

Health Topics

Goals

At the conclusion of this course, you will be more aware of the choices you have when it pertains to choosing and living a healthy lifestyle. You will understand how mental, emotional, and social health all work together.

Topics

The following subjects will be covered throughout the semester: wellness, self-esteem, relationships, personality, tobacco, alcohol, drugs, suicide, infectious diseases, sexually transmitted disease and infections, CPR, Heimlich maneuver, parenting (papas).

Student Expectations

- Be seated when the tardy bell rings
- Start your daily warm-up on your own!
- Respect others
- Keep an open mind and be willing to listen
- Please bring water! Ten times equals a 100 daily grade...can be exchanged for a lower grade.
- Please do not talk while I or others are speaking.

Grades

- Your grade will be determined in two halves. 50% daily work and 50% test grades (reports, projects, presentations)
- The semester exam will count 20% of the total grade.

General information

If you miss a class, it is YOUR responsibility to see me and get your makeup work. Generally, the only homework you will have is finishing what you didn't get done in class.

You will have three or four outside assignments, but no daily homework. Of course, you should always study for tests. I will take your work throughout the duration of a "unit". Each unit lasts approximately two weeks. After we move on to another topic or "unit", any work from the prior unit is considered late.

You may retake a test that you failed. Set up a time with me. The highest grade you can make on a retest is 70.

If you need to work at home, check out a disc that you can download on your computer at home. You must return it. I will only check out health books if you do not have a home computer. Do not take a book unless you have my permission. These are class sets and others will be using them.

Discipline Policy

- 1st offense - Warning
- 2nd offense - Detention or sentences
- 3rd offense - Parent contact
- 4th offense - Office referral

*If behavior is severe, a referral could be written before the above steps are implemented.

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