2022/2023

** **

**DON LUGO H.S.**

**HEALTH COURSE SYLLABUS**

SYNOPSIS:

This course of study encourages students to meet the challenge of building positive life skills by developing a sensible understanding of, and respect for, potential dangers. Students are encouraged to see that health decisions are made in the context of other life choices and that these choices are influenced, supported, promoted, and limited by association with family, friends, culture and society. Students explore how assumptions about themselves, and others influence their health decisions. They are encouraged to challenge some of their assumptions, acknowledge and appreciate positive influences, understand, and address negative influences and make health decisions that are beneficial to themselves and others.

**COURSE DESCRIPTION**

The Health Education Content Standards are organized into six health content areas:

• Alcohol, Tobacco, and other Drugs

• Growth, Development and Sexual Health

• Injury Prevention and Safety

• Mental, Emotional, and Social Health

• Nutrition and Physical Health

• Personal and Community Health

**GRADING POLICY:**

**GRADES GRADED CATEGORIES**

90 – 100: A EXAMS: 40%

80 - 89: B CLASSWORK: 30%

70 - 79: C HOMEWORK: 10%

60 - 69: D PROJECTS: 10%

Below 60 is a fail (F) FINAL: 10%

MRS. BRISENO’S

 CLASSROOM EXPECTATIONS

|  |  |
| --- | --- |
| Routines | Classroom-wide Expectations |
| Be Respectful | Be Responsible | Be Involved |
| **ENTER/EXIT** | * When first bell rings all students should line up in a single file against the wall by the door and away from the middle of the hallway
* Greet teacher at the door and take a wipe (optional) to wipe down your desk.
* Cell phones, air pods, headphones, etc. should be put away prior to entering class (should not be visible)
* Hoodies must be pulled back to expose face and ears.
 | * Be on time for class everyday
* Sit according to seating chart
* Remove all backpacks/

purses off your desk and secured under the desk.* Make sure you take all of your belongings with you at the end of class.
 | * Clean up your area prior to dismissal
* Straighten up your desk
* Pick up trash around your desk and drop it off in the trash can when exiting the classroom
* Remain at your assigned seat until the bell rings and you are dismissed.
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| **DIRECT INSTRUCTION** | * Stay Alert and awake
* Raise your hand if you have a question
* Talking over teacher when he/she is speaking, or teaching class is not tolerated
* Side bar conversations during instruction are not permitted unless you are involved in a class activity
 | * Take Notes
* If you’re absent ensure that you ask teacher for any missed assignments/notes
* Complete and turn in all classroom assignments and homework by due date
 | * Participate in all class discussions

and activities |
| **INDIVIDUAL WORK** | * Stay seated at your desk and complete all assignments.
* If you complete your work early there are teen coloring books in the back counter for your use.
 | * Stay on Task and ask for help if needed
* Turn in completed work either to your assigned in-box in the back counter according to your assigned period, or on google classroom.
* All work must be turned in within two weeks of assignment.
 | * Turn in work on time.
 |
| **GROUP WORK** | * Respect other’s opinions
* Stay on task
 | * Complete the work assigned to you by your group leader or teacher as required.
 | * Provide your input
* Be a team player
* Support team members
* Support decision made by team
 |
| **CELL PHONES** | * Cell phones are not permitted in the classroom. If caught with your cell phone out I will confiscate it and will keep it until the end of the day. If caught twice, teacher will confiscate the phone and will turn in to administration, for pick up by your parents/guardians.
 | * Keep your cell phones, air pods, etc. always put away in your backpack.
 |  |

1. BEHAVIOR: Students are expected to be respectful, responsible and involved. All students must always abide by classroom/school rules. If student demonstrates inappropriate behavior such as profanity, dress code violation, fighting, cheating on tests, etc. it will result either in a minor or major violation depending on the violation which can result in a phone call to parents/guardians, and or referral to administration.
2. TARDIES: Students are expected to be on time for class every day. After the third tardy, student will be referred to after school detention. If student fails to report to detention, a second detention will be given, and student must serve both detentions. If student does not show up for the second detention, student will be referred to administration for further action.
3. TEXTBOOKS: All students must sign out a health book from the library for this class. Random checks for textbooks will be made for credit throughout the semester. Students should take proper care of textbooks.
4. BATHROOM: Pass to restroom will be allowed if needed, however bathroom passes are limited to 6 minutes. If extended time is taken, security will be notified to ensure the safety of the student.
5. FOOD: Eating is not permitted in the classroom; however, student may drink water as needed.
6. CHROMEBOOKS: Students should always have their chrome books available and should be fully charged. Students should not share their passwords with anyone and should not share chrome books or chargers with other students, proper care of chrome books is required.
7. Students will receive a health consent/waiver form for Sex-ed/HIV instruction. This form must be signed by a parent/guardian and returned to the health Teacher prior to instruction if you wish to opt out of Sex-Ed or HIV instruction. If form is not returned, then it will indicate that student is permitted to stay in the classroom for sex-ed. Forms will go out for parents review and signature in late October. Our School Nurse will schedule a sex-ed curriculum review date for parents/guardians in October, information will be sent out later in the semester.

Blanca E. Briseno, M.Ed.

U.S. Army Retired

Health Science Teacher

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Please return bottom portion of this form. Thank you so much for your cooperation!

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Student Name/Signature Period Date

Please Print/Signature

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Parent Name/Signature