

Health Class Facts

Serving Size 32 students

Mrs. Cheryl Reed, MIT, LAT, ATC, NBCT

Servings Per Class 1

www.mrsreedsclass.weebly.com

Room 3117

Amount Per Serving

Office Hours: A Lunch, 7th Period or After School

Calories 0

Office: 2105

	% Semester Value*
Total Course Grade 5g	100%
Coursework	35%
Assessments	25%
Semester Project: "True to You"	20%
Final Exam	10%
Employability Skills	10%
Course Content 7g	100%
What is Health?	10%
Social Health	10%
Citizenship	10%
Environmental Health	10%
Mental/Emotional Health	10%
Substance Abuse	10%
Sexual Health/FLASH	10%
Nutrition	10%
Safety and First-Aid/CPR	10%
The Human Body	0%

**DO NOT PRINT
OFF SYLLABUS
PLEASE!**

Vitamin A 90-100% • Vitamin B 80-89.9% • Vitamin C 70-79.9%
Vitamin D 60-69.9% • Vitamin F Below 60%

* Percent Semester Values are based on a 96 day course schedule. Your semester values may be higher or lower depending on our extra school day needs.

Ingredients: BOLDNESS, current information (media, newspapers, Internet, articles), group work, independent research, hands-on activities, collaboration, cooperation, best efforts, fun, respect, open discussions, health issues, high expectations, charged atmosphere and Spartan Power (derived from student body and faculty)

Other Important Information...

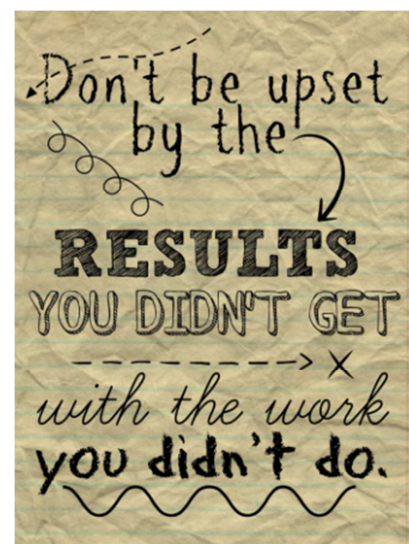
Materials/Resources Needed for Class



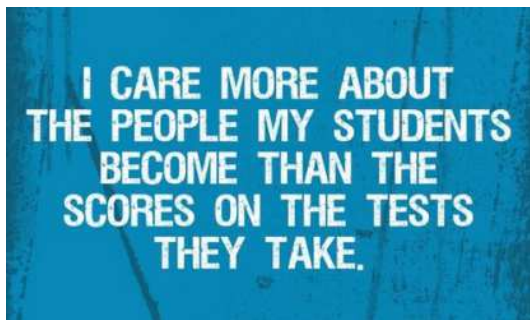
- A 1-1½" binder to be used for Health (preferably used; can be stored in classroom)
 - Table of contents (provided)
 - 6 tabbed section dividers (can be used or homemade)
 - Approx. 20-30 sheets of college-ruled, loose leaf paper in journal section of binder (no spiral bound notebooks or composition books please)
- Writing utensils of choice, though pencil is encouraged
- We use an in-class set of texts, therefore, textbooks will not be checked out to students (copies of our class text can be referenced/checked out at the library)
- Students are encouraged to have their student planners with them daily to record assignments and important dates

Coursework

Students should strive to do their very best on assignments and class work as they often constitute skills necessary to sustain a healthy lifestyle. Assignments are expected to be complete and handed in on time. Assignments may be scored for: 1) completion/effort, 2) quality relative to that of their peers in class and/or 3) for accuracy. Special attention is frequently given to detail, thoughtfulness and/or thoroughness in evaluating student work. *It is the student's responsibility to get any missed assignments/information from the whiteboard, website and/or their classmates after an absence and submit completed work in accordance with the student handbook.* Assignments submitted after a due date are eligible for full credit so long as a valid Universal Pass accompanies it and it is submitted on or before **Tuesday, June 16, 2020** (senior missing assignments due on or before **Tuesday, June 9th**).



Assessments



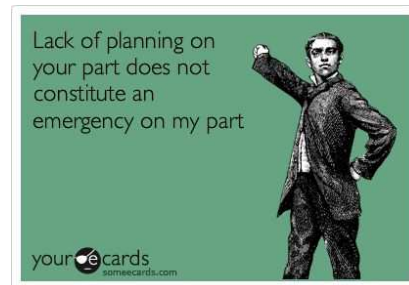
A variety of assessments are used to evaluate student learning, including unit quizzes and binder checks. *If a student is absent for an in-class assessment, it is the student's responsibility to make an appointment with the instructor to make it up.* Making up an assessment during class is typically not allowed. Missed assessments must be made up by **Friday, June 05, 2020**. Assessments not made up by this time will be scored as a zero.

Assessment & Coursework Remediation

In an effort to facilitate student learning and success, *some* assessments/assignments *may* be eligible for remediation if the score earned on a particular assessment/assignment is 69.9% or lower. Eligibility may vary from assessment/assignment to assessment/assignment depending on the learning objective(s) and as deemed appropriate by the instructor. For an assignment to qualify for remediation it must be submitted by its original due date and be at least 90% complete.

Semester Project—"True to You"

All Skyline health classes participate in a leadership based project that extends beyond the classroom. Specific information regarding the project can be found on the course website. Certain aspects of the project will be done in class to help keep students on track for successful completion of their project. *If a student is going to be absent for any reason (excused or not) the day the project is due, the student should turn their project in early or make arrangements with a reliable person to have their project given to the instructor/office by the due date. NO EXCEPTIONS! Universal Passes may not be used on "True to You" projects submitted after the due date. **Due Thursday, June 11, 2020** (senior projects are due on or before **Friday, June 5th**).*



Semester Final

The final is cumulative and will consist of *approximately* 90-100 multiple-choice questions. It is strongly recommended that students keep all notes and handouts organized and kept together not only for binder checks but for referral/study at the end of the semester. Each unit is preceded with a list of unit learning objectives. Students should review the learning objectives to assess their understanding and retention of course content prior to the final exam.

Employability Skills

As this is a Career and Technical Education course, it is important to practice and model skills desirable of employees in a workplace. Additional information about employability skills standards may be found on the course website. Employability skills (denoted as "Citizenship" in Skyward) reflect the punctuality, cooperation, participation, behavior, etc. of a student comparable to that of an employee:

Attributes	Classroom Application(s)	Workplace Application(s)
<i>People</i>	<ul style="list-style-type: none"> Students Teacher, administrator School 	<ul style="list-style-type: none"> Employees Employer, supervisor, boss Office/Store
<i>Punctuality</i>	<ul style="list-style-type: none"> Arriving to class prior to period's start Student remains in classroom unless dismissed by the teacher 	<ul style="list-style-type: none"> Arriving at work prior to start of shift Employee does not leave work early unless dismissed by their supervisor
<i>Attendance</i>	<ul style="list-style-type: none"> Being present for each class period/school day Excused absences (arranged with attendance office) 	<ul style="list-style-type: none"> Being present each shift/work day Paid sick leave/vacation (arranged with employer or HR department)
<i>Engagement</i>	<ul style="list-style-type: none"> Contributions to class discussions Cooperation with classmates Distractions to learning (i.e. cell phone, talking with classmates, working on another task, etc.) Not falling asleep in class 	<ul style="list-style-type: none"> Contributions to staff meeting discussions Cooperation with co-workers Distractions to working (i.e. meeting at the water cooler, personal phone calls/emails, frequent bathroom breaks, etc.) Not falling asleep "on the job"
<i>Productivity</i>	<ul style="list-style-type: none"> Assignments thoroughly completed and turned in Missed assessments made-up Course binder organized Using work time provided in class efficiently 	<ul style="list-style-type: none"> Tasks/duties (i.e. reports, communications, presentations, sales, etc.) completed Sales made Desk/workspace organized
<i>Behavior</i>	<ul style="list-style-type: none"> Follows instructions provided by teacher Appropriate language used (no cursing, bringing down classmates, shouting, etc.) Respectful of classmates and classmates' property Does not vandalize school property 	<ul style="list-style-type: none"> Follows instructions provided by supervisor Appropriate language used (no cursing, bringing down coworkers, etc.) Respectful of coworkers and coworkers' property Does not vandalize or steal company property

Below are some behaviors unique to our classroom that should also be demonstrated:

- Maintains a positive attitude; willingness to try
- Correctly stows technology (i.e. laptops and voters) after use

- Consumes only nutritious foods/beverages in class
- Keeps personal electronic devices in their bag until instructed (see below)

Personal Electronic Devices

Out of respect for themselves, the teacher and their classmates, students are asked not to have their electronic devices out or audible. Students are expected to adhere to ISD policies regarding personal electronic devices. From time to time it may be appropriate for students to use their electronic devices in class. Such opportunities will be communicated to students or students may ask the teacher if it is appropriate to use them. Unauthorized use of electronic devices may result in confiscation of the device and a loss of employability points.



Absences

Refer to the [student handbook](#) for official attendance policies. *Absences must be excused through the attendance office by a parent/guardian over the phone or by a written note (excluding events/activities in which an absence pre-arrangement form is completed or is school hosted like sports/clubs).* If a student will be absent later in the school day, a parent/guardian must contact the attendance office in advance to allow the student's release from class.

Tardies

Refer to the [student handbook](#) for official tardy policies. For this course, being tardy means *a student is out of his or her seat as or after class starts as indicated by the network (computer) clock.* Be aware that the school clocks can be out of sync with each other.

Truancies

Students are truant if they leave class without permission, fail to show up to class but are obviously at school and/or leave the classroom when a substitute teacher is late or does not show up. *There is no "15-minute rule" that students may leave if a teacher/substitute fails to arrive before hand.*

Employability Skills Rating

Students will reflect on their employability skills at the end of each week. At the conclusion of each term and quarter, students will be evaluated on their "employability". The following rubric *generally* outlines (not an all-inclusive list) how a student's employability skills may be rated:

Excellent Skills—"Employee of the Month! Do I hear 'promotion'?" (A = 90-100%)

<i>Punctuality</i>	<i>Attendance</i>	<i>Engagement</i>	<i>Productivity</i>	<i>Behavior</i>	<i>Relationships</i>
- No Tardies	- No <i>unexcused</i> absences	- Contributes to class discussion 4+ times per week. - Cell phone (or other distractions) never out or used.	- No missing assignments - Always uses work time in class wisely	- Always demonstrates respectful and appropriate behavior	- Always cooperative with classmates and/or teacher - Frequently demonstrates concern for others - Always communicates effectively and respectfully

Good Skills—"Management likes what it's seeing!" (B = 80-90%)

<i>Punctuality</i>	<i>Attendance</i>	<i>Engagement</i>	<i>Productivity</i>	<i>Behavior</i>	<i>Relationships</i>
- 1 Tardy	- No <i>unexcused</i> absences	- Contributes to class discussion 3 times per week. - Cell phone (or other distractions) never out or used.	- No missing assignments - Often uses work time in class wisely	- Often demonstrates respectful and appropriate behavior	- Often cooperative with classmates and/or teacher - Occasionally demonstrates concern for others - Often communicates effectively and respectfully

Average Skills—"Punches In, Punches Out. No more, no less." (C = 70-80%)

<i>Punctuality</i>	<i>Attendance</i>	<i>Engagement</i>	<i>Productivity</i>	<i>Behavior</i>	<i>Relationships</i>
- 2 Tardies	- No <i>unexcused</i> absences	- Contributes to class discussion 1 time per week. - Cell phone (or other distractions) out/used 1 time.	- 1 missing assignment - May need prompting to use work time in class wisely	- Demonstrates respectful appropriate behavior more often than not - May need remediation	- Generally cooperative with classmates and/or teacher - Rarely demonstrates concern for others - Generally communicates effectively and respectfully

Below Average Skills—"A letter has been placed in your file." (D = 60-70%)

Punctuality	Attendance	Engagement	Productivity	Behavior	Relationships
- 3 Tardies	- 1 <i>Unexcused</i> absence	- Never contributes to class discussion. - Cell phone (or other distractions) out/used 2 times.	- 1 missing assignments - Frequently needs prompting to use work time in class wisely	- Occasionally demonstrates respectful appropriate behavior - Often needs remediation	- Struggles to cooperate with classmates and/or teacher - Does not demonstrate concern for others - Struggles to communicate effectively and respectfully

Poor Skills—"You're fired!" (F = 50-60%)

Punctuality	Attendance	Engagement	Productivity	Behavior	Relationships
- 4+ Tardies	- 2+ <i>Unexcused</i> absences - Truant	- Never contributes to class discussion. - Cell phone (or other distractions) out/used 3+ times.	- 2 missing assignments - Always needs prompting to use work time in class wisely	- Rarely demonstrates respectful appropriate behavior - Remediation inevitable	- Rarely cooperates with classmates and/or teacher - Does not demonstrate concern for others - Rarely communicates effectively and respectfully

Technology Guidelines and Policies

Technology is an important part of any education and this course is no exception. Students may be required to use a variety of programs throughout the course including, but not limited to, Windows Office applications, Google Drive and health apps. Students lacking a reliable computer, printer and/or internet access need to notify the instructor immediately. Please remember the school's library is a resource for computers, printers and internet access.

The instructor will not be held accountable for late work resulting from any of the following circumstances:

- **A printer running out of ink or breaking down. Students are welcome to print things off from our classroom computers, Skyline's library or public libraries.**
- **Home internet goes down. Use public/school libraries to access if need be.**
- **A computer or cell phone "crashing". Use Dropbox or Google Drive to keep your school files safe and/or have backup copies.**

Extra Credit Opportunities

Spartans Gone Green—Students can earn up to 2pts per Friday by bringing in the designated items listed on their Gone Green Log. To earn these points, *the student, their Gone Green items and their Gone Green Log must be present in class the day credit is awarded.* It is not up for debate if the teacher does not approve the items for points. See the Gone Green Guidelines on the back of your Gone Green Log or on the course website for further details. *Applied to the Coursework Category.*

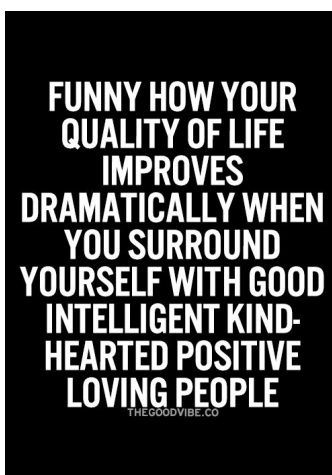
Semester Unit Outline (unit order subject to change)

I. "What is Health?"

- Who is Healthy?
- Decision Making/Problem Solving Model
- "True to You" Project Overview
- Goal Setting

II. Social Health

- Relationships
 - Types of Relationships
 - Family Relationships
 - Peer Relationships
 - Communication
 - Conflict, Violence & Abuse
- Citizenship & The Environment



III. Mental/Emotional Health

- a. Cognitive Development
- b. Sleep
- c. Good/Poor Mental Health
 - i. Self-Esteem and Self-Image
 - ii. Self-Talk and Feedback
- d. Abnormal Psychology
- e. Depression & Suicide

do what makes
you happy and
be done with
all the rest.

IV. Sexual Health (FLASH)

- a. Reproductive Systems
- b. Sexual Transmitted Diseases
 - i. HIV/AIDS
- c. Barriers and Safe Sex

V. Substance Abuse

- a. Categories of Substances
- b. Alcohol
- c. Tobacco
- d. Addiction
- e. Treatment & Prevention

VI. Nutrition

- a. Macronutrients & Energy
- b. Micronutrients & Water
- c. Influences on Eating
- d. Diets and Good Measures of Health & Fitness

VII. Safety & CPR/AED/First-Aid

- a. Safety
 - i. Exercise & Recreational Safety
 - ii. Safety at Home
 - iii. Natural Disaster Preparedness
 - iv. Personal Safety
- b. AHA Heartsaver Course
 - i. First-Aid
 - 1. Injuries to Bones, Muscles & Joints
 - a. Splinting & Slings
 - 2. Sudden Illnesses
 - 3. Burns & Wounds
 - a. Controlling Bleeding
 - b. Blood-borne Pathogens
 - ii. CPR/AED (certification through this course to be eligible to earn CTE Dual Credit)
 - 1. Breathing Emergencies
 - 2. Cardiac Emergencies



CTE Dual Credit Program (formally TechPrep)

This course is **CTE Dual Credit** approved and articulated with **Bellevue College**. Students who demonstrate proficiency of the college course competencies with a 'B' (3.0) grade or better **will be eligible** to earn college credit through the CTE Dual Credit Program. During the semester all of the college course competencies will be covered in class. Our agreement requires getting CPR/AED certified through this course. Students must register online using the Statewide Enrollment and Reporting System (SERS) at <http://sers.techprepwa.org> and are also required to pay a non-refundable \$46 consortium fee to earn college credit through this program (<http://pay.techprepcc.org>). Students must register for CTE Dual Credit while they are enrolled in the approved high school program. Fee waivers are available upon request. Questions? Contact the Tech Prep College Connections office at techprep@bellevuecollege.edu or (425) 564-6158. Please also visit our website at: www.techprepcc.org.

Leadership Opportunities

Through **CLUB MED** and FCCLA, both ASB sponsored clubs, health students have the opportunity to run for local, state and national offices, compete in state and national events related to health and apply for scholarships. Health students are encouraged to participate in these exciting student leadership opportunities!

Teacher Expectations of Students

Students will respect themselves, their fellow students, classroom guests and the teacher at all times.

- Work hard and **BE NICE!**
- Keep your work organized so you can find documents easily
- Respect other people's belongings, space and rights to a quality education
- Follow instructions provided by substitute teachers and guest speakers
- Do not draw on desks or otherwise vandalize school property
- Keep cell phones/iPods/MP3 players quieted and stowed in your bag during class...students will be told when they may use these items in class.



Students are responsible for turning in their assignments in on the date due.

- Use your student planner to keep a record of assignments and when they're due
- Take ownership and responsibility for **YOUR** grade which is **EARNED** not given! Use Family Access to stay abreast of your progress in class. If there is a discrepancy, politely ask for clarification.
- Review the technology guidelines and policies above.
- E-mail the instructor *immediately* if you have a problem arise. Learning of a problem after a due date does not bode well for your case!
- Utilize resources available to you to stay on top of your coursework, like the course website.

Students are to be in their seats by the start of class as indicated by the network clock and not leave the classroom unless excused by the teacher.

- Remember the teacher dismisses class, not the clock
- Make sure your watch/cell phone is in sync with the network clock (the time on school computers; the classroom's clock is often incorrect) which is the "official" time for the building
- Driving students: Leave home early enough to park and get to class on time!

Student are responsible for having with them all necessary materials needed in order to participate in class.

Students will act as responsible and professional members of the Skyline learning community.



- When struggling, seek help!
- Give yourself adequate sleep and good nutrition to perform your best!
- Remain organized to help manage your time and keep documents from "disappearing"
- Support your peers in their learning (study groups, tutoring a struggling student, etc.), it will reinforce your own learning
- When using other people's work or ideas, *students are ALWAYS expected to cite their sources in MLA format as per the student handbook and academic integrity policy*, giving credit where credit is due. This goes for pictures too! **NOTE: Wikipedia is often NOT an acceptable source for this course.**

Student Expectations of Teacher

Students can expect the teacher to have genuine concern for and care about students as individuals, not just in the present but for their futures.

Students can expect to have lessons delivered with enthusiasm and utilize a variety of formats to enhance student engagement and learning.

Students can expect to have a teacher who is well organized and accountable for assignments turned in by students.

Students can expect the teacher to be open to student input and feedback regarding lessons, coursework, classroom management procedures, etc. to facilitate improvement and/or change necessary to support all learners

