


**Mr. Webster – Lincoln Hill High School H E A L T H**  
**Contact: [cwebster@stanwood.wednet.edu](mailto:cwebster@stanwood.wednet.edu)**  
**Phone: 360-629-1340 Extension: 2255**

Parents/Guardians: Please see page 4 for signature instructions

Students: Please see page 3 for signature instructions

**Object/Rationale:** High school is a time of many changes and decisions. Health is designed to help students learn about their changing bodies, to help them sort out emotions and personal values, to aid them in maintaining optimum health as a lifelong process, and to show students how to take responsibility for making healthy decisions.

- Students must pass Health to graduate! 
- Health is all about the student. Topics include real-life situations for teens. The topic areas are based on teen pressures and teenage risk behaviors:

1. **Mental Health:** dealing with stress, depression, suicide; having empathy for others; violence prevention; positive self-esteem; handling peer pressures; making decisions; the importance of sleep; anger management; communication skills; conflict resolution skills, uncompromising values; dealing with bullies, understanding media literacy and more...

2. **Nutrition:** balanced eating; understanding nutrients; reading food labels; the importance of exercise; the dangers of many diets and eating disorders.

3. **Smoking / Alcohol / Drugs:** understanding the dangers of substance use and knowing how to be above the influence.

4. **Sex Education:** understanding reproductive anatomy and related issues; sex vs gender; preventing sexually transmitted infections (diseases) and pregnancy; the benefits of abstinence; recognizing healthy and unhealthy relationships; birth control, handling sexual abuse and assault, being safe, including internet safety.

*I hope to make a positive difference in your child's life! Keep in touch, Carl Webster  
([cwebster@stanwood.wednet.edu](mailto:cwebster@stanwood.wednet.edu))*

**Grading:** A student's grade in Health is a combination of the following (with approximate percentages of total grade):

- **class work – 60%**, which includes individual projects and group/class projects (these assignments may involve graded participation of students during class and cannot be made up; for example, group role plays)
- **tests – 25%**
- **homework – 10%**
- **citizenship– 5%**
- Check at any time on Skyward or Google Classroom and see your student's current grade (Skyward) and if assignments are missing!

### **Student Responsibilities:**

**TYPICALLY, HOMEWORK IS GIVEN NO MORE THAN ONCE A WEEK AND DUE DATES WILL BE AT LEAST A WEEK LATER.** Assignments are considered late if turned in **anytime** after collected at beginning of class. Late work will be accepted for up to 60% of credit earned.

All work is due at the beginning of class or it is considered late (60% of EARNED points). If absent on a due date, work is due the day the student returns. Communication (**written on top of assignment**) on this is expected by the student.

If a student is absent, it is his/her responsibility to look on the board, ask your table partner, THEN Mr. Webster on the day they return what they missed. This may be something that needs to be done after school. Due dates will be agreed upon at this time.

**\*If an absence is unexcused, score will be a "0" and work cannot be made up.**

There will be as many as **5** homework assignments each semester **to do with a parent/guardian/adult!**

Some extra credit is offered each quarter, **but if a student owes me detention hours and they have not completed those hours**, they will **not** be able to earn extra credit points.

**Tardies / attendance will be dealt with according to school policy. If a student does not serve detention; extra credit will not be allowed.**

### **Class rules include:**

- **RESPECT**
- **No switching seats**
- **No working on other work during Health! (unless specified for the day)**
- **Bathroom breaks are not allowed during class, sign out and in on the sheet with the time (if this is taken advantage of we will have to go to first 10 and last 10 min of class)**  
**No headphones + No cell phones in the classroom allowed!!**

**R: Responsibility For yourself and your actions (late work, leaving the classroom, being on time, no put downs, No mean, rude, or inappropriate comments)**

**E: Eating: Is for the Lunchroom, not class, water is OK**

**S~ "Sharing" answers: Will not be tolerated. Working together is not sharing. DO YOUR OWN WORK**

**P: Positive Attitude: Bored? Already know the info? BE RESPECTFUL!! Whole body listening**

**E: Electronics-ABSOLUTELY NO TEXTING in class. Ever. Even if it's your Mom. Music may be permitted during work times, as long as work is being done (I will let you know).**

**C: Cooperation and Communication with your teacher and your classmates**

**T: Talking/timing-I love to hear relevant comments and feedback, but please raise your hand (no blurting) and make sure your comment will benefit or add to the conversation (No talking during class when someone else is talking)**

**I agree to the following classroom expectations:**

\_\_\_\_\_ **Student Signature**

\_\_\_\_\_ **Date**

**Parent/guardian signature for the sex education unit opt-out/in information**

**I must receive parent input on this topic in order for your son/daughter to earn credit for the syllabus.**

1. Read the Sexuality Opt-Out Information below and choose **one** of the two options.

2. Sign and Date: You may sign the option digitally (Type name into the blank) and email it to me. Print, scan and email me (**cwebster@stanwood.wednet.edu**) have your student turn it back into me, or drop it off at the LHHS main office

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**SEXUALITY OPT-OUT**: State law gives parents the right to opt their child out of classes on human sexuality issues. Our curriculum stresses abstinence; however, failure and rate of effectiveness of birth control, risks associated with sexual activity, birth control, and pregnancy are discussed.

According to the WAC180-50-140, "Any parent or legal guardian who wishes to have their child excused from sex education or human sexuality may do so upon filing a written request with the School Board of Directors or it's designee." Your student will be given alternative learning tasks and assignments in order to earn their points for the complete unit.

**Choose one of the following two options:**

**OPTION 1. YES, (STUDENT'S NAME), in Mr. Webster's (4th) period class, may participate in the complete sex education unit.**

\_\_\_\_\_ **Parent Signature**

\_\_\_\_\_ **Date**

**OR**

**OPTION 2. NO, I wish (STUDENT'S NAME), in Mr. Webster (4th) period class, to be opted out and given alternative assignments from the units of study listed below. Parents, please initial which out of the 4 topics you wish to opt out of and sign and date:**

\_\_\_\_\_ 1. Reproductive anatomy, related male and female issues/diseases; sex vs gender

\_\_\_\_\_ 2. Sexually transmitted infections and HIV/AIDS

\_\_\_\_\_ 3. Failure, effectiveness, and risks of different birth control methods

\_\_\_\_\_ 4. Sexual harassment and assault

\_\_\_\_\_ **Parent Signature**

\_\_\_\_\_ **Date**

