

# Health Education - Summer School 2021

Mrs. Nelson  
Lindseyj\_nelson@chino.k12.ca.us

## **Health Education Curriculum and Course Description**

The Health Curriculum is developed from the Board adopted textbook, *Health* by Holt, Rinehart, and Winston Publishing Company. The instructional materials and course outline is available from Ms. Nelson. If you would like to view the materials, do not hesitate to contact me to arrange a convenient time.

### **Topics Covered:**

Unit 1: Personal Health & Wellness, Goal Setting, Responsible Decision Making, 40 Developmental Assets, Health Skills  
Unit 2: Mental/Emotional Health, Preventing Suicide, Managing Stress, Communication, Building Self-Esteem  
Unit 3: Physical Fitness, Nutrition Principles, Weight Management/ Eating Disorders  
Unit 4: Substance Abuse Prevention, Alcohol and Tobacco Prevention  
Unit 5: Abstinence, Reproductive Anatomy & Physiology, Contraceptives, Teen Pregnancy prevention, HIV & AIDs prevention, STDs

### **Course Objective:**

The objective of this course is to help students develop, demonstrate, and maintain optimum health through knowledge, attitudes, and practices in the context of self-reliance and problem solving. It is intended to help students examine values and practice decision-making skills to take conscious control of their own health and wellness and lead to long and productive lives in our society.

### **Expectations:**

Come prepared to class daily. Students are expected to conduct themselves in a respectful and responsible manner at all times. It is expected that students will comply with the school's rules and regulations. Classroom procedures and expectations are attached.

### **Absence Policy:**

If you are absent, it is your responsibility to make up missed assignments, notes, and homework in a timely manner (arranged with Mrs. Nelson). Please do not interrupt instruction time to ask for missed work. Unexcused absences will result in a deduction of points for make-up work.

### **Recommended Materials Needed (daily):**

Composition Notebook, pens, pencils, highlighters, markers, colored pencils, and college ruled lined paper.

### **Attendance Policy:**

**Students who miss more than one-and-a-half (7 hours) days per semester will be dropped regardless of the reason.**

Students who are not present the first day of class will automatically be dropped. Tardies are marked at the beginning of each period hour.

**1 tardy = 1-hour absence.** Illness and medical appointments are unexcused absences.

### **Grading Policy:**

Grades are earned rather than given. You will succeed in this class through participation, completing your work and putting effort into all assignments. Grades are a combination of tests, quizzes, projects, and unit notebooks, which consist of notes, homework, and journals. Extra credit will be available at Ms. Nelson's discretion. Your grade will be determined by the following:

- 40% of final grade: Assessments (Projects, Unit Assessments)
- 60% of final grade: Assignments (Notebook, Homework, & Participation)

## **Mrs. Nelson's Classroom Expectations and Procedures**

When expectations and procedures are met; a safe atmosphere is created that allows each student to learn and participate to their full potential!

### **Expectations:**

1. All school policies and dress code will be followed.
2. Students will respect: School property (books, desk, materials, etc.), instructor, and peers.
3. Students will come to class prepared with their folder, paper, and a pencil or pen.
4. Electronic devices are prohibited (smart watches, headphones, cell phones). These items may not be visible or audible.
5. Students must remain in their seats on task, unless otherwise stated by Ms. Nelson.
6. Cheating, plagiarism, or copying is not tolerated!
7. No outbursts or inappropriate commentary.
8. NO food or drink in the classroom. (Water is okay)
9. Follow directions.

### **Procedures:**

**Entering Class:** Please turn off and put away any electronic devices before entering the classroom. When entering, please sit in your seat quietly and begin your journal question. (If there is not a journal question posted, wait until you are given instruction) You must be in your seat when the tardy bell rings.

**Exiting Class:** Please wait for Ms. Nelson to ask you to pack up and then she will excuse you. Remain in your seat until she does so.

**Assignments:** Each Unit will consist of a variety of assignments, homework, and notes. You will turn in your notes and assignments at the end of each Unit. It is your responsibility to organize your work and keep everything!! (There will be a table of contents for each Unit)

### **What if I need to?**

- **Ask a question or make a comment?** Please raise your hand and wait to be given permission. Talking while the instructor is talking will result in a negative consequence.
- **Use the restroom?** You will be allotted 3 passes. If you must go: Please sign your pass and give it to Mrs. Nelson.
- **Get a tissue, throw something away, or sharpen my pencil?** These actions may be done without permission as long as it does not interrupt Mrs. Nelson or another student. While getting out of your seat, please do not distract other students- Get up quietly and do not talk to anyone.
- **Turn in my homework or an assignment?** Homework and assignments are to be turned in at the beginning of the period. Make sure to include your name and date or you will not receive credit for your work.
- **Makeup work from an absence?** Missed work should be obtained before or after class, NOT during! If you need to speak with Mrs. Nelson about missed work, please do so before or after class, NOT during!
- **I'm done with my work or test early?** Please sit quietly, read, or work on something else so that you will not disturb the learning atmosphere for others.

### **Consequences if expectations are NOT met (may include one or more of the following)**

1. Verbal Warning
  2. Time taken away
  3. Written Reflection Essay
  4. Call home
  5. Referral to administration
- ❖ If items such as a cell phone or headphones are heard or seen, they will be taken away for the period. For a second offense, they will be in the office until your parent or guardian can pick it up.

**Note:** If the student is having an issue, concern, or personal problem, please feel free to talk with Mrs. Nelson. I want to work with you so that you get the most out of classroom instruction and activities.

☆Please do not hesitate to contact me with questions/concerns about your student's progress, behavior, or the material covered. I can be reached at [lindseyj\\_nelson@chino.k12.ca.us](mailto:lindseyj_nelson@chino.k12.ca.us).

# Signed Syllabus Form

## Summer 2021

I have read Mrs. Nelson's classroom expectations/procedures and understand it.

Student Name \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_

### Supplemental Health Videos

PLEASE NOTE: NOT ALL VIDEOS WILL BE SHOWN

**Cyberbully (ABC Family Movie)** Rated: TV-14 For Language

Topic: Cyber bullying

Description: Cyberbully follows Taylor Hillridge (Emily Osment), a teenage girl who falls victim to online bullying, and the cost it takes on her as well as her friends and family.

Permission:     yes                       no

**Supersize Me (Educational Version)** Rated: PG

Topic: Nutrition

Description: While examining the influences of the fast-food industry, Morgan Spurlock personally explores the consequences on his health of a diet solely McDonald's food for one month.

Permission:     yes                       no

**Reviving Ophelia** Rated: PG-13

Topic: Dating Violence

Description: Marie's 17-year-old daughter Elizabeth has the picture-perfect life, with a seemingly wonderful boyfriend. Meanwhile, Le Ann is raising 16-year-old Kelli as a single parent and finds it difficult to relate to the pressures her daughter is facing with boys, friends, and school. When Kelli starts to suspect Elizabeth may be abused by her boyfriend, no one will believe her. But when Elizabeth lands in the hospital, Kelli's insights help Marie give Elizabeth the courage to leave her violent relationship.

Permission:     yes                       no

**Human Relations Media Alcohol, Tobacco and Drug Series (Human Relations Media)** Rated: Education

Topic: Drug Abuse

Description: Powerful, informative documentaries that speak straight to teens about the dark side of drug abuse. Topics include the reality and consequences of driving under the influence of alcohol or other drugs, and the effect of drugs and alcohol on the teen brain.

Permission:     yes                       no

**Your Body on Drugs (Discovery Science)** Rated: TV Documentaries

Topic: Drug Abuse

Description: Robin Williams, who's experienced both the highs and lows of substance abuse, hosts a groundbreaking TV experiment. 4 heavy users on 4 of America's most abused drugs perform a series of physical tests to show exactly how drugs work

Permission:     yes                       no