

Health and Safety Syllabus 2019-20

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Course Description: The course covers a variety of topics including but not limited to: healthy foundation, physical activity and nutrition, mental and emotional health, safe and healthy relationships, personal care and body systems, growth and development, reproduction, life cycle, tobacco and alcohol, medicines and drugs, diseases and disorders, injury prevention and environmental health (San Leandro Course Catalog).

Goal: Provide a comprehensive health education that addresses the physical, mental, emotional, and social aspects of health that teaches students how to maintain and improve their health; prevent disease; reduce health-related risk behaviors; and develop health knowledge, attitudes, and skills that foster academic achievement, increase attendance rates, and improve behavior at school (California Department of Education, 2009).

Attendance: It is important for students to be present every day, since the majority of the course work will be done in class. Please review the school's attendance policy described in the 2019-20 handbook.

Make-up Work: Make-up work is the responsibility of the student and will be accepted for **excused absences only**. It is the student's job to know if their absences were excused or not by checking online or calling the attendance office. I will verify if the absences were excused at the time I am grading the make-up work, and the make-up work will be **treated as "late work"** if the absence is found to be unexcused.

Make-up Assignments: After you return to my class, I must receive all make-up assignments by the following school day. (Assignments consist of homework, worksheets, etc.) The following scenarios take block days into consideration:

Periods 1, 3 & 5 (no health class on Thursdays)

Absent Monday and return Tuesday = HW due Wednesday

Absent Tuesday and return Wednesday = HW due Friday

Absent Friday and return Monday = HW due Tuesday

Periods 2, 4 & 6 (no health class on Wednesdays)

Absent Monday and return Tuesday = HW due Thursday

Absent Thursday and return Friday = HW due Monday

Absent Friday and return Monday = HW due Tuesday

Make-up Tests: I will offer make-up tests on **Thursdays after school**, and students must report immediately to **room 406** after the bell rings. Students who had an excused absence on the original day of the test can earn up to **full credit**, and students who had an unexcused absence on the original day of the test can earn up to **half credit**. Students can **ONLY** make up a test or quiz on the Thursday following their return to school, unless the instructor offers another date. If they forget to show up for the make-up test, they will not be granted another chance to take the test.

**If they return on a Thursday after being absent, then they would take their test the following Thursday.*

Late Work: Students who were present to receive assignment instructions must turn in all assignments on time for the chance to earn full credit. If students fail to turn in an assignment on time, they may turn it in late for a maximum of half-credit. Late work will only be accepted **before or on the last day of the unit**. For example: If an assignment was given during Unit 3, then the latest it can be turned in is on the last day of unit 3. The instructor will notify the students as to when the end of each unit will be.

Etiquette Rules:

1. One at a time in the bathroom
2. Always ask permission to leave class
3. No food or gum
4. Raise hand to speak (no blurting)
5. No feet up on the desk
6. Backpacks and purses must be hung on the backpack hook at your desk
7. No hoods on or hats during speakers
8. No visible electronics; electronics are earbuds, earphones, cell phones, ipads, kindles, etc.
9. No sleeping in class or having heads down on desk
10. Stay seated at desk, unless instructor specifies otherwise

Backpack Policy: Students must hang backpacks and purses on the hook at their desk. They are not allowed to store their backpack on top of their desk or on the floor, due to visibility and safety reasons. If they need to grab something from their bag, they may do so, but must quickly hang their bag back up. If a student refuses to hang their bag(s) up, it may result in a phone call home and/or a disciplinary referral.

No Food Policy: Students are not allowed to consume food or beverages in health class, with the exception of water. If a student makes a habit of consuming food or beverages in class, it may result in a phone call home and/or a disciplinary referral. If the class as a whole makes a habit of littering, they may be asked to help clean the room. This is a strict “no food policy” due to the carpeted flooring in the health room.

Cell Phone and Electronics Policy: Students will be warned that there are no visible electronics allowed in health class. Furthermore, **this syllabus and the verbal explanation on the first day of class will be treated as the students’ “warning.”** Teachers were granted permission by administration to use their syllabus (along with a verbal explanation about the policy) as students’ warning, at our staff meeting in January of 2019. No further warnings will be given about electronics. Please see the policy below.

SLHS AND HEALTH CLASS CELL PHONE POLICY

Unless otherwise specified by the teacher, cell phones are to be:

1. Turned off before entering the classroom
2. Turned off and out of sight inside the classroom
3. Not turned on until student has left the classroom

*This policy applies to earbuds/headphones, smart watches and other electronic devices.

The following disciplinary action will be applied to cell phone policy violations:

1st offense: warning, parent notification

This syllabus is the “warning” and parent notification

2nd offense: confiscated in office for student pick up after school; parent notification
Will be notifying by email only

3rd offense: confiscated in office for parent pick up

4th offense: referred to administrator for possible parent conference, suspension, or other disciplinary action for violation of Ed Code 48900(k)--Defiance/disruption

Public Displays of Affection: See the school's P.D.A. policy below. Compliance with this policy in health class is expected.

"Excessive P.D.A.'s are prohibited. Students that are behaving inappropriately (prolonged touching or kissing) will be warned the 1st time. Parents will be contacted the 2nd time. The 3rd time, progressive discipline for defiance will follow."

Possible Assignments:

*Instructor will give adequate notice for any required assignments.

- Worksheets
- Quick Writes
- Video Summaries
- Scenarios
- Role Plays
- Essays
- Menu Project
- Mental Disorders Project
- Rehabilitation Project

Curriculum:

The school board recently passed our health curriculum revision which includes the 3Rs "Rights, Respect, Responsibility" Sexual Education curriculum

- Unit 1-2 (Late work must be in by end of Unit 2): A Healthy Foundation; Physical Activity and Nutrition
- Unit 3: Mental and Emotional Health
- Unit 4: Hygiene
- Unit 5: Sex Ed
- Unit 6: Substance Abuse

Grading:

Scores will be weighted based on the categories listed in the "Semester Grade Breakdown" section. Percentages will be entered into Aeries. For Example: If they receive a 9 out of 10 on an assignment, then a 90 out of 100 (90%) will show up in the gradebook.

Semester Grade Breakdown:

*Subject to change

- Homework/ In-Class Assignments: 40% of total grade
- Tests – 30% of total grade
- Projects – 30% of total grade

Student Name: _____

Date: _____

Per. _____

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DUE BY FRIDAY 8/16

*Half credit if late

Students are expected to show this syllabus to their parent/guardian. This syllabus will be enforced regardless of if the student failed to show this to their parent/guardian. Please sign below to indicate that you have read Ms. Swaim's Health and Safety Syllabus.

Parent/Guardian Signature

Date

Parent/Guardian Email
(Please provide a working email!!! This is how I send notifications about cell phone policy violations. Thanks!)

Student Signature

Date