Seaside High School Freshman Health

Instructor: Mr. Clouse E-mail: [cclouse@seaside.k12.or.us](mailto:cclouse@seaside.k12.or.us)

Course Objectives: Health class is designed to help students gain a deeper understanding of how the body functions and how to properly maintain it. Health is a discussion and activity oriented class which covers topics of a sensitive nature. Students learn prevention strategies that will help keep them safe, healthy and happy. Students will develop short and long term goals that will help them live and sustain an active and healthy lifestyle while avoiding illness, disease and injury.

Course Content:

* Self-Esteem / Resiliency skills
* Nutrition
* Drug Education
* Reproductive education: Anatomy/function/STD’s/sexual health
* Healthy Relationships
* Stress management
* Personal fitness components and activities

Class Expectations

1. Students are expected to be RESPECTFUL of the rights of others. Raise your hand before speaking. Be quiet while others are talking. Health class is not a time to catch up on a nap! Respect all property in this classroom! If it’s not yours, LEAVE IT ALONE! Students are expected to follow the school rules and codes.

2. Students will be in the classroom and in your seat before the tardy bell. Students are expected to be present and organized every day. Make sure you have all materials for class. Use class tine wisely!

3. No food, gum or drinks are allowed in the classroom. Water is allowed if disposed of properly. No cell phones, lap tops, music devices or other electronics will be allowed unless under the instructor’s direction. Please put them away or they will be taken away as per school policy.

4. Attendance is an ESSENTIAL part of learning! Students are responsible for missing work when they return from an absence. It is YOUR responsibility to see me as soon as possible. I will not hunt you down to make up work. Also, if you are absent the day before a known assignment is due, you will still be responsible for that assignment on that returning day! (test, projects, etc.) Students will be given TWO days to complete the makeup work.

5. If a student misses a test, the test MUST be made up within two school days or a 0 will be given. Also, the test must be made up when convenient for the both of us (not during class)!

6. If you need help, ASK! If you don’t understand, ASK! If something is wrong, ASK! If you need anything, ASK!

7.. HOMEWORK: When Homework is given it is to be completed by the following class period or otherwise determined. Students may only obtain 75% credit for assignments that are one day late. If turned in by the end of the unit of study, students may receive no more than 50% credit. If an assignment is turned in following the completion of the unit, they will not receive credit.

Grading: Your grade in Health will be based on a percentage scale determined by class assignments, tests, group work, participation and projects. The Grading scale for this class is as follows:

A= 90-100

B=80-89

C=70-79

D=60-69

F= 59 and below

Oregon Common Core Standards

1. 9-10 RST.2 Determine the central ideas or conclusions of a text, trace the text’s explanation or depiction of a complex process, phenomenon, or concept, and provide an accurate summary of the text.
2. 9-10 WHST.4 Produce clear coherent writing in which the development, organization and style are appropriate to task, purpose and audience.
3. 9-10 WHST.7 Conduct short as well as more sustained research projects to answer questions or solve a problem, narrate or broaden the inquiry when appropriate.

Text: We will be utilizing The Glencoe Health Text and curriculum throughout the tri-mester.

Important Dates:

October 8th : 1st progress report

October 29th & 30th : Conferences

November 5th : 2nd progress report

December 4th : End of first term