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**High School Health Syllabus**

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| Class and Contact Information |

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**Course Overview:**

Health education is a combined responsibility of school, community and home. Our mission at McKinley is to inspire our youth to become responsible for their overall wellness in the hope that they will choose healthy-lifestyle-enhancing-behaviors both now and in the future. The state of Missouri requires passing one semester of Health in order to graduate.

**Course Topics:**

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| **First Quarter** | **Second Quarter** |
| * Personal Health: Wellness, Self-Assessment, Decision-Making
* Mental and Emotional Health: Emotions and Behavior, Communication Skills, Stress Management, Suicide Prevention and Intervention, Conflict Resolution
* Nutritional Wellness: Label Reading, Weight Management, Micronutrients, Fast Food, Current Events
* Sexuality and Healthy Relationships: Reproduction,
 | * Abstinence, Teen Pregnancy, STI’s, Sexual Assault and Harassment Prevention, Love and Infatuation
* Drug, Tobacco and Alcohol Prevention: Alcohol, Tobacco, Club Drugs, Chemical Dependency, Intervention
* Emergency First Aid: Triage, CPR, Artificial Respiration, Obstructed Airway, Child and Infant Rescue
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| **NOTE:** *This list may change in order and in content to best meet the needs of the class.* |

**Grading:**

* The grading scale outlined in the student handbook will be used. Your health grade consists of: 80% performance assessments (usually a daily grade on any work done in class), 10% participation (do now’s, group work) and 10% tests at the end of each unit.
* Extra credit: If you are keeping up with the class assignments, there is no need for extra credit. ☺

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| **Term Weighting** |
| **Semester 1**  |  |
| **Q1** (40%) | **Q2** (40%) | **S1 Final** (20%) |  |  |  |

**Late Work: (School wide policy coming)**

**Absences From Class: any missing assignments that were due will be due on the next class day**

**Classroom Policies and Procedures: Come prepared to learn and be active in class each day**

* Attendance/absences/tardies: If you are absent, you have missed a classroom assignment and a grade.
* Make-up/late work: Turn your work in on time—no excuses (unless you are absent). There will be a 10% reduction in the grade received each day an assignment is late. Work will NOT be accepted after 5 days.
* Classroom expectations/norms: You are expected to be respectful of yourself, others and the teacher. Be on time—that means *in the classroom before the last bell rings*. No cell phones and no *charging* cell phones in class. Cheating will not be tolerated. No eating, drinking or sleeping in class.
* Notebooks, class notes, participation, and group work: This is how you actively participate in class. IF you are absent, these assignments and points will must be made up or the zero will stick.
* Homework policy: Homework will be given periodically, if you do not complete your work in class.