

Faircrest Memorial Middle School  
7<sup>th</sup> Grade Health Rules and Expectations  
Teachers: Mrs. Schering  
Email: [jessica.schering@cantonlocal.org](mailto:jessica.schering@cantonlocal.org)

***Optimal Health:** the conscious pursuit of the highest qualities of the physical, environmental, mental, emotional, spiritual, and social aspects of the human experience.*

**Health Definition:**

A state of complete physical, social and mental well-being, and not merely the absence of disease or infirmity.

**RULES**

1. Follow Directions
2. Be On Task
3. Come To Class Prepared
4. Be Respectful
5. Come To Class On Time
6. Use Appropriate Language
7. Complete Assignments On Time
8. **"ALWAYS STAY HUMBLE AND KIND"**  
**TIM MCGRAW**

**Discipline will result when a rule is broken.**

**Topics To Be Covered**

Teambuilding, Drug Abuse, Decision-Making, Media, Anxiety, Communication, Social Skills, Assertiveness, Peer Pressure, Nutrition, Abstinence and Relationships.

**Important Speakers:**

PAWSITIVE Prevention

Steven w/ Quest Recovery & Prevention Services - November 15th

SOLD OUT Program with Pregnancy Choices

**Topics discussed in class can be very difficult and uncomfortable for some students to discuss. Rules will be enforced and discipline will be given for the breaking of those rules.**

**Please sign and return the bottom of this page to earn 20 points.**

**We, both parent and student understand the rules and expectations of Mrs.Schering's Health Class.**

---

Parent/Guardian signature/Date

---

Student's Signature/Date