HEALTH - HSBT

Ms. R. Thompson

Jefferson H.S. 2016-2017

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**Course Description:**

Health Education prepares students to shape their behavior in ways that enhance wellbeing. The goal of this course is for students to become health literate (able to obtain, interpret, and evaluate basic health information and services) and develop the skills necessary to deal with life stresses and enhance the quality of their personal, family, and community life.

The difference between this class and the regular health class is the connection with the Health Sciences/Biotechnology Program. This program is a partnership with Oregon Health Sciences University. You will have an opportunity for extra field trips, mentors from OHSU, and some deeper knowledge on some health topics in preparation for future HSBT classes (Anatomy/Physiology, Research and Medicine). Please see Ms. Bulinski if you have specific questions about the HSBT program.

This year, I will have a Teacher Candidate from PSU. Julie Walsh will be assisting and co-teaching 2 days a week from August through March, then begin teaching independently with varying degrees of supervision starting in April. If you have concerns, please use the email or phone number above to contact me.

**Content Covered includes (but is not limited to):**

Semester 1 Semester 2

Mental/Emotional Health Sex Ed/Reproduction/STDs

Nutrition/Body Image Alcohol/Tobacco/Other Drugs

**Texts and Resources:**

Teacher generated lessons

District adopted HealthSmart

Guest speakers

Various online articles and websites

**Grading Policy:**

Grades are based on a variety of assessment types to evaluate understanding of the material as well as class participation. Categories of assessment include tests, quizzes, personal evaluations, and classwork/homework.

The breakdown for their grade is: The grading of all assessments is as follows:

* Tests: 30% 4=exceptional
* Quizzes: 30% 3=meets standard
* Classwork: 30% 2=not yet at standard
* Personal Evaluations: 10% 1=no evidence of understanding

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﻿These scores will all be averaged to determine an overall class grade.

3.5 - 4.0 = A Grades will be available online through Synergy.

3.0 - 3.4 = B Please see the office if you need your password

2.5 - 2.9 = C or other instructions to access this information.

**Priority Standards:**

1. **Concepts:** Students will comprehend concepts related to health promotion and disease prevention.
2. **Accessing Information:** Students will demonstrate the ability to access valid health information and health promoting products and services.
3. **Self-management:** Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
4. **Analyzing Influences:** Students will analyze the influence of culture, media, technology, and other factors on health.
5. **Interpersonal Communication:** Students will demonstrate the ability to use interpersonal communication skills to enhance health.
6. **Goal Setting:** Students will demonstrate the ability to use goal setting to enhance health.
7. **Decision Making:** Students will demonstrate the ability to use decision making skills to enhance health.
8. **Advocacy:** Students will demonstrate the ability to advocate for personal, family and community health.

**Differentiation/accessibility strategies and support:**

* Teacher one-on-ones, small group work, partner practice.
* All quizzes can be retaken once, but you must present completed relevant notes and classwork in order to do so.
* Classwork may be resubmitted within the same grading period (quarter) for a higher grade.
* Multiple options on written assignments/ways to show mastery of Standard Skills.
* Teacher support is available after school and general support available in tutoring (Tue., Wed., Thur.) in the Jefferson library.

**Behavioral Expectations:**

* Come to class prepared to learn; on time, with materials and completed homework.
* Maintain an academic environment during class time; participating positively with voices at a reasonable volume.
* Respect and support everyone in the class.
* Academic honesty is to be upheld at all times. Any type of cheating whatsoever will not be tolerated. This includes plagiarism.
* Follow all school and district rules.

**Electronic Devices:**

You are here to focus on YOU, YOUR LEARNING, and YOUR HEALTH during this time.

To put it plain, cell phones and other electronic devices are not permitted in class **without being teacher directed or with prior arrangements**. I may ask you to use your phone for certain activities (like looking at your grade, Google Classroom, or my webpage), but if you are using it when you have work to do, you will lose participation points. Repeated violations will result in more serious consequences.

**﻿Tardies and inappropriate cell phone use:**

1st = warning

2nd = call home

3rd = 15 minutes after school in my room, either that day or the next day.

            Failure to show up will result in 30 min school based detention (if available) or a referral.

Rationale: If you are late or preoccupied with your phone, you are not engaged in learning, so

we will add additional learning time onto your day.

4th = security will be called to escort you out and to the office/administration.

**Consequences** **for other inappropriate behavior** (depending on severity of infraction):

* Warning
* Individual conversation with teacher (when possible)
* Removal from the situation (seat change or external time out)
* Call home
* In class or school run detention
* Referral

**Hall Pass and Bathroom trips:**

* If you must use the hall pass, make sure it is an appropriate time, bearing in mind that it is not during the first and last 10 minutes of class, and not while someone is speaking to the whole class.
* Keep your bathroom/other business down to around 3-5 minutes. Someone will come and find you if it should take longer. **Abuse will result in loss of privilege**. Remember, someone else may need to use the facilities, and next time, it might be you.
* Please make sure to keep hall passes down to a minimum. Get your business done during lunch and passing times. When you’re not here, class keeps going and you will **still be responsible for information missed.**

**Career-related learning experiences (CRLEs): (required for all students)**

* Field Trips
* Guest Speakers
* Project Based Learning

By signing this, you acknowledge that you have read the syllabus and, as the student, will follow the guidelines; or as the parent or guardian, to assist your student in achieving success in this class.

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Student Name Printed Parent or Guardian Name Printed

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Student Signature Parent or Guardian Signature

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Date Date

Approved 9/13/2016