

## Health Education Syllabus

**Mr. Stoup**  
**Room 127**

**Phone: 419-473-8383 Extension 7864**  
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Welcome to health education! This required course focuses on healthy lifestyle choices and teaches these skills through various interactive teaching strategies. The units covered include:

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

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

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

### **Required Materials:**

Students are required to have a folder, loose leaf 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 have the option of leaving their workbook in the classroom or taking them home at the end of class; it is vital they have it for class each day. At the end of the semester students will be able to keep their completed workbooks.

**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.

**Major Course Projects & Assignments:**

- Daily *Bell Ringers* (question of the day)
- Vision Board
- My Plate
- Diet Analysis

**Assignments & Homework Policy:**

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

**Late Work/Absent Policy:**

Students will lose 2 points each day for work turned in late.

Work missed due to an excused absence can be made up for full credit, you have as many days as you were absent to make up the work. Unexcused absences can be made up for 50% of the grade. 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

## **Mr. Stoup's CLASSROOM GUIDELINES**

- 1. Students must be in the classroom before the bell rings.**
- 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.**
- 5. No throwing items in class (trash, pencils, pens, etc.).**
- 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. Warning- Name on board**
  - 2. Check Mark- Student conference**
  - 3. Second Check Mark- 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.*

## **Mr. Stoup's CLASSROOM PROCEDURES**

- **Entering the room**
- **When you are tardy**
- **Getting your attention**
- **Heading your papers**
- **After an excused absence**
  - **Check homework holder**
- **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, CTC Tours, etc.)**

Dear Parents/Guardians,

I am looking forward to working with your son or daughter this semester in health education. I have daily activities planned, along with several health enhancing projects.

As you may 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, much of it is not accurate or valid. My hope is that by the end of the semester, 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 assignments throughout the semester 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.

Please have your son or daughter review the attached syllabus with you, which discusses classroom guidelines and procedures, consequences, needed materials and the grading policy. Please sign and have your son or daughter return the bottom portion of this sheet for 10 homework points.

If you have any questions, comments or concerns, please do not hesitate to contact me. I feel that communication between parents and teachers is very important. I will be sending out a "Health Newsletter" occasionally to keep you posted on what is going on in the classroom and upcoming projects. My goal is to see that every student is successful!

Sincerely,  
Mr. Derick Stoup  
(419) 473-8383 Extension 7864  
My email address: [dstoup@wls4kids.org](mailto:dstoup@wls4kids.org)

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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 Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Phone Number: \_\_\_\_\_

Parent/Guardian Email Address: \_\_\_\_\_