



Health

Ms. Thackeray, Room G-3

jill.thackeray@nebo.edu

(801)-489-2870 ext. 1563

<http://springvillehealth.blogspot.com>



Welcome to Health! This course is designed for students to learn about the development of good mental, physical, & social well-being. The focus of Health Education is to enable students to establish & achieve personal goals that will contribute to a healthy lifestyle and lead to life-long wellness. I believe healthiness is happiness and “happiness is a journey, not a destination!”

What will I learn?

We will cover the following topics in this class:

- Health Foundations
- Human Development
- Nutrition
- Mental and Emotional Health
- Social Health & Relationships
- Substance Abuse Prevention
- Safety and Disease Prevention

What will I need?

- **3x5 Notecard:** Bell ringers will be completed on **3x5** notecards daily. It is important that you bring a notecard with you **every day** to class. Please make sure it is a 3x5 notecard or you will not receive credit.
- **Folder:** Students will need a separate folder specifically for Health. Class notes are essential to your success in this class. Assignments, worksheets, and other materials will be provided for you, but **you will be responsible** for organization! You must bring your folder **every day** to class. There will be a place for you to store folders in the classroom if you would like to leave them.
- **Pen or a pencil: YOU WILL NEED ONE EVERY SINGLE DAY!**

How can I be successful?

- **Attendance:** Read the student handbook for the school’s attendance policies. Attendance is calculated through the DAF (district attendance formula). Coming to class late or not coming at all will cause a student’s grade to drop significantly. ***If you are absent for ANY reason, it is your responsibility to get the notes/assignments for that day. There is an ABSENT binder or class website you can check.***
- **Participation:** Each student will begin each term with 50 participation points that may be deducted for a variety of reasons that may include (but are not limited to): cell phone/electronic use, lack of preparation, misbehavior, misuse of time, etc. Participation points may NOT be made up.
- **Bell Ringers:** There will be a bell ringer at the beginning of almost every class to check your understanding of the previous day’s activities/lesson. Bell ringers **CAN NOT** be made up if a student is absent or **tardy**. Because emergency situations arise your **THREE** lowest bell ringer scores will be dropped at the end of each term.
- **Assignments/Projects:** The majority of assignments will be completed in class. It is important that the assignment is done thoroughly and completely. Please follow the specific directions and give your **best effort** and you will do great in this class! Once a unit is over, **YOU CANNOT MAKE UP POINTS FOR THAT UNIT!** ALL WORK IS DUE BY THE LAST DAY OF THE UNIT, which is signified by a unit test or project due date! All notes, assignments, lectures, projects, and other announcements and due dates can be accessed through the class website: <http://springvillehealth.blogspot.com>

How will I be graded?

Your final grade at the end of the term is comprised of 5 main categories: 10% for attendance (DAF), 10% for participation, 15% for bell ringers, 25% for unit tests or projects, and 40% for assignments and classwork.

The grading scale percentages are as follows:

93.5-100 = A	82.5-86.4= B	72.5-76.4 = C	62.5-66.4= D
89.5-93.4 = A-	79.5-82.4= B-	69.5-72.4= C-	59.5-62.4= D-
86.5-89.4= B+	76.5-79.4= C+	66.5-69.4= D+	Below 59.5= F

Indicators of Learning:

As your teacher, I am here to help you understand the content in this class. As my student, I expect you to put forth your best effort to learn the material we cover in class. I will constantly be observing and evaluating your learning and progress through the following indicators:

- Teacher-student interviews
- Bell ringers and tests
- Assignments and projects
- Student interaction and participation

Policies & Procedures:

- **All school and district rules apply and will be enforced.** If rules are not followed, in addition to other consequences, participation points will be forfeited.
- **Class Expectations (“The 6 P’s”):**
 - **Prompt:** Come to class **ON TIME**, enter the room quietly, immediately go to your assigned seat and begin your bell work.
 - **Productive:** Stay on task. Follow directions. Remain seated unless given permission to get up.
 - **Prepared:** Bring all materials and necessary work to class.
 - **Participate:** Actively participate in class discussions and activities.
 - **Polite:** Swearing, teasing, talking back, and bullying will NOT be tolerated. Respect yourself, classmates, teachers, and classroom. **SHOW RESPECT** to yourself and others.
 - **Patient:** Wait respectfully and calmly for your turn. Do NOT complain. Listen and stay seated when someone is talking (this includes the teacher).
- **Cell Phone Policy:** Cell phones ARE NOT ALLOWED to be used in the classroom from the tardy bell to the end-of-class bell, unless specifically indicated by the teacher. If students are found using their phone for **any reason** (checking the time, sending a text, playing games, checking grades, etc.) without permission they will be marked down 10 points from their allotted 50 points for the term. **These points can NOT be made up.** There may be times where phones can be used during class; but the teacher must indicate that it is allowed, otherwise participation points will be taken away. This policy also applies to video games and other electronic devices.
- **No Names:** All assignments turned in with no name will not be accepted, meaning the student may not receive credit or will have to re-do the assignment in order to receive credit. Include **NAMES and ASSIGNED NUMBER** on all assignments and there won’t be a problem!
- **Hall Passes:** Students will be given **THREE** free hall passes over the course of the term. This is the **ONLY** way that a student may leave the classroom, unless called out by the front office, counseling office, or other administration. If no hall passes have been used throughout the term, students will receive extra credit at the end of the term.
- **Unprepared:** If you come to class without your notes packet, homework assignment, or other materials you may need for that class period, you will NOT be permitted to go to your locker unless you use a hall pass. It is an important skill to learn how to **PLAN & be PREPARED**. If you don’t have hall passes available, you will lose participation points and/or take a tardy to retrieve your things.
- **Media Policy:** Please be aware that I may be showing clips of movies/TV shows during different units throughout the semester, per Nebo School District’s Media Policy (7.1.4.2): *In secondary schools, short segments of G, PG, and PG-13 rated media may be used provided they do not contain vulgarity, indecency, nudity, excessive violence, and/or profanity.*

This class will be what you make it. ATTITUDE IS EVERYTHING!

After you and a parent/guardian have **read** the disclosure document, please sign on the appropriate line below indicating that you are aware of and understand Ms. Thackeray's 2019-2020 Health Disclosure. Return the signed portion to me. The other section is for you to keep. **THIS IS DUE NEXT TIME YOU COME TO CLASS.**

Student's Name (please print): _____

Student's signature: _____

Date: _____

Parent/Guardian's signature: _____

Date: _____

Any information you would like me to know about your child that may be helpful to me:

PARENTS:

Please read the permission slip below, mark whether or not you will allow your student to watch the described videos, print your student's name, and please include your signature as indicated.

The Utah State Core for Health Education also states:

- Describe fertilization, fetal development, the birth process, and personal choices that may affect the fetus (e.g., nutrition, the use of alcohol, tobacco, and drugs).
- Review the anatomy and physiology of the male and female reproductive systems.

In order to cover the state core for health education, I will be focusing on the various stages of fetal development and birth in class. The Nebo School District has approved an instructional video titled "Life's Greatest Miracle" (edited), which explains in detail the changes and development that a fetus goes through during the 9 months of pregnancy. At the conclusion of the film, there is a 15-second clip of a live birth. Parent consent is necessary for student participation. Should you choose for your student to not see this video an alternate assignment will be provided for them to do in the library. Please call me if you have any concerns or questions or if you would like to come in & preview the video before your student watches it. Additionally, we will show a video called "The High Cost of Free Love" which discusses sexually transmitted diseases and the importance of abstinence. Please provide the same information for this video. ***Please initial one of the following options for each video (two initials total 😊):***

_____ I ***GIVE PERMISSION*** for my student to see
"Life's Greatest Miracle"

_____ I ***GIVE PERMISSION*** for my student to see
"The High Cost of Free Love"

_____ I would rather my student ***NOT*** see
"Life's Greatest Miracle"

_____ I would rather my student ***NOT*** see
"The High Cost of Free Love"

Student's PRINTED name: _____

Parent's PRINTED name: _____

Parent/Guardian signature: _____

****Please*** share any concerns you have regarding these videos or any health course content or if you'd like for me to contact you and discuss the material in these videos, please leave your contact information below; I'd love to talk with you!