

# HEALTH CLASS

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Health class will meet every day for one semester. It is our goal as health educators to teach and reinforce life skills needed to weigh options and make responsible decisions that promote a healthy lifestyle. Since health is important to everyone and everyday students are confronted with important decisions to make about maintaining wellness, we hope this class helps you become RESPONSIBLE decision makers.

## Topics:

- \*health and wellness
- \*mental and emotional health
- \*relationships
- \*nutrition
- \*personal care/body systems
- \*growth and development
- \*drugs/alcohol
- \*diseases/disorders
- \*safety and environmental health/CPR

Textbook: [Glencoe Health](#)

This is a new textbook. You are required to have a book cover!

Grading: Grades will be determined by total number of points accumulated.

- \*tests/quizzes
- \*projects
- \*homework/labs/warm ups

Extra credit opportunities will be available throughout the semester. An example would be current event articles. Students can earn up to 5 bonus points for turning in a health related article and summary from the newspaper, magazine or internet once per week. Summaries need to be in students own words and recap the article so we can get the idea of the article without having to go back and reread it. Police and fire reports are not acceptable articles. Acceptable articles would include cancer research, health care issues, obesity concerns, etc.

Attendance/Make up work: The attendance policy of the school district will be implemented. Please review the policy that is outlined in the student handbook for semester courses. It is your responsibility to inform your teacher of absences and to meet with the instructor for any make up work.

Classroom rules/Consequences:

- \*Bring book, pen/pencil everyday.

\*Be on time for class.

\*Be courteous and respectful to others feelings and belongings.

\*No talking when the teacher is talking or when one of your peers is talking.

\*Complete assignments in a timely manner. Work can't be turned in late without a severe point penalty.

\*No eating or drinking during class.

\*No sleeping. You are too young to be tired during school.

\*No cell phones or iPods, etc.

\*Hallpasses will be used for extreme cases only!

Consequences will include a warning, change of seat, phone call home, detention, or office/guidance referral. These consequences can be used in any order and at the discretion of the teacher.

**You are responsible TO others, you are NOT responsible for others!**