

Health Education



Course Syllabus



*Join "Remind" [Health Class](#) to get up to date class information.
Text: @dbhb6g to 81010

Ms. TaJuana Stewart tstewar1@houstonisd.org **Conference:** Monday & Wednesday 2:00-3:30

The goal of this course is for students to develop the skills necessary to live healthy, active lives, and to empower students to use the skills they have gained to make informed decisions that will enhance the quality of their personal, family, and community life. Health Education is a district-mandated course that is required for graduation.

Curriculum Focus:

Foundations of Health & Wellness	Healthy Relationships
Stress	Cardiopulmonary Resuscitation (CPR)
Effective Communication	Diet & Nutrition
Skills for Resolving Conflicts	Addiction & Substance abuse
Anger Management & Emotional Expression	Risky Behaviors
Decision Making	Sexual Health/Pregnancy/Prenatal
Health Laws and Policies	Community Health Services

Supplies/Materials

Laptop (Charged)

Pen/Pencil/Paper

Access to PowerSchool/TEAMS/HUB/OnTrack

Rules and Policies

*Milby High School [Parent/Student Handbook](#)

Be on TIME

RESPECT yourself & others

NO CELL PHONE USAGE

Learn and Enjoy!

