

**Health & Life Skills at Willow Park School**

‘Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.’ (World Health Organization)

At Willow Park School, all students will have Health & Life Skills once a week. You will be involved in learning healthy habits, behaviours, interactions and decisions so that you can make choices that will lead you to a healthy lifestyle.

**Expectations:**

You are expected to participate and help create a positive learning environment by being accepting, understanding and showing respect for yourself and others.

There will be several opportunities to appreciate the strengths and talents of self and others through various topics.

Students will learn about making positive and informed wellness choices. They will also work to develop interpersonal skills to help establish and maintain relationships. Students will explore life roles, research career opportunities and learn to set goals that will lead them to success.

**Assessment:**

The purpose of assessment is to improve learning and therefore will be on-going throughout the course. Assessment will be in the form of observations, conversations, assignments, and projects. Your achievement will be based on communicating your knowledge and skills of the outcomes in one or more of the above ways.

D2L is our main form of communication between home and school and feedback on your child’s progress will be housed in your son or daughter’s Health & Life Skills Shell.

**Report Card Outcome 1-** Makes safe and healthy choices based on experiences and information.

**Report Card Outcome 2**- Develops skills to form and maintain healthy relationships.

**Report Card Outcome 3**- Explores roles and responsibilities to work towards life and learning goals.