

Health Education Syllabus



Instructor Information:

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I. West Fargo Public Schools Vision and Mission:

West Fargo Public Schools prepares all learners with the knowledge and skills to be contributing citizens in a rapidly changing world. We are dedicated to continuous improvement, engaging every student to become problem solvers and lifelong learners. Excellence is achieved through practices based in research, and by aligning all resources to support learning.

EDUCATING ALL LEARNERS FOR TOMORROW’S WORLD.

Health education plays a crucial role in the overall development and well-being of students. It is designed to help students acquire the knowledge, skills, and attitudes necessary for a healthy and active lifestyle. The purpose of health education encompasses several key aspects, including goal-setting, decision making, analyzing influences, accessing valid health resources, and advocating for the health of self and others.

II. Course Overview:

This course was designed to help students build the knowledge and skills to lead a healthy lifestyle. This course was designed to meet the 2018 North Dakota Health Education Standards and is required for graduation in the state of North Dakota.

III. Daily Student Materials:

- Writing utensil
- Paper
- iPad
- Student agenda issued by West Fargo High School

IV. Schoology Information:

Students will occasionally need to access weekly lessons, assignments, links, etc. from the Health Schoology course. It is important you know how to navigate Schoology and check regularly for updates, deadlines, etc. both for Health and other courses.



V. Textbook: Some of your lessons will come from Comprehensive Health Skills by C.A. Sanderson and M. Zelman. In order to access these lessons and complete the corresponding assignments, you must Activate your Textbook Subscription found in the “Information” folder on Schoology.

VI Education Skills:

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- Analyzing Influences
- Accessing Valid Health Information
- Communication
- Goal-setting
- Healthy Decision-making
- Self Management
- Advocating for health of self and others

VII. Behavior Expectations:=-

- Be **compassionate**. Treat yourself, your classmates, the teachers, and the school with respect and consideration.
- Show **responsibility**. Come to class on time, homework completed (when necessary), and ready with all materials.
- Practice **collaboration**. We are a classroom community. Many activities will require us to talk to one another or volunteer to share ideas with the entire class. Be kind and helpful to each other.
- Demonstrate **resilience**. Your passing grade in Health contributes to your requirements for graduation in the state of North Dakota. Stay focused, recover from absences, and strive to get and do better with the skills you learn through this course.

VIII. Important Procedures:

- **Plagiarism:** Plagiarism is unethical. Show the respect you would want for your hard work and do not claim something that is not yours, including utilizing Artificial Intelligence! Cutting and pasting sentences off the Internet into a word document or copying sentences directly from the Internet will not be permitted. Paraphrase what you have found by putting it in your own words. You may use direct quotes if you cite your source. Graded assignments that are plagiarized will receive a 0.
- **Cell Phone Use:** Per WFHS policy, cell phones must be out-of-sight and out-of-use from bell to bell.
 - 1st Offense: If a teacher asks for your cell phone and you hand it over respectfully, you'll get it at the end of the period.
 - 2nd Offense: The teacher will bring your phone to the Main Office where you can pick it up at the end of the day.
 - 3rd Offense: The teacher will bring your phone to the office. You will need to turn your phone into the Main Office for five days.
 - 4th Offense: The teacher will bring your phone to the office. It will remain in the Main Office until picked up by a parent/guardian.
 - If you refuse to hand over your phone, you will be sent to the Main Office.
- **Technology Use:** iPads are the property of West Fargo Public Schools and must be taken care of and used appropriately (see the Acceptable Use policy for more information). This is a reminder that abusing iPad privileges, like watching YouTube instead of completing assigned work, could result in the loss of the iPad.
- **Late Work:** Late work will be accepted until the end of the unit for half credit. Upon completion of the unit, students will receive 0 credit for any missing work.
- **Missed Work:** Missing work will be marked in the gradebook with a zero and designated as "missing." If a student misses class, check Schoology, talk with a classmate or email Mrs. Swedberg. Missing work will be marked with a 0 at the end of the unit and will not be eligible for credit.
- **Tardiness:** A tardy is any situation in which you arrive to class late or unprepared. 5 unexcused tardies will result in a UV, which receive detention.
- **Inappropriate Language:** The words we use are powerful. We must choose them wisely and make sure they are not used to put one another down or degrade the classroom environment. School is professional space and your language in our classroom should reflect this.

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- **Start of Class:** Enter class quickly and quietly. Pick up any materials by the door and then go directly to your assigned seat.
- **Food and Drink:** All drinks must have a spill-proof lid. Do not make a mess! Do not let your drink distract you from class or this privilege will be revoked. The only food allowed is teacher-provided.
- **End of Class:** The bell doesn't dismiss class, I do. You will be given permission to pack up your belongings and materials. Desk space and any mess made in class must be cleaned. If you borrowed a pencil, RETURN IT. No one is to crowd or open the door until given permission.
- **Class Participation:** Unless stated otherwise, ALWAYS raise your hand and wait to be called upon. Track the speaker with both your shoulders and your eyes. Keep your head up. This is a sign of respect. When having a class discussion, build on the ideas of others, ask further questions, challenge and disagree with your peers, provide evidence for your response, etc. Participation is important!
- **Leaving the Room.** If you need to leave the room for ANY reason, ask first AND THEN submit an eHall Pass to be approved. Only one person will be allowed out of the room at a time. Bathroom and water fountain use is limited to independent and group work time.
- **Materials for Class:** You must come to class with your agenda, iPad, pencil and paper. If you fail to bring a writing utensil to class, you must borrow one from me or a classmate. Pencils are available but MUST be returned. These supplies are not to leave the room.

IX. Extra Help:

- If you find you need extra support for Health please contact me and we will figure out a time to work together. I will help you to the best of my ability. I AM WILLING TO HELP! THAT'S WHAT I'M HERE FOR!
- Homework Room will be offered after school on Mondays and Thursdays from 3:40 to 4:30 in room 106E.
- Attend WIN sessions offered for Health

X. Extra Credit

- Extra Credit is available to any student who wishes to utilize it. There are 10 different books available (several copies of each) in the library for students to check out. These books all relate to the content discussed in class.
- Students must read the book, complete the review form (found on Schoology) **in their own handwriting** and turn it in to Mrs. Swedberg. It is suggested that students use their own paper, write each question and their answer. Each question requires roughly a paragraph and there is not enough room on the Schoology document to do so.
- Extra credit is worth 15 points. Students are only awarded 15 points once each quarter.

XI. Grading Scale:

This course is graded using the A-F scale.

A - 90-100%

B - 80-89%

C - 70-79%

D - 60-69%

F - 59% and below

This is your class: your opportunity to learn, ask questions, and challenge yourself. We encourage you to make the best of it and set yourself up for high school success.



PACKER PROCESS – HEALTH



P

PREPARE FOR LEARNING

BRING CLASS MATERIALS TO CLASS, INCLUDING CHARGED IPAD, NOTES, ASSIGNMENTS AND WRITING UTENSILS. PUT PHONES AND EARBUDS OUT OF SIGHT AND OUT OF USE.

A

ASK FOR HELP

1. CHECK SCHOOLGY
2. ASK CLASSMATES FOR CLARIFICATION
3. EMAIL INSTRUCTOR

C

COLLABORATE WITH OTHERS

PARTICIPATE IN CLASS DISCUSSION AND ACTIVITIES. STAY ON TOPIC. LEARN FROM OTHERS, ASK QUESTIONS AND BUILD OFF OTHER'S IDEAS.

K

KEEP TRACK OF ASSIGNMENTS & DEADLINES

1. USE AGENDA
2. REFERENCE DAILY SCHEDULE (WHITE BOARD)
3. CHECK SCHOOLGY

E

ENTER AND EXIT THE CLASSROOM APPROPRIATELY

1. FIND YOUR SEAT BY THE TIME THE BELL RINGS
2. THE BELL DOES NOT DISMISS CLASS. I DO.
3. REMAIN IN YOUR SEAT UNTIL DISMISSED.

R

RESPECT SCHOOL AND CLASSROOM RULES

BE COMPASSIONATE TOWARDS OTHERS. USE APPROPRIATE LANGUAGE. WORDS MATTER. PRACTICE COLLABORATION. KEEP ALL TECHNOLOGY OUT OF SIGHT UNLESS OTHERWISE INSTRUCTED.

S

SUBMIT WORK

TURN IN ASSIGNMENTS AS OUTLINED IN YOUR SYLLABUS.
MISSING WORK CAN BE FOUND ON SCHOOLGY.
MISSING WORK IS DUE BY THE END OF THE UNIT.