**LA VERGNE HIGH SCHOOL -- HEALTH SYLLABUS**

# **Course Synopsis:**

This course will explore the role and importance of health and wellness in the lives of individuals and in the world. The Health portion of the Wellness Class will promote the awareness of the individual’s responsibility, decision-making, and choices in optimal well-being. Students will be provided information promoting healthy behaviors. This course also provides an opportunity to assess personal health and lifestyle, health knowledge and research data. Course curriculum also introduces and actively exercises health components of awareness, attitude, and self-assessment.

1. **Classroom Goal:**

I believe all students have the ability to shape their own lives and society in positive ways. My goal this year is to have all students recognize their power and use that power to improve themselves and those around them. We will use the content of health to create students’ vision of living a healthy lifestyle and to increase their ability to make that vision a reality.

1. **Supplies**

Composition Notebook, Folder, Writing Utensil, Loose Leaf Paper. Composition Notebook and Folder will be provided by Coach Nance. Loose-leaf paper and something to write with is your responsibility.

1. **Classroom Rules**

ALL LHS rules apply. Please be especially mindful of the LHS Tardy Policy, LHS Dress Code, Cell Phone Expectations and Policy, and LHS Rules for Outside Food/Drink. We will follow the LHS Discipline Steps for discipline issues as well as tardies. Those steps are as follows: Warning, Educational Assignment, EMS, 9th Period, and Dean Referral. Students who are disruptive will be placed in the removal chair. If students cannot gain control of their behavior in the removal chair, he/she will be placed in the removal room. A dean may be called as needed if the student continues to be disruptive. In addition to LHS Rules, please make note of the following classroom specific rules:

1. NO FOOD OR DRINK DURING CLASS.
2. Raise your hand.
3. Stay seated.
4. Do NOT talk while the teacher or another student is talking. BE RESPECTFUL!
5. Remain on task.
6. **Class Organization**

All class handouts, notes, and other pertinent material will be done in the composition notebook and/or kept in the Health folder. These items will be kept in the classroom in class specific bins.

1. **Classroom Procedures**

At the Beginning of Class:

* Pick up Composition Notebook and folder from your class period’s bin.
* Sharpen pencils, throw away trash, and take care of any business you need to PRIOR to the tardy bell ringing. Once the bell rings, students are to remain seated.
* Turn in/check for any makeup work if you were absent.
* Be SEATED, PREPARED, and QUIET by the time the tardy bell rings.
* Begin BELLWORK/N2K activity.

During Class:

* DO NOT get up to sharpen pencils or throw away trash.
* DO NOT expect to use the restroom frequently. Policy explained below.
* STAY AWAKE and ALERT.
* Follow instructions closely.

At the End of Class:

* Pack up your belongings only after you have been instructed to do so.
* Return Composition Notebook and Folder to your class period’s bin.
* Clean up the area on and around your desk, and straighten your desk/row.
* Follow any final instructions given.

1. **Classroom Policies**

Homework:

* Students will only receive homework if they do not finish the classwork given for that day. Some extra credit may be required to done outside of class time. Work that is done outside of class time MUST be turned in at the beginning of the following day. Work turned in during the middle or at the end of the following day’s class period will be counted as late. Under no circumstances should work from a previous day be worked on during class time.

Late Work:

* Late work will not be accepted more than 5 days after the assignment’s due date. There will be an automatic 5 point deduction per day on the late assignment. Students will NOT be allowed to turn in bulk work at the end of the quarter.

Tardies:

* Students are EXPECTED to be on time. THIS IS A NON-NEGOTIABLE. If a student is tardy, he/she will only be admitted to class with a tardy ticket. LHS Discipline steps will be followed for tardies. They are as follows: Warning, Educational Assignment, EMS, 9th Period, and Dean Referral. Please show respect to your teacher and your peers by getting to class ON TIME.

Absences:

* Students are responsible for all missed work when absent. Students have 5 days from the day they return to school to turn in any assignments missed while they were out. All class assignments are posted on EDMODO and any extra copies are kept in class. Students will see me for missing work. Late Work policy applies after the 5 allotted days have elapsed.

Bathroom:

- Due to the location of the portable and lack of a restroom, students are expected to use the restroom PRIOR to class. Students will be allotted THREE bathroom visits per semester. Emergencies will be considered.

Grading Policy:

* Daily Assignments – 35%
  + Daily Assignments count for 70% of students’ grade. Daily Assignments include completion of daily bellwork, daily participation in class activities, quizzes, classwork, and Need 2 Know Questions.
* Test Grades – 30%
  + Test Grades account for 30% of students’ grade. Test grades include Literacy Lessons, Word Wall Tests, Benchmark Tests, Midterm Tests, and Final Exams.
* Standards Based Grades – 35%
  + Standards Based Grades (SBG) will account for 35% of the students’ grade. These grades are given throughout the semester as students are exposed to and master standards.

1. **Standards Covered**

* Standard 1: Disease Prevention and Control
* Standard 2: Mental Emotional and Social Health
* Standard 3: Nutrition
* Standard 5: Safety and First Aid
* Standard 6: Sexuality and Family Life
* Standard 7: Substance Use and Abuse