

HEALTH

MRS. TONGE

SEPTEMBER 2015



Classroom Policies and Procedures

Parents and Students: please read contract carefully, sign, date and put in front of health notebook for future reference.

Daily Class Policies and Procedures

Upon entering the classroom proceed quickly and quietly to your seat. Arrange your materials on your desk and wait quietly for class to start. If you have a question please raise your hand and wait. Do not speak out of turn. Treat everyone with respect and bring materials needed for class every day. Arriving late for class, not turning in homework/projects or any other inappropriate behavior will result in after school detention. Extra help is always available. Come and speak with me to arrange a time if you feel extra help is needed.

Materials (must have every day!)

- 1.5 inch binder
- pens/pencils
- 1 pack of 3x5 index cards
- optional*: one pack of 8.5 x11 copy paper (student will be awarded 5 extra credit coupons that can be used any time through out the year!)

Grading

Quarterly grades will be calculated taking in to account tests/quizzes, projects, class work/ homework, and note book. The break down is as follows:

- Class Work/ Skills Development: 35%
- Assessments: 30%
- Homework: 15%
- Notebook: 20%

Homework

Assignments are to be completed neatly and handed in on time. All assignments are due at the beginning of the next scheduled class unless otherwise specified. If a student is absent it is their responsibility to ask for missed assignments.

Assessment Policy

Assessments will be given at least once a week. Some assessments will be given in the form of tests/quizzes. Others will be given in the form of exit tickets and authentic skills assessments. Assessments may happen with or without prior notice. If a student is absent on the day of a test arrangements must be made to make up the test within 2 days of returning to class.

Course Outline

This course will be taught using the *HealthSmart High School Curriculum*. This curriculum is designed to teach both the knowledge and skills necessary to become a healthy young adult.

The following topics and skills will be covered:

- **Topics**
 - Abstinence, Personal & Sexual Health
 - Emotional & Mental Health
 - Nutrition & Physical Activity
 - Tobacco, Alcohol & Other Drugs
 - Violence and Injury Prevention

- **Health Skills**
 - Self-Management
 - Relationship Management
 - Stress Management
 - Communication
 - Decision Making
 - Planning and Goal Setting
 - Advocacy

Students and parents:

Please sign below stating that you have read and understood the policies and procedures that will be followed in health class for the 2015-2016 school year. By working together to follow these policies and procedures we will be sure to have a productive and enjoyable year. Parents if you have any questions or concerns please do not hesitate to contact me by calling me at the school or emailing me at knjuergens@buffaloschools.org.

Student Name: _____

Student Signature: _____

Parent/Guardian Signature: _____

Date: _____