

**Ms. Scott's Health 1 Class**

**Course Syllabus**

Welcome to Health Education! This document is designed to help you successfully navigate this class. All students can be successful if they put in the time and effort. The foundation of Health class is respect. Some sensitive topics are discussed in this class and it is important that we respect one another’s ideas and opinions; and that we respectfully voice our own ideas and opinions. Below you will find information about class rules, procedures and grading policies that will help you to be successful.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **COURSE DESCRIPTION**Health education prepares students to shape their behavior in health enhancing ways. Students will learn to access valid and reliable health information, analyze the influences in their lives, communicate effectively, and use real life scenarios to practice making decisions and set attainable goals. The goal of this course is for students to develop the skills necessary to manage stress healthfully and enhance the quality of their personal, family, and community life.**CLASSROOM RULES*** Be Respectful
* Be Productive
* Be Healthy
* Off & Away

**DAILY SUPPLIES**You will need a “Health Notebook” in the form of a 1” 3-ring binder. You will use it to store your unit packets, notebook paper and any handouts distributed in class; assignments from this notebook will be turned in periodically for grading. You will also need a pen and/or pencil. **ATTENDANCE**Good attendance will help to make you successful. If you are aware of an upcoming excused absence, please let me know a few days ahead of time so that I can gather any work that you will miss. Be aware that some activities are difficult to duplicate outside of the regular classroom setting.  **You will be responsible for all missed work, including your unit packet, while you are gone.** If you are absent on the date an assignment is due, you are expected to turn in the assignment at the beginning of the class period on the next day you return.  **GRADING & ASSESSMENTS**This class is graded using standards based proficiency grading. I have created curriculum materials and assessments that connect to the state and national standards. These assessments are often **projects** and will be given throughout each unit. You will also keep a **health notebook** that contains the unit packet and all of the assignments that we complete in class. Periodically that notebook will be turned for grading. There will be an **exam** at the end of each unit. You will keep track of your assignment and exam grades and are responsible for scheduling any retakes to increase your proficiency per standard.The following proficiency scale will be used for grading:4= Highly Proficient3= Proficient2= Close to Proficient 1= Developing Proficiency**Final Grade Calculation:**

|  |  |  |
| --- | --- | --- |
| **Letter Grade** | **Low Score** | **High Score** |
| **A** | 3.50 | 4.00 |
| **B** | 3.00 | 3.49 |
| **C** | 2.50 | 2.99 |
| **F** | 0.00 | 2.49 |

**STANDARDS****Concepts**: Comprehend concepts related to health promotion and disease prevention to enhance health**Analyzing Influences**: Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.**Decision Making**: Use decision-making skills to enhance health.**Goal Setting**: Use goal-setting skills to enhance health.**Self-Management**: Practice health-enhancing behaviors and avoid or reduce health risks.**Advocacy**: Advocate for personal, family, and community health.**CHEATING/PLAGIARISM**Any plagiarism is subject to the possibility of a conference with the teacher and a referral to an administrator. Please read the plagiarism policy in your student handbook.  **COURSE ACCESSIBILITY** I incorporate differentiation and accessibility strategies into my curriculum to support TAG, ELL, SpEd, and others including, but not limited to, flexible grouping, depth and complexity extensions, rate and level curricular adjustments, tiered lessons, diverse questioning strategies, and open-ended projects. Please feel comfortable in approaching me about any special considerations you may have.**COURSE TOPICS**This semester we will be covering the following topics (approximate timeline):* Promotion of Personal Wellness (September-November)
* Prevention of Substance Abuse (November-December)
* Promotion of Sexual Health (December-January)

You may contact me anytime through email at sscott3@pps.net, phone at (503) 916-5280 X75302, or you can find more information that will be helpful for your success in this class on my website:[**www.mrsscottsroom-pps.weebly.com**](http://www.mrsscottsroom-pps.weebly.com)***If you know anyone who may have expertise in any of the areas that we are learning about this semester, we would love to have them come speak to the class! Please notify Ms. Scott if you know of someone.*** |
|  |