

## **Health Education Syllabus**

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**Morton Middle School**

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### **Course Preview**

The course emphasis will be on the importance of lifetime personal wellness, nutrition, and safety. It is my goal to provide students with the evidence-based knowledge needed to make healthy decisions throughout their lives.

### **Class Expectations**

Students are expected to come prepared and be on time to class each day. To create a positive environment that enables instruction and learning, the following five guidelines will be enforced in the classroom in addition to all Morton guidelines given in the school handbook.

1. Respect yourself and others.
2. Follow directions the first time they are given.
3. Bring all materials to class every day.
4. Be responsible for your own work and behavior.
5. Always try your best!

### **Classroom Rules and Safety Policies**

- Absolutely no food or drink in the classroom. No gum.
- Enter the room quietly and sit in your assigned seat until class begins.
- The bell at the end of class does **not** dismiss you, the teacher dismisses you.
- Before I dismiss each table, I will be checking to see if all materials are returned to their correct place, the table is clear, and the floor is free of any trash. Students must push in chairs before they leave.
- Hall passes will be very limited from the classroom. Please do not ask to leave the classroom unless it is an emergency.
- No hall passes may be used during the first or last ten minutes of class (10/10 rule)

- Please wait until class instructions and/or discussions are completed before asking to use the hall pass.
- Students will be given three hall passes for the semester. If a student loses/runs out of passes and must leave class, on task and participation points will be deducted for the day.
- Do not get out of your seat without permission.
- Carry a book to class every day. You may read after completing your assignment for the day.
- Bring or wear tennis shoes on designated days.
- Assignments must be completed on Canvas

### **Attendance/Absences/Illness/Make-up work**

- If you are not in your assigned seat when the bell rings, then you are tardy.
- 3 unexcused tardies = detention (Morton policy)
- It is the **STUDENTS RESPONSIBILITY** to make up all work. Absences including field trips, visitations, sickness, and pre- arranged meetings need to be made up to receive full credit.
- To make up assignments due to absence, the absence must be excused by the attendance office.
- After returning from an excused absence, it is **THE STUDENTS** responsibility to check with the teacher to receive missed assignments. (Make up assignments need to be submitted no later than 3 days after the day of the absence).
- You will be required to follow the school guidelines on tardies and absences. You will receive zero points for an assignment if you are absent for any reason without an excused absence via the attendance office.
- **DO NOT MISS THIS CLASS TO MAKE UP WORK FOR ANOTHER CLASS!**

### **Class Materials**

- It is your responsibility to bring your **chromebook** and **charger** to class every day.
- It is the student's responsibility to make sure their chromebook is fully charged every day.
- For assignments, we will be utilizing Canvas.

### **Assignments/Grading**

- Daily work is to be turned in at the end of the period unless other directions are given.
- Homework or make up work should be given to the teacher when you enter the classroom at the beginning of the period.
- Late work will receive ½ credit.
- Assignments will vary in point value.
- Grading will be entered in Infinite Campus under the categories of assignments/participation, quizzes/tests, and projects.

### **Grading Scale**

**A** 100 - 90

**B** 89 - 80

**C** 79 - 70

**D** 69 - 60

**F** 59 and below

### **Topic Areas**

We will be covering several different topics during our 18-week health class. The major topics will include:

- Health/Wellness
- Decision Making
- Goal Setting
- Communication Skills
- Stress Management
- Social/Family Health
- Conflict Resolution
- Personal Health
- Mental & Emotional Health
- Safety & Emergency
- Alcohol & Tobacco
- OTC, Prescription, & Illegal Drugs
- Communicable/Noncommunicable Diseases
- Body Systems
- Growth & Development

- Nutrition
- Physical Fitness

**Please feel free to contact me any time during school hours and I will do my best to get back to you in a timely manner. I appreciate your cooperation and support!**