



# Health Syllabus

Mrs. Mears

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Office: 127B



## Course Description:

In this course, students will be provided the knowledge and skills necessary to make responsible life choices. This course includes lecture, group activities, and hands-on activities. This is a required course that includes lessons on communication, decision-making, physical, emotional, and social well-being, chemical dependencies, and human sexuality. This class is about YOUR LIFE! The choices you make today, impact tomorrow!

## Classroom Expectations:

- Be Respectful of both peers and teachers
- Use appropriate 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.
- Come Prepared (bring iPad, folder/binder, writing utensil, and notebook each day)
- Participate in discussions and classroom activities
- Turn in work *on time!*
- No food allowed in class
- All drinks must be in a container with a non-spill lid
- iPads are only to be used when instructed
- No head phones
- No Phones

**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.

**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

**Cell Phone Policy:** Phone must be in bag from 8:25-3:35. 5 strikes (see policy).

- *First Offense:* The device is brought to the Main Office, picked up by the student at the end of the student's day

- *Second Offense:* The device is brought to the Main Office, picked up by the parent/guardian at their earliest convenience, not to be returned to the student until the end of the student's day
- *Third Offense:* The device is brought to the Main Office, picked up by the parent/guardian at their earliest convenience, not to be returned to the student until the end of the student's day, behavior plan assigned to the student
- *Fourth Offense:* The device is brought to the Main Office, picked up by the parent/guardian at their earliest convenience, not to be returned to the student until the end of the student's day, 1 day ISS
- *Fifth Offense:* The device is brought to the Main Office, picked up by the parent/guardian at their earliest convenience, not to be returned to the student until the end of the student's day, 1 day OSS
- *Sixth Offense:* The device is brought to the Main Office, picked up by the parent/guardian at their earliest convenience not to be returned to the student until the end of the student's day, transition to Virtual Program for the at least the remainder of the semester

**Grading will consist of the following items:**

- Projects
- Tests
- Quizzes
- Worksheets

Students will be given a letter grade of an A-B-C-D-F for each quarter. Each quarter will be worth 50% of their overall semester grade.

**Late Work:**

Daily work (Ex: worksheets or quizzes) can be turned in until the end of the unit. **Once the unit is over, late work will no longer be accepted.**

Summative assessments (tests or projects): can be turned in or taken until the end of the quarter. After the end of the quarter, the grade will stay a zero and that project or test can no longer be completed.

**Make-Up Work:**

If you miss class (includes doctor/medical and school activities), assignments and notes can be found on Schoology. Each folder will have a week and date as the title. Find the week and day/days you were gone and complete the assignment or review the notes within that folder. The make-up assignments will be turned in to the make-up folder on schoology.

**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. Mears. 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.

**Units:**

Unit	Topics
Nutrition	Health Triangle Essential Nutrients Fed-Up documentary Food Blog
Mental Health	Communication Skills Self-Esteem Depression Suicide Awareness and Prevention Giving Your Best Advice Project
Chemical Dependency	Drug Classifications Refusal Skills Chronic State Video Socratic Seminar Sharehouse Speakers
Human Sexuality	Reproductive Anatomy Pregnancy STIs Contraceptives Healthy Relationships

Please email Mrs. Mears with any questions or concerns as soon as they come up! The only way I can help is if I know there is a problem!