

HEALTHY LIFESTYLES DISCLOSURE STATEMENT

Healthy Lifestyles is a required class that teaches students decision-making skills with an emphasis on prevention. Students will learn how to prevent illness and disease from entering their lives. Topics discussed will range from ways of dealing with stress, depression, and emotions to drugs, alcohol, and tobacco as well as sexually transmitted diseases, first aid/CPR, and mental health.

- I. Each student will be expected to bring to class each day the following items:
 - a. Pen/pencil
 - b. Notebook with pockets for worksheets

II. . Tests/Quizzes/Assignments/Books

TESTS: Tests will be announced and dates for the test written on the board. Tests can be made up, under the following condition, **all tests must be made up before the next chapter or unit test.** Tests can be made up before school 7:30-7:55am, or after school, 2:25-3:00pm, Monday-Friday. Once a unit or chapter has been tested on there is no more test make-up for that chapter. Example: Joey misses chapter 1 test, he has until chapter 2 test to get the test made up. When Chapter 2 test has been taken, no more make-up for chapter 1.

QUIZZES: Quizzes will be announced and written on the board. Quizzes can be made up, under the following condition, **all quizzes must be made up before the next chapter or unit starts.** Quizzes can be made up before school 7:30-7:55am, or after school, 2:25-3:00pm, Monday-Friday. Once a unit or chapter has been tested on there is no more quiz make-up for that chapter. Absolutely no make-up if a student is tardy.

ASSIGNMENTS: Late assignments will be accepted; at a 10% loss of points each day the assignment is late. If the student knows that they are going to miss class (school excused absence, trip form etc) the student needs to get the assignment handed in before he/she leaves. If the student has an excused absence, such as illness, the assignment should be handed in the day after the student returns. A student has until the next chapter is over to hand in late work for the previous chapter, example: late work for chapter 1, you have until the next chapter (2) is over to get the work in.

BOOKS: I have a classroom set of books, students should not need to take a book home. Each student will be assigned a book number, students are to get that book when they come to class each day. Students will be sharing this book with three other students, so it is important to take care of the book and not walk out of the classroom with the book. If a student feels they need a book at home I have 20 extra books that I will check out to students. When books are checked out they must come back the following class period. If a classroom book comes up missing the four students responsible for that book will share the cost of the fine for a lost book. I will try to check each day to make sure books are returned, as a student you need to make sure your book is there when you come to class, if not tell me immediately, then I will know it came up missing in the previous class.

III. Attendance

- a. Regular attendance is a necessity, a school excused absence is automatically excused. If an assignment is due and you have an excused absence it will be accepted. If the absence is a sluff, it will not be accepted. Attendance will count as 20% of the students grade. This includes tardies and absences. A student is considered tardy after the tardy bell has rung and up to 10 minutes after the tardy bell, 10-20 minutes the student is considered Late, (Detentions will be served for both a tardy and a late) after 20 minutes the student is considered absent. In Health the student will follow the SHS and Nebo School District attendance policy. If a student comes in tardy they should sit down and get busy. If excused talk with the teacher after class. If unexcused, just sit down and get busy.

IV. Classroom rules: Rules are few and simple, follow these rules and we should all get along great.

- a. Show respect, for self, classmates and teacher.
- b. Ask questions!
- c. When showing films or when guests are here, total alertness and courtesy! No sleeping!
- d. Ask for permission to leave the classroom. If you are gone, you are absent.
- e. Listen, listen to the teacher and your classmates.
- f. No put downs!
- g. Absolutely no cell phones, MP3 players, IPODS. In fact nothing plugged into or hanging out

of the

ears. The only exception would be a student that is hearing impaired and uses hearing aids. If you bring

above items to class they will be mine, a student can pick up their item after school.

V. Grade Breakdown

100-95%=A	94-90%=A-	
89-87=B+	86-83=B	82-80=B-
79-77=C+	76-73=C	72-70=C-
69-67=D+	66-63=D	63-60=D-
59 > =		

The student will have one major project due 1st quarter. This project will be worth 110pts

PROJECT 1: QUARTER 1: VISUAL DISPLAY ACTIVITY
DUE DATE _____

**If a student needs to hand in an assignment, contact me to take a test early, or talk with me about a tardy or deficiency make up, I will be in my room (G-6) or in my office after school.

If a student cannot find me they should go to the office and ask the secretary if she would put the assignment in S. Hartvigsen's box.

HEALTHY LIFESTYLES PARENT STUDENT FORM

I _____ understand the rules and regulations of this class. My parents have read this outline and also understand. If there are any questions parents can contact Mrs. Hartvigsen at Springville High School.

STUDENT SIGNATURE

PARENT/GUARDIAN SIGNATURE

E-mail address (please print) _____