



Health

Ms. Thackeray, Room G-6

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<https://my.uen.org/209335>



Welcome to Health! This is an exciting & interesting course where we will discuss & 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 & lead to life-long wellness. I believe healthiness is happiness & “happiness is a journey, not a destination!”

What will I learn?

We will cover the following topics in this class:

- Mental and Emotional Health
- Social Health & Relationships
- Substance Abuse
- Human Development
- Personal Fitness and Nutrition
- First Aid & Disease

What will I need?

- **Folder/Binder:** Students will need a separate binder specifically for Health. Class notes are essential to a student’s success. I will provide assignments, worksheets, & and other materials you need, but **you will be responsible** for organization! **YOU MUST KEEP EVERYTHING THROUGHOUT THE ENTIRE COURSE TO PREPARE FOR YOUR FINAL CUMULATIVE TEST AT THE END!** There will be random binder checks. You must bring your binder every day to class. There will be a place for you to store binders 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 in this class? (Requirements)

- **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.
- **Bell Ringers (“I.C.U.” aka “I Can Understand”):** There will be a bell ringer (I.C.U. or journal write) at the beginning of almost every class to check your understanding of the previous class’s “I Can” statements (lesson objectives). Students who are absent or tardy during the I.C.U., ***CANNOT make up the I.C.U!*** I will drop your 3 lowest bell ringer scores at the end of each term.
- **Assignments:** There will be assignments given during each unit that are due at the **BEGINNING** of class on the assigned due date. These account for the majority of your grade! **DO THE ASSIGNMENTS** (your *homework!*), **FOLLOW DIRECTIONS** & give **EFFORT**, & 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!****

- **Participation:** Each student will begin each day with 10 participation points that may be deducted for lack of preparation, missing tools (pen, pencil, note packet, etc.), misbehavior, misuse of time, hats or electronics, etc. ****If you are absent for ANY reason, you must complete that day’s note guide! This should be shown to Ms. Thackeray by the next class period in order to receive credit!****
- **Tests & Projects:** Each unit will end with a test or a project. If a student does not perform as well on a written test as he or she would have liked, the student has the option to retake the test after we have reviewed the answers in class. The best score will be taken as the final grade. **THE DEADLINE TO MAKE-UP OR RE-TAKE A TEST IS BEFORE THE NEXT UNIT TEST (3 weeks)! Project deadlines will be STRICTLY enforced.**

*****All notes, assignments, lectures, projects, and other announcements and due dates can be accessed through the class website: <https://my.uen.org/209335>***

How will I be graded?

Your final grade at the end of the term is comprised of 5 main categories: 10% for attendance, 10% for participation, 15% for bell ringers (I.C.U.'s), 20% for unit tests or projects, and 45% 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

Policies & Procedures:

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.
- **Patient:** Wait respectfully and calmly for your turn. Do NOT complain. Listen and stay seated when someone is talking (this includes the teacher).

All school and district rules apply and will be enforced.

- SHOW RESPECT to yourself and others
- **NO cell phones, iPods, video games, or any other electronic device during instruction!**

If rules are not followed, in addition to other consequences, participation points will be taken.

Indicators of Learning:

As your teacher, I am here to help you understand the content in the 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 (I.C.U.s) and tests
- Assignments and projects
- Student interaction and participation

Other Important Details:

- **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 one hall pass card at the beginning of each term. **DO NOT LOSE IT!** Students may use the hall pass ***THREE*** times 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 may turn in the card at the end of the term for extra credit.
- **Unprepared:** If you come to class without your notebook, 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, you will lose participation points and/or take a tardy to retrieve your things.
- **NO SLEEPING Policy:** If you feel a little drowsy, stand up and go to the back of the classroom until you feel awake enough to come sit back down in your seat. **DO NOT put your head down in my classroom!** You will lose participation points if your head is down on your desk!
- **Media Policy:** Please be aware that I may be showing clips of movies 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 of 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 2017-2018 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.** You will lose participation points if you do not turn it in.

Print student's name: _____

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 video, 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 "Sex Still Has a Price Tag" which discusses the importance of abstinence & sexually transmitted diseases. Please provide the same information for this video. **Please initial one of the following options:**

_____ **I GIVE PERMISSION** for my student to see "Life's Greatest Miracle" & _____ "Sex still has..."

_____ I would rather my student **NOT** see "Life's Greatest Miracle" & _____ "Sex still has..."

Student's PRINTED name: _____

Parent's PRINTED name: _____

Parent/Guardian signature: _____

***Please** share 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!