

## 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 well known and 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 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 & Procedures

A numerical grading system will be utilized to evaluate your performance in this class. A rubric (grading chart) will be given to you so that you know how to achieve the grade you would like to earn. You will be expected to do your best to uphold these grading procedures and I will notify you as well as your caretaker if you are not doing as you are instructed.

Grading will be based upon the following criteria:

1. Classwork & Participation (worth 50% of your grade) - In-class projects that are done sometime within the topic time-frame. These assignments must show effort and use of topic notes. If you are working in groups, always hand in your own separate work.
2. Quarter Projects (worth 50% of your grade) – Assessments will be assigned through different projects. There can be approximately 1-2 of them each quarter.

\*\* Participation will improve your achievement in your topic and final projects. Your shared ideas, positive interactions and thoughtful responses will impact on your grades in these criteria.

\*\* Extra credit can be earned throughout the semester through projects and shared information related to subject matter (all must be from a reputable resource).

We will learn about various topics, which will be the main focus for the semester:

- 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

Under these major units of study, there are many topics which you will be examining through topic projects (classwork). Above and beyond the general units, we may be discussing other health areas of interest. During these units, you must do all of the projects in a timely manner in order to complete your classwork requirements. You must turn them in on time in order to earn the maximum grade (100%).

## Important School/Classroom Policies

**Attendance** - You are expected to **attend all classes**. We will *always* meet in **Rm. 240 unless I instruct 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 illegally 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. Detention will be issued shortly thereafter. Ten classes missed this semester will result in an **NCA**. You must then *repeat* the course in order to graduate.

**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 the attendance. If you are more than 15 minutes late, you are considered absent for that day and will be asked to serve detention. If you are in the nurse's office for ½ period or more you will be considered absent.

**Inappropriate behavior** will not be tolerated for the good of the class. On the first occurrence you will be warned. Thereafter, discussion with a parent will take place as well as detention served after school. Your behavior and class participation will be observed and recorded daily. This is how I will rate your efforts:

- 3 = Excellent behavior, participation and cooperation.
- 2 = Average (good) behavior, participation and cooperation.
- 1 = Minimal behavior and effort - in need of improvement.
- 0 = Your behavior is unacceptable for a class setting

### You are required to bring:

1. Yourself and a smile ☺.
2. Your notebook and folder OR folder with paper and a writing implement.

### You may not bring:

1. Electronic devices will be confiscated and turned in to the Assistant Principal.
2. The consumption of food and drink in class are against school policy. You will be asked to put it away or throw it out.