**Greenwood High School**

**Health Syllabus Fall 2016**

**Teacher:** Miss Kayla Negley

**Email:** [knegley@gws.k12.in.us](mailto:knegley@gws.k12.in.us)

(I will do my best to reply within 24 hours of initial contact)

**Course Description:**

Health is a semester course that will guide students through the 5 dimensions of wellness: Mental/Emotional, Intellectual, Physical, Social, Spiritual. Students will develop skills needed in confronting difficult situations; understand health prevention and promotion techniques that will establish a solid personal health education; and become health literate in making positive and healthy decisions. The purpose of this class is to give students the tools to live a health-enhancing life.

**Class Set Up:**

The class will be divided into 2 groups- Greenwood & Woodmen. The Greenwood & Woodmen Groups will switch every other day between the online computer portion and the in-class teaching portion. Every Wednesday will be a combined group day to focus on leadership development through a leadership program developed by Tim Elmore called *Habitudes*.

**Materials:**

You will need a:

* **Composition notebook** with your name & class period on it for your health journal (these will stay in my room in crates)
* **Folder** to store health assignments, handouts, etc.
* **Writing Utensil** (If you forget to bring a writing utensil, you will have to leave me a shoe, phone, or some other valuable item in order to borrow one of my pencils)
* **Regular** notebook for the online portion if you want to take notes (optional)

**Class Procedures:**

1. Bell ringers/Journals: At the start of every class, there will be 5-10 minutes dedicated to bell work. Whichever group is part of the teaching side will be responsible for bell work. Students who are with the online group for the day do not have to complete the bell ringer. This prompt could range from vocabulary words to a writing prompt.Students are expected to come in and start work immediately in their journals. Journal will eventually be turned in and graded.Journals DO NOT leave the room. This will avoid any problems misplacing or forgetting journals. Journals will be used for bell work, note taking, and in class writings/activities.
2. Class discussion: Every day there will be a power point, class discussion, and activities. Students are expected to participate and engage in class discussions!
3. Homework: Students are responsible for homework on days absent. All late work will be 50% off their grade.

**Classroom Values:**

* Discipline yourself so others don’t have to.
* The right thing never changes.
* Treat others as you would like to be treated.

**Additional Expectations**

* Students will be **INSIDE** the classroom before the bell. On the third tardy you will receive an ASD. No exceptions - Be punctual!
* Students are expected to be present and organized, with all necessary materials, every day.
* Attendance is an essential part of learning! Students are responsible for obtaining missing work upon their return to class. The teacher is not responsible for tracking down a student to hand out missing work. If a student misses a test, the test must be made up within TWO days upon return to class.
* Cheating will not be tolerated.
* If you have a question, ASK! I would love to help in any way possible!

**Participation:**

Students will receive a participation grade at the end of each week worth 10 points (2 points each day). Loss of participation points are a result of not following the rules, sleeping in class, disrespectful behavior, not participating in class activities, etc. These should be 10 easy points to boost their grade!

**Grading:**

**→ Scale-**

A 95 and above C+ 80-77 D- 63-60

A- 90-95 C 77-73 F Below 60

B+90-87 C- 73-70

B 87-83 D+ 70-67

B-83-80 D 67-63

**→ Weighted Grade**-

|  |
| --- |
| * Online Portion (GradPoint)= 50% ← quizzes & tests * Classroom side= 50%   + Tests/Quizzes- 25%   + Homework/Projects/Participation- 15%   + Journals- 10% |
| Q1- 45%  Q2- 45%  End of Semester Final Exam- 10% (5% online/5% in class portion) |

**Make-up Policy:**

Students are responsible for getting any notes or assignments missed during class in the case of an absence. Make-up work is to be turned in the day after he/she returns from school. For example, if you are absent Monday and return to school on Tuesday, it is your responsibility to turn in Monday’s missed work on Wednesday the day after your return. Any late work will result in **HALF CREDIT.**

Journals are the only exception for make-ups. If you are absent one day, simply write the date you were absent in your journal and underneath it write **ABSENT.** You will not be counted off points!

If a student misses a test, the test must be made up within TWO days of that student’s return to class.

If a student is absent from the classroom portion, he/she will make it up with the other group when they return.

**GradPoint Online Health Units:**

The online portion is 50% of your overall grade, with the mastery tests and unit tests being 20% each. If students choose to take notes they may use them on both tests. Phones must be face down at all times on the table. Students may listen to music and bring headphones for class. Once work is finished for the day you may use your phone.

**In-class Health Unit Outline:**

Below is an outline of the Units we will be covering in Health this semester. This outline is subject to change depending how much time we have. It is hard to get through a lot of units only having 2 in class lessons a week on top of the online portion. Students will have benchmarks. Online units will consists of different lessons. Within each lesson there will be a tutorial/exploration following with a mastery test at the end. After all the lessons are completed, students will take the unit test.

1. Laying the foundation: 5 dimensions of Wellness
2. Mental/Emotional Health
3. Nutrition
4. Physical Activity
5. Family/Relationships

I hereby state that I have fully read and understand the course syllabus and expectations. Return this slip by Wednesday August 3 to receive 5 points.

Student Printed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_