

**COLD SPRING HARBOR HIGH SCHOOL  
JHS HEALTH EDUCATION  
BACK TO SCHOOL NIGHT, SEPTEMBER 30, 2009**

**Teacher** Chris Phelan  
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**Health 7**

Required 20 Weeks (1/2 Year)-5 Days Per Week

This course teaches students practical and necessary skills by focusing on eight specific areas: understanding the changes of adolescence; building self-confidence and communication skills; understanding and managing feelings; improving friendships and resisting negative peer pressure; strengthening family relationships; AIDS education; making wise and healthy decisions, especially regarding alcohol and drug use; and setting goals for successful and healthy living.

**Grading**

50% -Class work and participation (being in class)

25%- Quizzes

25%- Homework and projects

Junior High Health is a Pass/Fail course

**Textbook**

Prentice Hall Health 2007 (this text is supplementary, used only in class)

**Extra Help**

Every day from 7:00-7:30 a.m.