**Scappoose High School**

**Health Education**

**Physical Education & Health Department**

**HEALTH B**

**2nd Trimester**

Textbook: A Guide to Wellness

Instructor: Ms. Scott

Classroom: D2

Available Hours: 8:00-8:30, 3:00-4:00 by appointment

Requirements: Required for Graduation

Prerequisite: None

Website: <http://scappooseleadership.weebly.com/health-b.html>

Email: cscott@scappoose.k12.or.us

**Description of the Course**

This course provides information in health areas related to the needs of young adults. Emphasis in this class is placed upon wellness and prevention. Major areas of study include: Environmental health, unintentional injury prevention, violence and suicide prevention, human growth, body systems, STI’s and HIV/AIDS, and infectious and non-infectious diseases.

**Classroom Expectations**

1. Students will show respect towards all students and teachers.
2. Students will complete work on time and according to the teacher’s instructions.
3. Students will talk only during appropriate times in class.
4. Students will follow the policies administered by the district and the high school.
5. Students will use appropriate language.
6. Students will be respectful towards others race, gender, age, ethnicity, religion and any other form of diversity.
7. Students will come to class prepared to learn. This includes being on time, bringing a writing utensil, paper and journal.
8. Students will be responsible for following up for days they have missed.
9. Students will respect school property. This includes text books and other supplies.

**Discipline Procedures**

If student is consistently disruptive he/she will be sent to the office and his/her parents will be contacted.

**Tardy Policy**

1st and 2nd Offense Warning

3th thru 4th Offense Detention right after school

5th or more- At the discretion of the Vice Principal (more than a detention)

**Grading Procedure**

This is a standards-based class that will require you to demonstrate proficiency in 9 key areas: Self-management, Analyzing influences, Accessing information, Interpersonal communication, Decision making, Goal setting, Advocacy, Health Literacy, and Personal management. Our class is graded on an 80% standards/ 20% personal management breakdown. Personal management includes completing in-class group work, assignment, and reviews.

You will be assessed for proficiency in each of these areas 2-3 times during the semester. You must demonstrate proficiency on each standard, or you will not pass the class.

Before each assessment, you will be required to complete the unit review. You WILL NOT be allowed to take the assessment until you have completed the review. If you do not take the test on the assigned date because your review is not complete, then you will receive a failing grade on your personal management for that unit.

You will also be completing our Life Project at the end of the semester, and you will need to demonstrate proficiency in 5 of the above key areas on this project.

**Grading Policy**

100-90% = A

89-80% = B

79-70% = C

69-60% = D

59% ↓ = F

**Health Class Units and Assessment Schedule for Section ‘B’**

(Dates are an approximation)

1. Environmental Health December 3rd– December 11th

2. Unintentional Injury Prevention December 12th- December 20th

3. Violence and Suicide Prevention January 6th – January 10th

4. Review and Assessment Week January 13th- January 17th

5. Disease Prevention January 21th- January 31st

6. Human Growth/STIs and HIV/AIDS February 3rd- February 14th

7. Review and Assessment Week February 18th- February 21st

8. Life Project February 24th- March 5th

**Spiral Bound Note Book**

Students will be required to have a spiral bound notebook they will keep in class. They will write journal entries and turn in for credit at the end of the semester.

**Technology in the classroom**

**Per the Scappoose school board policy, cell phones are not allowed in class.** If this infraction has occurred, **the cell phone will be taken by teacher** and administration will be contacted. Any other technological devices that play games or music are not allowed.

**Equipment**

Students will have access to health books during class. Art supplies will also be provided during class. Please be respectful of the resources and equipment provided to you.

**Food and Breaks**

Students are to have NO food or beverages (excluding water) in the classroom. Students are to come to class prepared to stay in class. Students will have a hall pass that may be used 3 times during the trimester. The student must present the hall pass before being allowed in the hall.

**Possible movies that will be shown in class:**

Throughout the class I will be showing clips or watching documentaries pertaining to the subject matter being taught, one of those movies *Bully* is rated PG-13 for brief language. If you have concerns about this, please let me know and we can discuss it further.

**Parent Note**

We will cover potentially sensitive material during Health B. Prior to the Human Growth and the HIV/AIDS units, I will be sending home parental permission slips. If you have an issue with your child participating in these units, don’t hesitate to contact me.

Please return this portion signed by Friday, December 6th. If you have any questions or concerns please list them below and I will contact you. Or you can email me directly at cscott@scappoose.k12.or.us or call the school at 503-543-6376. I’m looking forward to a great year.

Thanks,

Ms. Scott

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (student name) and I (parent/guardian) have read and discussed the health syllabus. Any concerns I have will be listed below. I consent for my student to be involved with the activities, rules and expectations discussed in this syllabus.

Parent/guardian(s) Printed name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/guardian(s) Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Comments/Concerns:

Below are the learning targets for each of the units in Health B:

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| Environmental |
| Learning Target |
| Acquire knowledge and skills to determine how protecting the environment impacts health for individuals and society.  |

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| --- |
| Unintentional Injury Prevention |
| Learning Target |
| Acquire knowledge and skills necessary to be safe at home, on the move, at school, at work and in the community and how to get help in case of injury. |

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| --- |
| Violence and Suicide  |
| Learning Target |
| Acquire knowledge and skills to prevent different forms of violence and suicide with a focus on communication and pro-social behaviors. |

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| Disease Prevention |
| Learning Target |
| Acquire knowledge and skills to understand and practice health habits that can prevent and/or control disease. |

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| --- |
| Sex Ed/STIs/AIDS |
| Learning Target |
| Acquire knowledge and skills that emphasize the importance of safe behaviors in maintaining sexual health. |