

**High School Health**  
**Roslyn High School**

**What is Health?**

**Health** is comprised of many different topics. Some of these topics are more personal than others such as self-esteem, decision-making and forming relationships. Other topics such as HIV/AIDS, sexually transmitted infections and substance abuse are mandated to be taught by New York State. Together, we will explore the different topics that can lead us to choose a lifestyle of well-being. The more reliable knowledge you have about health issues in today's world, the better equipped you are to deal with those issues when you are faced with them. Remember, it is always within your own power to choose the lifestyle you will lead.

Achieving overall health, otherwise known as wellness, is not just knowing what contributes to your health but applying it. The four major components of health are: Mental, Emotional, Physical and Social. By the end of this semester, you will understand what all four of these components are and how you can apply them in order to achieve optimum health.

You are at the age and school level where you are able to explore who you are. Some of you may already feel like you know yourself. However, realize that you can always learn more about yourself and the world around you. When you keep that thought in mind, you will find yourself leading a happier, more interesting life.

**Class Grading**

A **numerical grading system** will be utilized to evaluate your performance in this class. You are to do all class assignments in Google Classroom, in a timely manner, in order to receive credit for your work. You will be expected to uphold these grading standards in order to average a good grade, and I will notify you as well as your caretaker if you are not doing as you are instructed. On a positive note, I would love to notify your caretaker about how well you are doing in the class, which I typically do.

Grading is based on **Classwork**, which is **100% of your grade**. All assignments are given during instruction time, inside **Google Classroom**. In order to receive a high score, the assignments must show effort and use of class information. If you are working in groups, always hand in your own separate work in **Google Classroom**.

**\*Participation** will improve your achievement in your quarter grades. Your shared ideas, positive interactions and thoughtful responses can improve your average.

**\*\*Extra credit** can be earned throughout the semester by sharing what you know beyond the classroom. All extra credit must be real, relevant and reputable (if researched) to the topic in class.

Here are some of the titles of the units which we will be learning and discussing:

- Self-Esteem, Decision-Making, & Interpersonal Communication
- Violence Prevention & Safety
- Mental/Emotional Wellness & Stress Reduction
- Nutrition & Exercise
- Early Detection of Cancer
- Substance Abuse, Prevention & Addiction
- Human Sexuality

There are many topics which you will be examining under these units of study, and other areas of interest that may come up as per your thoughtful contributions in class.

### **School/Classroom Policies**

**Attendance** - You are expected to attend all classes. **We will always meet in room 240 unless I instruct you otherwise.** In the event that you miss a class, you must have your parent or legal guardian verify the absence to the attendance office so that you are not considered legally absent. Absences are recorded on your permanent record, and your parents will be informed of your absence if it is not verified within 24 hours, and detention can be issued shortly thereafter. On the 11th class missed in a semester class, that will result in an NCA, or 'no credit due to attendance'. You will be scheduled then to repeat the class if a committee deems it just, to receive credit for graduation.

**Lateness** - Three lates will result in an absence from class, which is added to your attendance record. You are considered late if I have already taken attendance, and more than 15 minutes late according to your student handbook, you are considered absent. If it is not verified, you will be asked to serve detention. If you are in the nurse's office or guidance office for more than 15 minutes, it will be considered an absence according to your handbook.

**Inappropriate Behavior** will not be tolerated for the good of the class. On the first occurrence you will be warned. Thereafter, a discussion with a parent will take place as well as detention served. Your behavior and class participation, positive or negative contributions will be observed and recorded daily.

**Other considerations:** Electronics are utilized on certain days in class. If it proves to be a distraction, that will be addressed and discussed. Also, the consumption of food will be discussed on an individual basis.