



HAMILTON TOWNSHIP SCHOOL DISTRICT

Office of Curriculum & Instruction

Scott R. Rocco, Ed.D.
Superintendent of Schools

Anthony Scotto
Director of Curriculum & Instruction

2023-2024 Health Syllabus 6th Grade Topics Aligned to the 2020 Standards

The Middle School Curriculum is designed to teach students the information and skills they need to become health literate, to maintain and improve health, prevent disease, and reduce health-related risk behaviors. Through this curriculum, students will develop critical thinking, problem solving, and communication skills. In addition, the students will demonstrate good character and behaviors that promote a safe, fit, and healthy family, community, nation, and world.

<p><u>Basic Wellness</u></p> <ul style="list-style-type: none"> • Understanding Your Health & Wellness • Personal Hygiene & Basic Healthcare • Sleep • Understanding and preventing diseases • Infectious Diseases • Noncommunicable Diseases <p><u>Nutrition</u></p> <ul style="list-style-type: none"> • Getting Enough Nutrients • Creating a Healthy Eating Plan • Six major nutrients • Fruits and vegetables • Healthy snacks • Energy imbalance <p><u>Puberty</u></p> <ul style="list-style-type: none"> • Adolescence & Puberty • Gaining independence • Decision making/goal setting 	<p><u>Home Safety</u></p> <ul style="list-style-type: none"> • Common Hazards • Medications and Drugs • Online/Social Media Safety <p><u>Environmental Health</u></p> <ul style="list-style-type: none"> • Protecting Environmental Health <p><u>Tobacco/Vaping</u></p> <ul style="list-style-type: none"> • Tobacco and Your Health • Understanding Tobacco Use • Quitting and Preventing Tobacco Use • Vaping
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LEAD: Law Enforcement Against Drugs Lessons- *provided by the Middle School LEAD Officers*
Lessons include: Character Education; Alcohol; Decision Making; Tobacco; Emotions; Marijuana; Effective Communication; Street Drugs; Peer Pressure

Please return the bottom portion of this form to your child's school.

I have reviewed my child(ren)'s health syllabus and am aware of topics covered in their Health Education. I am also aware that if I wish to opt out my child(ren) from any portions of the family life/sexual health portion of the curriculum, I am to complete the opt out form via PowerSchool.

Student Name: _____ Health Teacher: _____

Parent/Guardian Signature _____ Date _____