



Mr.Jaimes Health Education Class Syllabus 2026-2027

Contact Information:

Please feel free to contact me @ vjaimes@hha47.org

Office Hours:

By appointment

Goal:

Greetings! I am excited and eager to teach your beloved children this year. This year, Health Education will serve as an introduction to the essential knowledge and skills students need to lead healthy, safe, and balanced lives.

Aligned with the Maryland State Health Education Standards, our K–8 curriculum will focus on age-appropriate, skills-based instruction that supports students’ physical, mental, emotional, and social well-being. Students will explore topics such as personal hygiene, nutrition, safety, healthy relationships, emotional regulation, and substance abuse prevention, etc.

My goal is to create a positive, respectful learning environment where students feel empowered to make informed decisions and build lifelong habits that support their overall wellness.

Diversity Statement:

In our Health Education classroom, every student is valued, respected, and welcomed. I am committed to creating an inclusive environment that honors the diverse backgrounds, cultures, identities, abilities, and experiences of all students and their families.

I recognize that some health topics may feel uncomfortable or unfamiliar to students, but I will always strive to present them in an informative, respectful, and age-appropriate way. My goal is to use these discussions to foster a safe space where students feel supported, heard, and empowered to ask questions and grow.

I believe that diversity enriches our learning community and strengthens our understanding of health and well-being. My teaching approach is rooted in equity, empathy, and cultural responsiveness. Together, we will build a classroom community where kindness, curiosity, and mutual respect guide our learning.

Year at a Glance

Topics covered in the health:

Personal Values and Character Traits	Nutrition
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• What do you CARE about? What drives who you are? (values) • How do you act on your values? (character) • CARE (I care about...) - ACTOR (determines how I act) Healthy Friendships • Recognizing signs of HEALTHY and UNHEALTHY friendships	• Understanding the healthy relationships with food • Review food groups and labels (guidelines for determining foods as GO-SLOW-WOAH) • Food Pyramid
Understanding Stress • Thinking brain vs. “Flight or Flight” • Stress can push us outside of our character (not acting on our personal values) Stress Management Techniques • Reviewing ways to manage stress in and out of school	Water Safety (rip currents and water dangers) • Dangerous currents (rip, longshore, structure etc) • How to identify and (safely) help a drowning victim • Flip Float & Follow in dangerous currents
Reproductive Health • Male & Female Anatomy (body parts) • Physiology (how body parts in this system work together in the reproductive process) Sexually Transmitted Infections (STI's) • Viral vs. Bacterial • Symptoms (or lack of) and treatment • STI testing • Compassion/understanding (building more awareness) <i>*Please watch for the Reproductive Health Opt Out Letter for more details on these topics.</i> <i>*Again, students will be assigned alternative assignments at your request:) Simply write a note, sign the Opt Out Letter or send an email</i> <i>This unit typically lasts 1.5-2 weeks.</i>	CPR • Acting to help an unresponsive person • Chest compressions • Using an AED Mental Health • Mental health overview • Suicide Awareness Training with Teen Health Center
Personal Hygiene • Importance of personal hygiene and its role in maintaining health and preventing illness. • Daily hygiene practices, including bathing, oral care, handwashing, grooming, and cleanliness. •	Recognizing and Responding to Social Stress • Responding to teasing (defining bullying behaviors, blatant meanness and sneaky picking) • Social maturity and self awareness - how to <i>help</i> without creating more conflict • Conflict resolution
Body Image • Society “ideals” and influences (social media etc) • Self Esteem Project - encouraging others to recognize what influences personal body image and ways to accept ourselves	Alcohol, Tobacco & Other Drugs • Understanding addiction • Natural High/Reason Why Project to avoid drug misuse • Practice setting boundaries and communicating a refusal •

Classroom Rules

Examples may include:

- *Come to class prepared.*
- *Follow the directions the first time they are given.*

- *Use respectful and appropriate language.*
- *Respect personal space.*
- *Keep our environment clean and safe.*

Student Behavior and Consequences

Students are expected to behave in accordance with the classroom rules. Failure to follow the rules will result in specific consequences that are consistent with the consequences for Hampstead Hill Academy.

- Verbal Warning
- Demerit
- Hallway Conversation + 2nd Demerit
- Restorative Room Referral + 3rd Demerit
- Detention, Loss of all daily points.

Grading

Students will receive progress reports to give them feedback on their grades in class, and grades are weighted in the following categories:

- **Assessments & Quizzes 50%**
- **Classwork /Participation 50%**

Participation

Coming to school every day is the first step to prepare for the important transition to high school. You are expected to complete every assignment to the best of your ability and participate in class by asking questions, answering questions, and productively working independently or collaboratively on assigned tasks with your classmates. Almost every week, students will receive a participation score for the week out of 5. The following are considered when determining your participation score:

- *Do Now and Exit Ticket questions are answered completely with full effort at the beginning and end of class*
- *Asking and answering questions in class*
- *Actively engaging with whole class, partners, and independent work*
- *Collaborating with peers*
- *Showing work and thought process on assignments*
- *Assignments turned in on time*

Coach Class

It is the responsibility of every student to seek more help when they need it, as well as commit time outside of school for studying. If students need extra help outside of class, students may schedule coach class by emailing me at vjaimes@hha47.org

Study Hall

Students who miss a homework assignment will be eligible for study hall after school that day. If assigned study hall, students must stay after school from 2:50 - 3:30pm and work on missed homework assignments. Students who skip an assigned study hall will be issued a detention for the following day.

Late Work & Makeup Work

It is expected that all assignments are turned in on time. When assignments are late, the student's participation score will be impacted). Late homework will only be accepted if submitted the next day. If the homework assignment is returned the next day, students will receive half credit. Any work that is submitted after one day will receive a zero unless absences are excused.

Absences

Students are expected to be in class EVERY DAY ON TIME. Students are responsible for making up work after being absent from class. Once the student returns to school, it is expected that they will find any missing worksheets by asking the teacher. Students are expected to make up the workbook pages, independent practice, and homework. As we are helping each other grow, students can look to peers first to answer questions.

For each day absent, students have one day to return the missed work for full credit. *For example: if a student is absent for one day, the assignment will be due the following weekday. If a student is absent three days, the assignment will be due within three weekdays.* Turning in late work past the deadline will result in a zero.

Bathroom / Water Policy

Students are expected to use the bathroom and water fountain before school and during lunch or recess to avoid missing class time. Students are encouraged to bring a water bottle to school that can be filled and carried throughout the day.