Trout Lake School
Health/PACE
Grade 11
2026-27

Supplies

Students should come prepared with one section of their binder (or a separate 1" binder) devoted to Health/PACE. Students need lined paper and writing utensils. Chromebooks should be charged and ready when needed. (Failure to have a charged Chromebook will affect the professionalism grade.) Some projects will be completed at home and others at school. When materials are out of the ordinary, they will be provided.

Objectives and Projects

This class will focus on research and presentation. The role of the class is to provide an opportunity to review basic health information as required by the state and to expand life skills that will be helpful as students segue from teen to adult. We will review nutrition, physical activity, substance use prevention, mental health, violence and injury prevention, healthy relationships, and human sexuality. Our second semester will be PACE (Professional and Career Education). We will further explore potential careers, skills for applying to jobs, money management, navigating our digital world, and other skills necessary for adulthood. Please let me know if you have questions or concerns about the curriculum. I am happy to review any class materials and curriculum.

Expectations

Students will be present and ready to learn each day.
Students will respect themselves, others, and the work being made.
Students will use materials responsibly and safely.

Attendance and Participation

The school attendance policy will be followed. Please refer to the student handbook and any updated policies. When students are absent, they will be responsible for making up the missed work. If absences are due to illness, materials can be made available during the absence, and possible adjustments to assignments may be made depending on the length of the absence. If the absence is due to appointments or vacations, online work can be accessed and completed, and other work missed can be collected and completed upon return to school; time allowed will be in accordance with school policy. Be aware that excessive absence can lead to loss of credit for this course.

Grading

Students will receive letter grades. **Work turned in after the due date will lose 10%. Incomplete assignments will be given reduced credit as well. After a full grade-check period, work will lose 40% credit, and only major projects will be accepted as late.** If there are extenuating circumstances, please arrange for a later turn-in date *before* the date the work is due. Work handed in without a name will lose points as well.

In addition, a weekly professionalism grade will be given that will be worth 10% of the semester grade. Being ready, on task, and having a charged Chromebook will all be a part of being professional. Please see the rubric in Google Classroom for more information on what is evaluated.

Eating/Drinking

Eating is not encouraged in class unless it is a part of the lesson being taught, but personal water bottles are encouraged.

Electronic Devices and Music

Use of personal devices during class will be in violation of school policy as outlined in the student handbook.

Headphones/earbuds cannot be worn during instructional time and will be confiscated if worn repeatedly.

Chromebooks will be an important part of class and should be brought fully charged on a daily basis.

Copyright and Plagiarism

All work turned in must be original and your own. Though you may have someone help you edit your work, you may not have AI, another student, or an adult complete your work. You may not copy and paste text from the internet to turn as your own. Work found in violation will not receive credit.

Student Signature _____

Parent Signature _____