a variety of musical styles. The Grade Seven Band rehearses three periods per cycle during the school day. Enrollment in the after-school private lesson program is strongly recommended for all students enrolled in the band. Such participation is not required but it has been proven that students who do participate achieve greater success than those who elect not to participate. Attendance for the Grade Seven Band is mandatory at all scheduled performances, including the Holiday Concert in December and the Spring Concert in May. Enrollment in the Seventh Grade Band is a one-year commitment.

### **Band - Grade 8**

### **Full Year-3 periods per cycle**

The Grade Eight Band is comprised of students who participated in the Grade Seven Band program or are able to demonstrate to the Middle School Band Conductor that they possess the skills required for success in the Grade Eight Band. This program reinforces those basic concepts introduced in the Grade Seven Band including correct embouchure, tone, articulation, breathing, ensemble playing, and musical nomenclature. The Grade Eight Band is considered an intermediate/plus level ensemble, not a beginning level ensemble. Therefore, it is not an appropriate class for students with minimal or no experience playing a band instrument or experience reading standard musical notation. Also, it should be noted that the Grade Eight Band uses traditional band instrumentation, therefore pianos, guitars and drum sets are **NOT** used in the group. A variety of musical styles are performed. The Grade Eight Band rehearses during the school day throughout the entire school year and performs in school assemblies and formal concerts. Attendance at all scheduled Grade Eight Band performances is mandatory and will include the Holiday Concert in December, the Spring Concert in May, the Memorial Day Assembly, and the Eighth Grade "Moving On" Ceremony. Enrollment in the Grade Eight Band is a one-year commitment. All students who are interested in Grade Eight Band are required to be able to read standard music notation. It is strongly recommended that students enrolled in Grade Eight Band also enroll in the after-school private lesson program. Private lessons are not required but it has been proven that students who do study privately achieve greater success than those who do not.

### **Song Writing - Grade 7**

### **Full Year-3 periods per cycle**

This music elective is a non-performance based class. The course is divided into three separate and distinct segments, which are aligned with the Middle School's trimester scheduling scheme. During each trimester a specific aspect of song writing will be explored. The three song writing aspects covered in this class include: learning to play guitar, learning the computer music writing software FINALE, and learning how to record and edit digital audio files. No prior experience with guitar or reading notation is required for this class.

**Song Writing - Grade 8****Full Year-3 periods per cycle**

This music elective is a non-performance based class. The course is divided into three separate and distinct segments, which are aligned with the Middle School's trimester scheduling scheme. During each trimester, a specific aspect of song writing will be explored. The three song writing aspects covered in this class include: learning to play guitar, learning the computer music writing software FINALE, and learning how to record and edit digital audio files.

**Acting and Stage Craft- Grade 7****Full Year-3 periods per cycle**

This course is designed to provide students with the experience of performance through acting and stage craft. Students are introduced to the fundamentals of acting and stage craft through a curriculum of theatrical activities as well as some movement and spatial exploration activities. Students will also have exposure to various performing arts such as mime and dance and field trips to major performing venues featuring musical theater will be offered.

**Jazz Band**

The Middle School Jazz Band is comprised of students who have a minimum of 2 years of experience playing an instrument as well as be able to read standard music notation. It should be noted that the Middle School Jazz Band is considered an intermediate level ensemble, not a beginning level ensemble. Therefore, it is not an appropriate class for students with minimal or no experience playing an instrument or experience reading standard musical notation. Jazz Band performs a variety of musical styles including Jazz, Swing, Latin, and Rock. The instruments used in Jazz Band include all the woodwind and brass instruments from the concert band as well as percussion, string/electric bass, piano and guitar. Rehearsals are scheduled one afternoon a week. Attendance at all performances and is mandatory.

**NE Junior District Music Festival**

Students enrolled in one of the middle school bands or choruses are eligible to audition for the NE Junior District Music Festival. The audition consists of performing scales and a required prepared piece for a judge. Auditions take place in January with the festival taking place on one Wednesday, one Friday, and One Saturday in April. Private lessons are strongly suggested for any student interested in auditioning for the festival because the required audition music is not part of the regular music curriculum at Masconomet.

**Private Music Lessons**

All members of the Bands and the Choruses are encouraged to take private music lessons to improve their music skills. Lessons may be taken at Masconomet or with other private teachers of their choice. Lessons are available for all the band instruments, voice and piano. Space is limited so early enrollment is recommended.

**School-Owned Instruments**

A limited number of the larger instruments are available on a lease basis. For information, contact the Music Department at 978-887-2323; Ext. 71016

## **PHYSICAL EDUCATION**

### **Grades 7 and 8**

### **Full Year-3 periods per cycle**

The Middle School Physical Education Curriculum provides a background in the basic skills necessary to participate in most physical education activities. The course provides an opportunity to participate in cooperative games, team sports, and develop an awareness of physical fitness. Yoga, Project Adventure and weight training will be introduced at both grade levels. All students in Grades Seven and Eight participate in Physical Education three times per cycle for a full year.

## **HEALTH**

### **Grade 7**

### **One Trimester-6 periods per cycle**

Health 7 is the first level of our health education program for middle-school aged students. The course focuses on building knowledge and skills related to safety, non-violence and injury prevention. Content areas covered include substance abuse prevention, media literacy, bullying prevention and first aid.

The *R.A.I.S.E.* curriculum is utilized to promote respect, achievement, inclusion, service and empathy through a community-centered approach that stresses social skills and cooperation using movement. The *Life Skills Training Program Level 1 curriculum is the foundation for our substance abuse prevention unit as it meets the criteria for being nationally recognized for effectiveness.* Through cooperative learning, students also have an opportunity to build refusal skills related to tobacco, build critical thinking skills related to situations that address accidents, and develop first aid skills. Health 7 is a required course based on the Safety and Prevention Strand of the Massachusetts Comprehensive Health Curriculum frameworks.

### **Health - Grade 8**

### **One Trimester-6 periods per cycle**

Health 8 is the second level of our comprehensive health education program for middle-school aged students. This course focuses on promoting wellness in the areas of physical, social, and mental health. Content areas covered include nutrition, sexual health/reproductive system, dating violence prevention, substance abuse education, and youth mental health education related to suicide prevention and stress management. The aforementioned topics are outlined by the Massachusetts General Laws. Level III of the Botvin *Life Skills Training Program* is utilized to reinforce core knowledge and skills related to substance abuse prevention. This program meets the criteria for being nationally recognized for effectiveness in drug use prevention. Health 8 is a required course that utilizes Blackboard as a digital learning management system for content presentation and assessment.