

# CAMBRIDGE HIGH SCHOOL

## Health Syllabus

### MS. HALL

**OBJECTIVE:** To promote wellness, health literacy, and positive health behavior in young adults.

**EXPECTED OUTCOMES:**

1. Students will be provided materials in order to make good decisions regarding their health and lifestyle.
2. Students will participate in various kinds of activities related to becoming healthy adults.
3. Students will learn to evaluate their health.
4. Student experiences will help determine future health related choices.

**CLASSROOM MANAGEMENT:**

1. All policies and rules established by Cambridge Central School apply in this classroom and will be reinforced.
  - Be in your seat when the bell rings
  - **Cell phones** are not allowed to be on in the classroom. If I see you texting or hear it ring you hand it to me and I take it until the end of class. **DO NOT USE YOUR PHONE IN CLASS!!**
  - No music players of any kind are allowed in the classroom, unless given permission by the teacher.
  - No game devices allowed in the classroom.
  - In order to use the restroom, go to your locker, get a drink...you must ask permission to leave the classroom and sign out and back in and take the PASS. One person at a time will be allowed to leave at any time.
2. We will work together as a class to build a classroom environment in which **everyone** will be respectful to one another. Disrespect to **anyone** will not be tolerated AT ALL EVER!!.

**TARDIES:**

1. You must be inside the classroom and **seated** in your seat when the bell rings. If you enter the class in the first five minutes (without a pass), you are tardy. After five minutes, you are counted absent (without a pass).
  - 1<sup>st</sup> offense ..... First warning
  - 2<sup>nd</sup> offense ..... Second warning
  - 3<sup>rd</sup> offense .....Call home
  - 4<sup>th</sup> offense .....Referral resulting in After School Detention

**ABSENCES:**

1. Upon the return from an **excused** absence, the student is responsible for finding out what they missed and turn in any missing assignments the next class date.
2. Check with the teacher to find the work you might have missed.
3. If the absence is unexcused, no work will be accepted and tests or quizzes cannot be made up.

**WHAT TO BRING TO EVERY CLASS:**

1. You must come prepared to **every** class with the following items:
  - Pen or Pencil
  - Notebook Paper
  - Health Folder and Journal
  - Completed Work

## **CONTACT INFORMATION:**

Ms. Hall

Jacqueline.hall@cambridgecsd.org (email)

## **GRADING POLICY:**

1. You will be graded in the following areas:

- Participation/In class work           45%
- Homework                                   10%
- Tests/Quizzes                           20%
- Projects                                     25%
- Health Articles      Bonus credit   10 points extra credit for each one.

2. Grading scale:

A+	97-100	C+	77-79	F	59 and Below
A	93-96	C	73-76		
A-	90-92	C-	70-72		
B+	87-89	D+	67-69		
B	83-86	D	63-66		
B-	80-82	D-	60-62		

## **ACADEMIC INTEGRITY:**

Each student is expected to do his/her own work. In order to eliminate any confusion about what academic dishonesty includes, the following definitions will apply in health class:

- Knowingly providing your work/answers to another student for them to copy as their own.
- Knowingly copying another student's work/answers and submitting them as your own.
- Using illicit or banned materials during a test/quiz situation.
- Knowingly submitting work completed by another student as your own.
- Plagiarizing anything from books, magazines, the Internet or any other source already published.

\*Students will receive a **zero** on any assignment/project/test where cheating has occurred and will also receive a referral.

\*When writing papers or articles students must use a works cited page and parenthesis when necessary. Every paper is to be typed and double spaced using TIMES NEW ROMAN 12 pt FONT.

## **TOPICS TO BE COVERED:**

- Health Skills
- Mental and Emotional Health
- Conflict resolution
- Body Image
- Nutrition
- Personal Health and Physical Activity
- Relationships and Dating
- Stress Management
- Alcohol, Tobacco, and Other Drugs
- Communicable and Chronic Diseases
- Injury and Personal Safety (CPR)

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The previous pages have been a description of the general course information for this class. It is important that both the parent/guardian and the student have read and clearly understand all the topics discussed. Please feel free to contact me at any time with your concerns.

Class Period \_\_\_\_\_

Student's Name (Print) \_\_\_\_\_

Student's Signature \_\_\_\_\_ Date \_\_\_\_\_

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Parent/Guardian's Name (Print) \_\_\_\_\_

Parent/Guardian's Signature \_\_\_\_\_

Parent/Guardian's Email \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Evening Phone \_\_\_\_\_

**Bring this sheet back signed by next class.**