

Course Title: Wellness/Health

Department: Unified Arts

Teacher Contact Information:

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Department Chair Contact Information:

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Course Description:

For most students, this will be the last health education course you will ever have a chance to take even though there is a lot of health content that you won't be exposed to until well after high school is over. In this course, you won't learn every single thing you will need to know to keep yourself healthy for the rest of your life. Instead, the objectives of this semester-long course will focus on learning universal **skills** that can be applied for lifelong personal health and happiness, no matter the context.

Units of Study:

7 Required Health Standards: (**skill units**)

Analyzing Influences
Accessing Information
Interpersonal Communication
Decision Making
Goal Setting
Self Management
Advocacy

Health topics will include:

Nutrition
Mental and Emotional Health
Healthy Relationships
Human Sexuality
Alcohol, Tobacco, Other Drug Prevention
Violence and Injury Prevention
... and more!

Practice Assignments:

There will be many learning opportunities such as activities, games, videos, written reflections, notes/graphic organizers, and other assignments to serve as practice for health skill development. These tasks will be listed in Infinite Campus as "Assignments" under the progress report term they were assigned. These learning opportunities will be reviewed by the teacher and students' progress will be marked using the following language:

"Practice Assignment" scoring language used in Infinite Campus:	This means:
"Reviewed"	The teacher has reviewed the student's evidence and provided feedback as needed for the student to review. Please review feedback from the teacher.
✓ or "Turned In"	The student has submitted evidence and the teacher is in the process of reviewing and providing feedback.
"Incomplete"	Student's evidence is missing some components. The student should return to the task to ensure they have followed directions and submitted evidence of their best work. Ask the teacher for help as needed.
"Missing"	The suggested due date has arrived and the student has not submitted any evidence for the task yet.

Practice assignments will not be formally graded, however, you will be **expected** to complete all learning opportunities and practice assignments because they are intentionally designed to help you develop the skills required for this course and help you progress toward proficient and exemplary mastery. Ms. Chap will frequently give you feedback on these tasks to help you continue improving. Feedback will typically be provided in Google Classroom. This semester, you will also learn to reflect on your own learning process to understand what next steps you must take to continue improving.

Assessment/Reassessment:

After multiple practice opportunities, you will be assessed on your learning and skill development. Assessments may include reflective essays, projects, and other assignments that will give you a chance to show what you are capable of. Assignments will be clearly labeled in Google Classroom (★ASSESSMENT) so you are aware that it is intended as an assessment of your learning. Assessment tasks will receive a formal score in Infinite Campus (Exemplary - *Exem*, Proficient - *Prof*, Developing - *Dev*, Beginning - *Beg*, or Insufficient Evidence - *IE*).

Deadlines:

Due dates for all assignments and assessments will be listed in Google Classroom. Deadlines are added to help you plan how long tasks might take so you can plan accordingly. Students should do their best to meet deadlines, keeping in mind that learning happens at a different pace for each person. If you find that you are working diligently on a task but do not finish before the deadline, simply communicate that to Ms. Chap and ask for a small extension. Deadlines can be flexible, within reason. Ms. Chap wants you to be successful and turn in work you are proud of. **Please do not stay up late just to meet a deadline.** Your health should never take a back seat to your health education assignments! Be in touch with me and I will help you make an alternative plan to get caught up.

Ms. Chap's academic support schedule:

AM Block, Band A, Band B, & after school

****Please schedule in advance to make sure I am available!****

Supports for academic success:

All students will participate in weekly check-ins to clarify what is due and what is coming up so you can stay accountable with your academic responsibilities. About every 3 weeks, you will receive a Progress Report score (Meeting Expectations - *Mtg*, Below Expectations - *Below*, or Unsatisfactory - *Unsat*). Students with scores of *Below* or *Unsat* at this time will attend Required Office Hours the next afternoon where you will work with Ms. Chap to discuss what can be done to improve and create a Plan for Academic Success form (PAS). Your PAS will be shared with Ms. Chap, your advisory teacher, case manager, school counselor, guardian(s), and any other school-related adult that can be a support for you as you take action on your plan for improvement. PAS actions may include scheduling advisory meetings with the teacher, creating deadlines for yourself, or getting extra support at school or at home. If you don't follow through on your PAS plans, or you do not attend the Required Office Hours, you will lose the opportunity to attend Call Back Day at the end of the semester. In addition, if you

have three or more standards to improve upon prior to Call Back Day, you may lose the opportunity to attend. Make it easier on yourself by completing assignments in a timely manner. If something in your life is preventing you from being able to meet deadlines, let Ms. Chap or another school adult know so we can help you navigate the issue.

Classroom Expectations & Agreements:

★ Be present:

- Attend class.
- Communicate with Ms. Chap ahead of time or as soon as possible if you need to miss class.
- Reduce or eliminate distractions to make learning easier. For example, cell phones will be placed at the charging station before the start of class.
- Use your academic time for learning and assessing.

★ Be prepared:

- Bring your charged chromebook and charger to class every day.
- Come to class with your completed learning and assessment materials.
- Optional materials include: a small binder/folder for organizing papers (all assessments are "open note"), headphones/earbuds, writing utensils, a water bottle, and a mug for tea. For now, snacks should be able to be eaten relatively quickly and without mess or distraction. No soda or energy drinks, please.

★ Be a positive participant:

- Show respect for classmates, yourself, teachers, guests, and materials. Honor your needs as a learner as well as the needs of others.
- Use chromebooks, cell phones, and other devices appropriately and for school-related tasks, unless prearranged with the teacher.
- Challenge yourself to share your ideas, questions, and new understandings respectfully and be open to the perspectives of others.
- Ask for help when you need it.
- Do your best. (*←this will look different from day to day*)

Assessed Course Standards:

- [Link to assessed SHS Health Education standards/performance indicators](#)

I have read and understand the attached syllabus for Health/Wellness class, including the attached list of assessed course standards. I know how to contact Ms. Chap and/or access the syllabus in the future should questions arise.

Student's Name: (please print) _____ Block: _____

Student's Signature: _____ Date: _____

Parent's/Guardian's Signature: _____ Date: _____