**HELENA HIGH SCHOOL HEALTH**

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Course Description: Welcome to Health! This semester-long, 0.5 credit course, is designed to enhance your knowledge of health issues and topics. We will cover many areas associated with the importance and ability to live a long, healthy life. We will group our units into three main topic areas: physical health, mental-emotional health, and social health. Throughout this semester we will have multiple projects, assignments, and assessments that will be geared toward helping us understand and prove an understanding of the material.

**Bengal Expectations:**

***Be Responsible***

1. Bring to class every day and have ready to go in your seat, when the bell rings:
   1. Binder
   2. Paper
   3. Pencil or something to write with
   4. Any extra materials asked of you to bring to class that day
   5. Homework or other projects
2. Sit in assigned seat when the bell rings
3. Be prepared to **not** use your electronic devices unless directed to do so (see policy in student handbook). Put them in your assigned spot when the bell rings. If you choose not to, if they are seen or heard, you will be asked to take them to the office.
4. Complete bell work, written on the board daily.

***Be Involved:***

1. Participate!
2. Do your homework, class work, and projects so that you turn them in on time and do not fall behind.
3. Ask questions if something is unclear.
4. Approach the teacher, use the website, and use your classmates appropriately when you are absent from class to find out what you missed and how to make it up.

***Be Respectful:***

1. No profanity or disrespectful language aimed at your classmates, the teacher, or yourself.
2. Maintain an open and unrestrictive learning environment.
3. Do not use your electronic devices unless given permission to do so.
4. Communicate appropriately with myself and others in class.
5. Recognize that topics can be hard to discuss and therefore respect will be given to everyone’s opinions, questions, and appropriate stories when used.
   1. Classroom Discipline:
      1. 1st Offense: Verbal warning
      2. 2nd Offense: Discussion after class, call home
      3. 3rd Offense: Student will be sent to the office on referral

***Be a Graduate:***

1. Take pride in your education and the work you produce. Turn in assignments on time and completed. Late assignments will be docked 10% for each day they are late.
2. Pass the class! This is a required class to graduate, work hard to get through it the first time.
   1. Grade scale:
      1. 90-100 A

80-89 B

70-79 C

60-69 D

59 and below F

* + 1. Your final grade will be determined on the total points for the class over both quarters.

1. Recognize that support systems are available to help you succeed, use them when you need to.
2. Get involved in your school and community. Check the board or ask me about options available to you.

***Course Requirements***:

Throughout the year there are different projects and engagement activities that we will be doing. There are a couple of things that I will ask all students to do, some will be required, and others will be optional but strongly encouraged.

In the era of technology and educating 21st Century students, I will try and utilize technology as much as I can during this class to enhance the educational experience. With the Chrome Cart now in our classroom, students please be sure to review the technology use agreement in your student handbook and recognize the importance of appropriate use of technology in the classroom. There will be days where you will be using Chromebooks in class, iPads, or your own personal devices to answer questions and participate in class. While no one will be punished and alternatives will be available for those who do not have access to electronic devices, if a student misuses these devices the proper discipline will take place for the misuse.

Materials Needed: 1- 3 Ring Binder

Loose-leaf notebook paper

5- Tab Dividers

1 Box Markers or Colored Pencils

1 Box of Kleenex

1-Set of Dry Erase Markers

Grading/Assignments: In Health, we will utilize a total points system for determining your final grade. While assignments have a due date, you may turn in late assignments, points may be deducted as stated by teacher. I do my best to have PowerSchool updated by Monday every week, but if you have questions about assignments, please do not hesitate to contact me. Also, it is highly recommended that you keep assignments and tests when turned back to you in-case there is a question regarding a score or missing assignment.

I look forward to a great semester. As always, please feel free to contact me with questions.

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After reading the open disclosure document, please also view and familiarize yourself with my class website at helenaschools.org Please fill out the form below and return to class on time.

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My son/daughter \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I have read and agree to the terms set out regarding the purpose of this Health class, and the proper use of technology in class.

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Student Printed Name Student Signature Date

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Parent Printed Name Parent Signature Date

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Parent Contact Email Parent Phone