

Health Education Syllabus

2018-2019

Mrs. Dake
Room 220

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Welcome to health education! This required course focuses on healthy lifestyle choices and teaches essential skills through various interactive teaching strategies. The units covered include:

Self-esteem, Communication & Mental Health
Violence & Injury Prevention
Alcohol, Tobacco & Other Drug Prevention
Disease Prevention & Control
Human Growth & Development
Nutrition & Fitness
Career Exploration

The health education curriculum is guided by the **National Health Education Standards**.

- Standard 1** Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- Standard 2** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Standard 3** Students will demonstrate the ability to access valid information, products, and services to enhance health.
- Standard 4** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Standard 5** Students will demonstrate the ability to use decision-making skills to enhance health.
- Standard 6** Students will demonstrate the ability to use goal-setting skills to enhance health.
- Standard 7** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Standard 8** Students will demonstrate the ability to advocate for personal, family, and community health.

Required Materials:

Students are required to have a folder, paper, and a writing utensil for class each day. Students are also required to have their **health workbook** that is provided to them to use in class each day. If the workbook is damaged or lost, the student will have a \$10.00 replacement fee. Students will keep their workbooks with them and be responsible to bring it to class each day.

Grading Policy:

Grades will be determined using a total points system (student points divided by the total amount of points offered by the course). Class assignments, homework, quizzes, tests, projects, and presentations will have varying point totals. The teacher will give progress reports throughout the semester.

WHS Grading Scale:

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
Students will have a Midterm and Final Exam

Major Course Projects & Assignments:

- Daily *Bell Ringers* (question of the day)
- Skill Practice
- Fitness Activities
- Diet Analysis and <https://www.choosemyplate.gov/> Summary
- A Place at The Table
- Career Activities

Assignments & Homework Policy:

Students will be given approximately one hour of homework a week. There will be times during the year when the workload will increase because we are working on projects outside of class.

Late Work/Absent Policy:

Students will lose points for work turned in late. The amount of points deducted depends upon the total points of the assignment.

It is the responsibility of the student to turn in missed work due to an absence.

Academic Honesty Policy:

Students are expected to pursue their academic goals with honesty and integrity. Plagiarism, cheating, and other unethical academic practices will not be tolerated.

Steps for Success:

- Collect work when absent
- Work cooperatively in groups
- Participate in class discussions: one person speaks at a time; respect given to those who share; confidentiality (teacher responsibility)
- Follow fire and tornado drill procedures
- Have ID and parental consent for internet use
- Do not keep others from learning or the teacher from teaching

MRS. DAKE'S CLASSROOM GUIDELINES

1. Students must be in the classroom before the bell rings; and sitting in a seat before the bell sounds at the end of class.
2. Gather required materials (workbook, writing utensil, paper, etc.) and begin the daily bell ringer.
3. Treat each person in the room with dignity and respect.
4. Follow directions the first time they are given; ask questions for clarification.
5. Electronics (cell phones, iPods, etc.) are to be put away at *ALL* times, unless indicated by the teacher.
6. No book bags or purses on desk; only classroom materials on desk during class.
7. Follow all procedures and policies as outlined in the WHS handbook.

Not Following the Guidelines will result in:

1. Verbal Warning
2. Student conference with the teacher
3. After school detention (additional offenses can lead to Tuesday School & IRP); phone call home

▶ *Exception to steps above: Any student who uses profanity, fights, damages school property (this includes the property of the teacher and other students), or is disrespectful (as defined by the teacher) will be at risk for being written up, going to the office, or a conference with parents and administration.*

MRS. DAKE'S CLASSROOM PROCEDURES

- **Entering the room**
- **When you are tardy**
- **Getting your attention**
- **Heading your papers**
- **After an absence**
 - **Talk to your peers (ask for bell ringer question) and follow up with the teacher**
- **Incomplete assignment**
 - **Student responsibility to complete for late credit**
- **Finish class work early**
 - **What to do next?**
- **Turning in papers**
- **Classroom discussions**
- **Emergency procedures**
 - **Fire**
 - **Tornado**
 - **Lock Down**
- **Bathroom use**
- **Moving around the room**
- **Class dismissal**
- **Keep the room clean and desks aligned**

➤ **“Special” procedures (computer lab, guest speakers, etc.)**

Dear Parents/Guardians,

I am looking forward to working with your child this year in health education. I have daily activities planned, along with several health enhancing projects.

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 assess their own health needs and develop the necessary skills for their overall wellness. In today’s world there is a wealth of health information, however, some of it is not accurate or valid. My hope is that by the end of the school 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. You are the most influential person in your child’s life, so I will need your help! There will be assignments throughout the year in which your participation with your child will be very important. Hopefully these assignments create an opportunity to discuss health issues as a family. Making healthy lifestyle choices can make a huge impact on one’s happiness, productivity, and quality of life.

Please have your child review the attached syllabus with you. It discusses classroom guidelines and procedures, consequences, required materials, and the grading policy. Please sign and have your child return the **bottom portion** of this sheet for 10 homework points.

If you have any questions, comments, or concerns please contact me. I feel that communication between parents/guardians and teachers is very important. Please clearly write your email below so I can send updates about your child when they are needed. I also encourage you to sign up for **Remind** to receive classroom updates. **Sign up for Remind by sending a text to: 81010 and type the message @dakeh in the text box. A confirmation text will be sent to you asking for your name, please reply with your first and last name. This is a great way to stay updated about our class.** My goal is to see that every student is successful and parents/guardians are a big part of achieving this goal! I am looking forward to a great school year!

Sincerely,
Mrs. Tina Dake
(419) 473-8352
My email address: cdake@wls4kids.org

By signing below, you indicate that you have read the classroom guidelines and procedures and have no questions or concerns about the information.

Student Name (Print): _____ Date: _____

Parent/Guardian Name (Print): _____

(Signature): _____

Parent/Guardian Phone Number: _____

Parent/Guardian Email Address: _____