



Health

2017-2018

Mrs. Hanson

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Teacher Website: <https://goo.gl/imwtYW>

School Website: <http://mhs.msd134.org/>

Course Description

This health course is designed to inspire a healthy lifestyle for those participating. The class curriculum focuses on overall health foundations that include physical activity, nutrition, personal care, the study of the body systems, decision-making skills & refusal skills, disease and prevention, and environmental health.

Course Objectives

1. Students will understand the core concepts of health and how decision-making skills can affect everyday life.
2. Students will understand how behaviors and influences can affect health status
3. Students will understand how to access valid health information
4. Students will understand goal-setting strategies and application.
5. Students will understand health-enhancing behaviors and how to apply those for advocacy.

Course Units

Quarter 1	Quarter 2	Quarter 3	Quarter 4
Health and wellness, Health skills and behavior	Consumer education, Nutrition	Fitness, & alcohol, tobacco, and drugs.	Prevention and control of disease, Environmental health

Materials

Spiral Notebook

Skyward Grading

Score Method	Term Grades (MHS Policy)	Grading Scale (MHS Policy)
Total Points	Fall Quarter 1=40% Quarter 2=40%	A=90%-100% B=80%-89%

	End of Course Assessment=20% Spring Quarter 3=40% Quarter 4=40% End of Course Assessment=20%	C=70%-79% D=60%-69% F=Below 60%
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Make-Up Work (MHS Policy)

Papers, assignments, tests, etc. that were announced while the student was in attendance prior to the absence are due to be submitted or completed on the day the student returns to school. A student will be allowed two (2) school days for each day of excused absence to make up material presented during the absence. Make-up time is not to exceed ten (10) days from the time a student returns to school after an absence. Additional time may be granted at the principal's discretion under extenuating circumstances. When a student has been absent for three (3) or more consecutive school days due to illness or excused absence the parent or student may call the Attendance Office to request make-up homework be sent to the office for pick-up. Please allow 24 hours for teachers to respond before coming to the office to pick up work. **In the case of pre-arranged absences, it is the responsibility of the student to contact individual teachers for any make-up work prior to the absence.**

Late Work

If you are absent from class, it is your responsibility to get the assignment(s) that you missed and get them turned in within two days after the day of the absence. After the end of the second day, the total points of the assignment or test will be reduced by 5% each day following the original due date. If you are absent on the day of a test, the test will be administered the next class period that you are present.

Classroom Rules and Procedures

- Be respectful to everyone in the class
- No talking when the teacher is talking
- No cell phones
- Participation: be willing to participate in each classroom activity and assignment
- Be prepared for class!

Discipline

Discipline philosophy is based on the written policy within the MHS student handbook, in addition to content specific rules that are implemented.

- Disruptive conduct to the educational process is prohibited.
 - Infringes conduct on the rights and property of others is prohibited.
 - Knowledge base of the school policies and rules are strongly reinforced.
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Academic Integrity (MHS Policy)

All work submitted by a student must represent his/her own ideas, concepts, and current understanding. All material found during research must be correctly documented/cited to avoid plagiarism. Any student caught cheating or plagiarizing on course assignments or exams will lose credit for that assignment or exam. The teacher will notify parents. Students may be subject to disciplinary action, including a parent conference.

Student & Parent Resources

School Website: <http://mhs.msd134.org/>

Teacher website: <https://goo.gl/imwtYW>

Other Information