**Welcome to Health and Home & Careers** 

Mrs. Cortese (Breheny)

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 315-768-2063

Student Council Advisor

Students Against Destructive Decisions (SADD) Advisor



**HEALTH SKILLS:**

Self/Relationship Management Stress Management

Communication Advocacy

Decision Making Goal Setting

**HOME & CAREERS 8th**

Child Care Development

Clothing and Textiles

Sewing Machine Basics

Career Exploration

Career Planning

Consumerism

**HOME & CAREERS 7TH**

Personality

Kitchen Equipment

Recipe Use

Meal Planning

Table Setting / Etiquette

Food Lab Experience





**NEEDED SUPPIES:**

* 1 inch Binder
* Take Home Folder
* Loose Leaf Paper
* Pen or Pencil

**(All classes except H&C7)**

**GRADING POLICY:**

**Formative**: Homework, Bell-ringers,

In-class Activities = **25%**

**Summative**: Tests, Quizzes, Projects, Food Labs = **75%**

**A Note to Students and Parents:**

Please remember that H&C7 is a 10 week course and Health and H&C8 are 20 week courses and it is important that you do not get behind in your work.  Please see me with any problems or concerns! Should you have any questions about any of the above information please feel free to contact me at any time.

I look forward to our 20 weeks together!!

Mrs. Cortese

**Parents and Students**: Please sign below to acknowledge that you have reviewed all the above information. Thank You!!

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Student Signature Parent or Guardian Signature