

GRADEBOOK CATEGORIES

- 40%: **Classwork** (Daily Grades, In Class Work, Homework/Journals)
- 60%: **Tests** (Tests, Quizzes, Projects, Essays)
- *There will be a final and a midterm.*

Participation

Please come with a positive attitude and learning mindset. Questions and full participation/focus in all activities, discussions, and assignments are needed for success. Students are provided with a daily score of 3 points based on participation, preparedness, and, respectfulness.

Classwork, Homework, Journals

We will try to use class time to get things done. You need to work from bell to bell. However, there will be outside work, for homework assignments and journals. Please try to get things done on time. Points will be deducted for lateness - especially chronic lateness.

Tests, Quizzes, Projects

All units will have at least one (probably more) quiz or project. Projects and quizzes provide you an opportunity to demonstrate your understanding and display your skills.

Extra Credit

Extra Credit opportunities will be RARELY offered. They are a great way to boost your grade or challenge yourself. There are, however, not enough of these opportunities to save your grade if you slack off.

HEALTH 10 SYLLABUS

2023 - 2024

Miss Rhone- mrrhone@morriscsd.org

Welcome! This Health Education Course encompasses the health education standards from the state of New York. The course focuses on the application and mastery of developing health-enhancing skills. In order to be health-literate, students are encouraged to become self-directed learners while establishing a basic understanding of health promotion and disease prevention. The goal of this course is for students to independently learn how to live a happy and healthy lifestyle.

COURSE OBJECTIVES:

- Demonstrate a wide range of content knowledge.
- Obtain, interpret, and apply basic health information
- Access accurate, reliable, relevant, and recent information.
- Analyze influences that affect a healthy lifestyle.
- Develop interpersonal communication skills.
- Set effective goals that improve health & wellness.
- Make decisions following a thought process.
- Advocate for healthy choices, options, relationships, and environment.

TOPICS INCLUDE:

Taking Charge of Your Health
Achieving Mental and Emotional Health
Mental Health and Emotional Problems
Nutrition for Health
Managing Weight and Eating Behaviors
Body Systems
The Life Cycle
Sexually Transmitted Infections
Communicable/Non-Communicable Diseases

OTHER IMPORTANT INFORMATION

Class Requirements and Materials

For this class you will need a folder or binder, a notebook, and a pen/pencil every day. All students will also be required to join my google classroom. This is where many assignments and students' weekly journals will be submitted.

ACADEMIC INTEGRITY

The work is all about your interaction with the materials provided. Please remember that all the work should come from you, not someone else. Copying from someone else (plagiarism) or letting others copy off you are unacceptable behaviors and will be dealt with accordingly. What you put into the class is what you will get from it.

Class Discussions

Please be respectful during discussions. You may disagree with the opinion you hear, but please maintain a respectful tone and avoid swearing or other inappropriate language or gestures. Fooling around limits in class time to complete work.

Student Code of Conduct

Please remember we follow the student handbook.. Consequences will be presented in the following order.

1. Verbal warning
2. Parental contact (PC)
3. Office referral and PC

RESPECT & MATURITY

Some course content may be unfamiliar, awkward, or confusing initially. Therefore, please respond to the course content with respect and maturity. While there are times when awkward giggling or laughter may occur, it is not appropriate to make jokes about course content or create an environment that makes others feel uncomfortable.

ATTENDANCE

Please try to inform Miss Rhone in advance if you know will be absent from Health Class. If you are not present in class, you will be marked absent, and it is your responsibility to make up missed work. Part of the Health Curriculum deals with Communication Skills so this is good practice.

COURSE CHANGES

Miss Rhone reserves the right to change the course components as necessary if something in the syllabus is not working. It will be changed to give you the best possible learning environment. We all need to be flexible, patient, understanding. Give your best effort and try to have FUN!

ELECTRONICS

While cell phones and other electronics are wonderful technological tools, they often become distractions. Please put them AWAY during class.

Restroom, Food, and Drink

Please try to use the restroom before class begins. Time is very limited for Health Class this school year, so we need to make every minute count. If it is an emergency, then go quickly and quietly. Please do not make this a habit.

Food and Drink is permitted if you do not disturb or disrupt the learning environment with disgusting eating/drinking habits. Always be muted when eating or drinking please and thank you!

I have read the Health Syllabus and agree to the expectations of Miss Rhone. I am aware that I will be following the Student Handbook of when it comes to how I dress; as well as my actions and behaviors.

Parents:

Email:

Signature:

Date:

Students:

Signature:

Date: