

REQUIRED HEALTH with MRS. NOLAND

Dear Parents/Guardians,

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 17 years, and cannot imagine teaching in any other district. I completed my undergraduate work and received my masters degree, both from the University of Toledo. I have been married for sixteen 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 by **Thursday August 30th.**

A great way for you as a parent to help keep track of what is due in Health Class is by signing up for Remind. This is an app that helps me assist my classes by sending out text reminders for homework and projects.

***Sign up by sending a text to: 81010 with the message @a60bc
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 and questions or comments, and am looking forward to a great year!

Sincerely,

Mrs. Noland

(419) 473-8383 ext. 7807

My email Address: hnoland@wls4kids.org

Syllabus

Health with Mrs. Noland

Welcome to Health! I am looking forward to working with you this year. I have many exciting activities planned and the following units will be covered:

Mental/Emotional Health,
Nutrition and Fitness, Violence and Injury,
Alcohol/Tobacco and Other Drugs,
Human Sexuality and Career Exploration

Necessary Supplies

- Health Workbook (Provided by me, if lost/stolen there will be a \$10 replacement cost)
- Chromebook
- Folder
- Paper
- Pen or Pencil
- Highlighter

Class Organization

1. You must bring **ALL** supplies with you daily.
2. Have all supplies out and ready to use on your desk when class begins.
3. All bags/purses must be placed off of the desk on the floor.

Rules

- All Whitmer High School rules will apply in our classroom, including the **ELECTRONICS AND DRESS CODE POLICIES**
- Show respect (to others, the environment and yourself)
- Bring workbook, materials and chromebook to class each day
- No personal grooming during class
- Raise your hand and wait for permission to speak
- Stay in your seat unless you have permission otherwise
- Cell phones/I-pods etc.....are to be put away at **ALL** times, unless indicated by the teacher. If using phone caddy, phones must be placed there prior to class starting. You are not to go to the phone caddy to check your phone during class. If the device is visible during class, a detention **WILL BE** issued.

Procedures

At the beginning of class:

1. Have your supplies out and ready, bags/purses need to be placed on the floor.
2. Be seated and quiet
3. Place completed homework on your desk
4. Begin your "Bell-Ringer" activity

During Class:

1. Sharpen your pencil when necessary. You do not need permission.
2. Save trash until after class, and be sure your area is **CLEAN** before exiting the room.
3. Bathroom/Water/Nurse:
 - There is a limit of 10 passes (5 each semester) I will hole punch the cover of your workbook for pass usage. No workbook = NO pass or DETENTION. Once all passes have been used, a detention will be issued if another pass is needed. Students are encouraged to use their time between classes wisely.
 - Please do not ask to leave class unless there is an emergency.
 - No one will be excused during the first or last 10 minutes of class or during certain activities/discussions.

At the end of class:

1. Pack up your belongings only after you have been asked to do so.
2. Clean the area around your desk before you leave.

Homework

- I will check homework right after attendance. All work must be on your desk by that time.
- I will come by your desk once. If your homework is not out, it will be marked late.

Late Work

- Late work is **ALWAYS** accepted with a reduction of points.

Tardies

Please be seated and ready to begin at the appropriate time. If you are late, the school tardy policy will apply.

Absences

- Make-up work will be addressed outside of class (preferably right after class).

- Please see me for any missed handouts and talk to other students about missed discussions. I **WILL NOT** come find you.

Academic Honesty Policy

- Students are expected to pursue their academic goals with honest and integrity. Plagiarism, cheating, and other unethical academic practices will not be tolerated, and will result in a **ZERO** for that assignment.

Grading Policy and Scale:

- 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. Grades and assignments can be viewed via PowerSchool.
- Daily Participation Points. Students will be given 5 participation points daily. Points will be lost for tardiness, absences, sleeping, not participating in class discussions/activities, profanity, etc.
- WHS Grading Scale:
93-100=A, 90-92=A-, 87-89=B+, 83-86=B, 80-82=B-, 77-79=C+,
73-76=C, 70-72=C-, 67-69=D+, 63-66=D, 60-62=D-, 0-59=F

**This document is subject to change.

Student Information Sheet

Please read attached syllabus and then sign below to indicate your understanding and support of the classroom system. **Return by Thursday August 30th.**

Name

Email

Mother's/Guardian 1 Name

Email Address

Phone Number

Father's/Guardian 2 Name

Email Address

Phone Number

Questions, Comments or Concerns:

Student Signature

Parent/Guardian Signature