

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, nonviolence 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 LifeSkills 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 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 LifeSkills 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.