

# Welcome to Health Class with Harding University!



**Who We Are:** QCA Students that are learning how to live Healthier lives and make Healthier choices every day!

## Things We Learn About:

- ✓ Dangers of Drugs, Alcohol, and Tobacco
- ✓ Body Systems
- ✓ Good Nutrition
- ✓ Social and Emotional Health
- ✓ Fitness

Check out Your Grades on Sycamore at:

<http://sycamoreeducation.com>

Mrs. Williamson's Favorite Web-Sites:

[www.mypyramid.gov](http://www.mypyramid.gov)

[www.americanheart.org](http://www.americanheart.org)

[www.kidshealth.org](http://www.kidshealth.org)

## Make Healthy Choices Everyday:

- Take the stairs instead of the escalator.
- Choose whole grain bread instead of white.
- Park your car further from the door to get a little extra exercise!
- If you are watching t.v., do sit-ups or push-ups during the commercial breaks.

Mrs. Williamson

*My name is Alicia Williamson and this is my 5<sup>th</sup> year teaching at QCA. I have a passion for teaching children how to make healthy choices that will make a life-long impact. Thank you for giving me the opportunity to teach your child!*