

Health Education Expectations

Instructor: Mrs. Haynie

Location: W-2

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Class Credit: .5 credit towards graduation requirement

Course Description

Health education enables students to obtain, apply, and benefit from health information, services and skills in ways that enhance the individual, the community and society. Health knowledge and skills enhance the ability to achieve life goals and to develop themselves emotionally, mentally, physically and socially.

Health Education Content Areas

There are 10 content areas mandated for comprehensive school health education by the Instructional Standards and Graduation Requirements of the 1984 Education Reform Act. The ten content areas must be merged with the skills outlined in Maine's health education learning results. These skills include communication, problem solving, decision-making and goal setting, stress management and caring for self and others. As a result of semester scheduling, some areas may be explored more in depth than others.

Below are the ten health content areas:

- Community Health
- Consumer Health
- Environmental Health
- Family Life Education
- Growth & Development
- Nutritional Health
- Substance Use and Abuse
- Safety and Accident Prevention
- Prevention and Control of Disease and Disorders
- Personal Health including Mental and Emotional Health

Health Skills

Health skills are the skills required to keep someone healthy by practicing it regularly.

- Accessing Valid and Reliable Information, Products, and Services
- Analyzing Influences
- Communication
- Decision Making & Goal Setting
- Self-Management
- Advocacy

****Please bring your health binder and a pencil to class every day!***

Academic Expectations

1. School handbook rules will be upheld as written. Read the handbook!
2. Be present, prepared, and on time! Class participation is important, and you cannot participate if you are not here or not prepared.
3. Treat everyone with respect—both teachers and peers! While it is perfectly acceptable to disagree with others' opinions, it is all about how you express this. Be polite. Appropriate language is *always* expected.
4. Treat materials with respect (books, computers, desks, etc.). You will lose your privilege of utilizing these materials if they are mistreated and you will be sent a bill to repair/replace damaged or lost materials.
5. Complete and turn in assignments on time! Homework will be eligible for full-credit if completed before the beginning of class the day that it is due. Exceptions for homework may be made at the discretion of the teacher if extenuating circumstances exist AND have been communicated. Classwork will be checked for completion before the end of class.
6. Absences: It is your responsibility to check in with me to see what you have missed as soon as you return to school. HOMEWORK is due on the day of your return if you miss one class. If you have an extended absence, we will make arrangements. If you are absent on the day of a QUIZ, you will be expected to make arrangements to make up the quiz promptly (within a week) on your return to school.
7. Maintain an organized ring binder of class materials, returned assignments, and notes. These serve as your review for quizzes and the final exam. It will be collected and graded periodically.
8. **BE PROACTIVE & ASK FOR HELP!** Take responsibility for your own learning! Check Power School often and let me know if you have any questions. I am available before and after school most days and am willing to make further arrangements if necessary as long as you **communicate** with me.
9. Grading... **Traditional Grading (0-100)**

<u>Quarter Grade</u>		<u>Final Grade</u>	
Summative Assessment	60%	Quarter 1	45%
(Projects, Presentations, Quizzes)		Quarter 2	45%
Formative Assessment	40%	Final Exam	10%
(Classwork, Homework, Binder)			

HABITS OF WORK (HOW)

	Excels -4	Meets - 3	Approaching - 2	Not Yet - 1
I can be responsible.	I always complete all work as assigned. I always use class time effectively. I always make up work when I've missed class.	I usually complete work as assigned. I usually use class time effectively. I usually make up work when I've missed class.	I sometimes complete work as assigned. I sometimes use class time effectively. I sometimes make up work when I've missed class.	I rarely complete work as assigned. I rarely use class time effectively. I rarely make up work when I've missed class.
I can cooperate and be a positive presence.	I always treat others with respect. I always work collaboratively. I always maintain a positive attitude & encourage others.	I usually treat others with respect. I usually work collaboratively. I usually maintain a positive attitude & encourage others.	I sometimes treat others with respect. I sometimes work collaboratively. I sometimes maintain a positive attitude & encourage others.	I rarely treat others with respect. I rarely work collaboratively. I rarely maintain a positive attitude or encourage others.
I can use every opportunity to reach my personal best.	I always participate in class activities. I always strive to reach my personal best. I always try to learn from my mistakes.	I usually participate in class activities. I usually strive to reach my personal best. I usually try to learn from my mistakes.	I sometimes participate in class activities. I sometimes strive to reach my personal best. I sometimes try to learn from my mistakes.	I rarely participate in class activities. I rarely strive to reach my personal best. I rarely try to learn from my mistakes.

- Habits of Work Honor Roll to be reported quarterly
- Habits of Work will be reported **three** times per quarter
- Habits of Work may be reported on student transcripts
- End of year recognition and reported in the paper

If you have good habits then good grades will follow!

"There is no greater burden in life than that of having potential." -Charlie Brown

