

Required Health Class with Mrs. Clark

Dear Parents/ Guardians and student,

I want to take this opportunity to introduce myself and express my excitement about working with your child this year. I love teaching health education and care deeply about each and every one of my students. I believe students can grow and develop by examining the issues we cover in class.

I have had the great opportunity to teach in the Washington Local School District for 16 years, and cannot imagine teaching in any other district. I completed my undergraduate work and received my master's degree, both from the University of Toledo. I have been married for nine wonderful years and am blessed to have two beautiful children. I can honestly say I teach your children as I hope my children are being taught each day.

As you already know, making healthy lifestyle choices can significantly impact your child's life. It is my goal to teach your child how to access their own health needs and develop the skills needed to get or stay healthy. In today's world there is a wealth of health information, however, much of it is NOT accurate and valid. My hope is that by the end of the year, your child will know how to access the most accurate and reliable health information available.

A person's health behavior is strongly influenced by family, friends, media, culture and their environment. So, I will need your help! There will be several assignments throughout the year in which your participation is very important. Hopefully these assignments will create an opportunity to discuss health issues with your family. Making healthy lifestyle choices can make a huge impact on one's happiness, productivity and quality of life!

Additional information about the class is provided in the syllabus attached to this page. Please read that syllabus and sign the detachable portion of this packet in order to indicate your understanding and support of the classroom system. There is also space provided for you to express any questions, concerns or comments. Students should return this portion to me for 10 homework points by _____.

I believe communication is one of the best ways to help your child succeed. I will be using "Remind" to help students remember assignments, attach information they may need or to communicate any message that may be helpful. This is also a great tool if you or your child have any questions. Please make sure that you and your child sign up for "Remind".

**Sign up by sending a text to: 81010 with the message @g328467
A confirmation text will be sent to you asking for your name, please reply with your first and last name. All students who are able are asked to sign up during class.**

I am excited about working with your child. I welcome any questions or comments, and am looking forward to a great year!

Sincerely,

Mrs. Clark

(419) 473-8383 ext. 7865

My email Address: aclark@wls4kids.org

Health Syllabus Mrs. Clark

Welcome to Health Class!

We have a very exciting year together exploring our health needs and learning ways in which to improve our lifestyle choices. My hope is that the whole class and our families will work together toward a common goal of staying HEALTHY!

Topics to be covered:

Mental/Emotional Health, Violence & injury, Alcohol, Tobacco & other drugs,
Human Sexuality, Fitness & Nutrition

Supplies:

- Health Workbook (1 will be provided, if lost/stolen there will be a \$10 replacement fee)
- Two pocket folder with loose leaf paper
- Pen or pencil
- Chromebook

Expectations: Students are to follow all school expectations by being *Respectful, Responsible and Safe!*

1. Have supplies every day.
2. No electronic devices; they are to be put away at ALL times, unless indicated by the teacher and or teacher has ended class. Failure to comply will result in behavior management plan.
3. Begin bell ringer at beginning of class unprompted.
4. No food or drink unless water or provided by teacher.
5. Bring absent slip when you return.
6. Don't interrupt teaching to ask for restroom break.
7. Purses and book bags are to be on floor.
8. Be on time to class.
9. Be kind to one another.
10. Use appropriate language.

Procedures During Class:

- Have health workbook on desk before bell rings.
- Start bell ringer once bell rings: One will be given everyday and will be collected every Friday (If you are absent you must write the date you were absent and the word ABSENT!)
- Have homework ready and on desk.
- Participation: All students must raise hand; each student will receive 5 points daily for doing their bell ringers, class work, following rules/ procedures, answering questions and being in attendance.
- Attention signal: Lights turned off and/ or count down from 5,4,3,2,1 and/or class clap

- *Hall passes:* 6 will be given for each semester; your workbook will be hole punched each time. *Do not interrupt teaching to ask to go to the restroom; you may go during individual work time.*
- Pack up belongings only after teacher has given permission to do so.

Homework & Assignment Policy:

- Work needs to be turned in on due date.
- Late work is accepted for partial credit. Two points will be deducted for every day late on assignments and 5 points deducted for every day late for projects. Until it reaches ½ credit. No assignments will be accepted after marking period.

Absences:

- Students must return from absence with a parent note and give to 1st period teacher. First period teacher will write an absence slip for you to provide to all your teachers.
- Please look at homework board for missed work. Students have as many days as they were absent to make up missed work. ***Students will lose their participation points for any day absent (excused or unexcused). If unexcused, work is considered a day late.***

Tardies:

- You must be inside the classroom when the bell rings. School policy on tardies is upheld in class, example: 3 tardies = detention

Drills:

- *Fire Drill:* Go left out classroom door, then right out main lobby doors. Go to sidewalk for attendance.
- *Tornado Drill:* Exit room and sit facing lockers, stay calm and quiet. Windows must be closed and lights turned off.

Incentives:

- Extra Credit stickers worth 1 point may be given for various reasons; these will be kept in the front of your workbook and added up at the end of the year.
- Accomplishing weekly health challenge will give opportunities to win prizes.
- PRAISE!

Grading Policy:

100-93 A, 92-90 A-, 89-87 B+, 86-83 B, 82-80 B-, 79-77 C+, 76-73 C, 72-70 C-, 69-67 D+, 66-63 D, 62-60 D-, 59-0 F ; Grade will be based on a point system: Points will be given for participation, in-class assignments, bell ringers, homework, tests, projects and presentations. **Students will be given 5 participation points daily. Points will be lost for not doing bell ringers, class work, being absent, or poor behavior.**

Behavior Management: (Using electronics during class, talking out of turn, disrupting class, not following classroom expectations, profanity, etc.)

- *Step 1:* Loss of participation/ behavior points
- *Step 2:* Conference with teacher/ plan for improvement
- *Step 3:* After school detention/ phone call home (additional offenses can lead to Tuesday school & IRP)
- Major behavior issue will result in immediate removal to dean's office.

Student Information Sheet

**Dear Parent and Student after reading the attached syllabus/parent letter please fill out the information below to indicate your understanding and support of our classroom system. (Please print neatly, thank you!)

Due Date: _____ (10 homework points)
Student Name _____ Phone _____
Address _____
Email _____ Birthday _____
Did you sign up for Remind 101? Yes No

Mother's/Guardian 1 Name:

Email address _____
Work Phone _____ Other _____
Best time of day to be reached _____
Did you sign up for Remind 101? Yes No

Father's/Guardian 2 Name _____
Email address _____
Work Phone _____ Other _____
Best time of day to be reached _____
Did you sign up for Remind 101? Yes No

Please list any other information that may be important to help and assist you in learning:

By signing below, you acknowledge that you have read and accept the rules and expectations of this class.

Student Signature: _____

Student Printed name: _____

Parent/Guardian Signature: _____

Parent/Guardian Printed name: _____