

HEALTH

GENERAL INFO

INSTRUCTOR: MS. CRAW

OFFICE: GIRLS LOCKER ROOM

CLASSROOM: 1324

PHONE: Heath room: 605-8168

Office: 605-8100 ext. 8222

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COURSE DESCRIPTION

Through class lectures, class discussions, videos, personal assessments, in-class writing, and student projects, the student will explore the following topics:

- Total Health and Wellness
- Body systems
- Nutrition
- Substance Abuse (Drugs, Alcohol, and Tobacco)
- Growth and Development
- Sexually Transmitted Diseases

MATERIALS

1. **CLASS NOTEBOOK:** This notebook should be used only for this class. Students will use their notebook EVERYDAY. Notebooks will be checked periodically to make sure that assignments are done.
2. **CLASS FOLDER:** This is a folder that will contain all of your homework, assignments and projects. It is to benefit you for organization of all materials.
3. **PENCIL OR PEN:** You must have a reliable pencil or pen.
4. **HEALTH BOOK:** Each student is given a health book that they are responsible for. Health books will be kept in the classroom, at the student desk. Health books may not be taken home, unless prearranged by teacher in charge.
5. **HEALTH BOOKS:** Health books may be checked out. If a student does not have ample class time to do assignments, he or she is able to check out a Health book through the teacher. Students must sign the checkout sheet before he or she exits the classroom. The student must also sign the Health book back in, once it is returned to the classroom. **PLEASE NOTE:** The only health books to be checked out are the Health books in the Health room cabinet. If the Health book is not re-signed back to the classroom, the student is responsible for this book.

CLASS RULES

1. **STARTING CLASS:** Please enter the classroom quietly, take out supplies and begin your daily journal writing.
2. **DIRECTIONS** for starting class will be written on the board as you enter class.
3. **DISMISSAL:** The bell does not dismiss class; it is only to inform the teacher that classes may enter the hallway to proceed to another class. Class will be dismissed when all students are seated quietly and I dismiss class.
4. **ABSENCES:** If you are absent it is your responsibility to see me or check the absent board, for missed work. Your missed work will be due seven days following missed absences. For example, if you are absent and come back on a Wednesday, your missing work will be due on the following Wednesday.
5. **ASKING QUESTIONS:** You may ask for help at anytime. Never leave the classroom confused. Simple raise your hand or approach my desk and I will be glad to help you, or set up a time outside of class to help you.
6. **GETTING OUT OF YOUR SEAT:** I need all students to raise their hands and wait for permission to get out of their seat.

CLASS POINTS

DAILY POINTS: (5 POINTS) you receive 5 points every class period. Points are rewarded If...

1. You have all of your materials.
2. You are on time and in your seat when the bell rings.
3. You follow directions and participate in class.

Absences are still awarded points if they are excused absences. **PLEASE NOTE:** This is an easy 25 points per week.

WORKSHEETS: (10 POINTS) Worksheets are worth 10 points a piece. For example if you are given a packet of 3 worksheets, it would be worth 30 points, regardless if it is front and back or not. It must be complete to be accepted.

CHAPTER REVIEWS (20 POINTS) must be complete to be accepted.

PROJECTS (50-150 POINTS) depending on project size

JOURNALS (10 POINTS) Journals will be kept daily. The beginning of every class will be set aside for journal writing. Journal writing topics will be up on the board as you enter class. Journals will be kept in your health notebook. I will be checking notebooks periodically for journal points. This is another reason for bringing your notebooks to class.

TESTS (100 POINTS) Students will be given study guides for each test. Nothing will be tested on that wasn't covered during class time. All classes will have a chance to study the day before each test to ensure maximum student testing performance.

