

Kuna High School
Expectations and “Guidelines for Success”
Health Education

Instructor: Mr. Stanley

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Semester: Spring 2016

School Year: 2015 – 2016

Department: Physical Education and Health

Course: Health Education – graduation requirement. Taken mainly during sophomore year. Semester class

“Live as though everything you do will eventually be known.”

The most important gift that we can give our students is the opportunity to develop good character. Therefore, I will strive to follow the “Six Pillars of Character”, and will expect my students to do the same. These are:

- | | |
|---------------------------------------|-----------------------|
| 1. Trustworthiness | 4. Fairness |
| 2. Respect for self and others | 5. Caring |
| 3. Responsibility | 6. Citizenship |

I will ensure my classroom to be an emotionally safe place where students can learn.

Course Description:

The Health curriculum focuses on the development of physical, mental, emotional, and social wellness. Course content includes instruction in personal relationships, human sexuality, infectious diseases, nutrition and fitness, and the disease of addiction. Course content supports decision-making that establishes a lifetime of health and will support the district belief that abstinence is the only safe and responsible choice.

Course Objective:

Health Class Goals

Standard 1: Healthy Lifestyle

Acquire the essential skills to lead a healthy life.

Standard 2: Risk Taking Behavior

Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

Standard 3: Communication Skills for Healthy Relationships

Demonstrate the ability to use communication skills to enhance health

Standard 4: Consumer Health

Organize, analyze, and apply health information practices and services appropriate for individual needs.

Standard 5: Mental and Emotional Wellness

Understand and demonstrate the key components to positive mental and emotional health.

Grading Procedure for Health Education Class:

- **Daily work**
 - Pick up daily assignment sheet or begin the assignment, which will be written on the white board. Taking an active role is important. We need to be active participants in our own life. One’s daily contribution is expected to be the following:
 - Being an active listener
 - Respecting and accepting differences of opinion.
 - Contributing to what is going on by answering questions, being a part of the group, adding or sharing information, and adding in positive ways to the class.
 - Obviously, if a student is absent the students are still responsible for turning in the day’s assignment, making up work missed, and being prepared for the next class period.
- **Three ring binder**
 - Each student is required to have a three ring binder notebook. Students will be responsible for keeping all handouts and work completed in a binder. All handouts, notes, and their journals will be in this notebook. **Handouts and notes are your responsibility to take, keep, and make up.** I may have a quiz that allows you to use notes or handouts. Notebook checks may be announced or unannounced. When one is organized, it is easier to find homework, needed handouts, and study guides. There will be daily journal entries, which will be part of the grade.

- **Class participation – Tardies and class behavior:**

A student is considered tardy if he/she is not in their assigned seat when the tardy bell rings. If a student arrives to class during the first twenty (20) minutes of the class period, they will be considered tardy. After the first twenty (20) minutes of the class period, they will be counted as absence.

- The 1st, 2nd, and 3rd tardy of each class are there for those times when things happen like running late, locker problems, visited with a friend too long, etc. These tardies are “free”. On the 3rd tardy the school will notify parents. However, starting with the 4th and 5th tardy a referral to the administration for consequences.
- If a student is the cause of a class disruption and has a consequences assess they will lose 50 points from their **Class participation** grade.

Student will have an opportunity to make up the loss of points for tardies by doing an assignment. The student must see Mr. Stanley during tutorial to get the tardy makeup assignment. *****Truancy and school suspensions - Students may NOT make up the work missed. *****

- **Backpacks**

- If you bring backpacks to class set them under your table.

- **Tests**

- There will be announced and unannounced test. The written tests will cover many chapters within the grading period. Knowing the material is critical so that one can apply it to behavior choices. (Study guides are always made available, as are make-up tests.)

- **Quizzes**

- There may be any number of quizzes (announced and unannounced) in a grading period. Daily accountability is a critical life skill. One cannot cram for life at the end of each quarter. If you are prepared on a daily basis the class will be much more fun and interesting because you will be prepared to be an active participant.

- **Special project or assignments**

- These could include group projects, current events, health article critiques, and written or oral reports.

- **Homework**

- Homework assignments are not time consuming, but are often important for the activity the next day. These assignments either reinforce learning or in some way prepare students for the following lesson.
- Homework should be ready to turn in as you come into the room.
- Late work will be accepted the next class period for a possible 50%.
- If you are absent when homework is collected, it is your responsibility to hand in upon your return.
- Work that is not easy to read or does not have the correct heading will not be graded and a grade of **zero** will be recorded.

- **Make up work**

- To find out what we did in class or to find copies of assignments you may be missing go to <http://timstanley.weebly.com>.
- All make up work from excused absences must be turned in after returning to school the number of days equal to the absence.
- ***You are expected to get assignments from bulletin board “What we did this week” or from the class note taker. LATE WORK WILL ONLY RECEIVE HALF CREDIT.***

- **Heading of papers**

- All materials that are completed and turned in must use the correct heading. In the ***Right hand corner*** of your paper, you must have the following in formation.

NAME

DATE

ASSIGNMENT

CLASS HOUR

(Ex. Jenny Jones, 12/12/25, Chapter Questions, 3rd Hour.)

- ***Any paper turned in without the correct heading will not be graded and a grade of 0 will be recorded.***

Grade percentage:

The students overall grade will be determined as follows:

40% - Quizzes and Tests

15% - Homework

5% -Class participation

30% - Daily work

10% - Special Projects and assignments

Subjects to be taught in health - Exercise and Fitness, Systems of the body (skeleton, circulatory, respiratory etc.), Nutrition, Goal Setting, Decision Making Process, Refusal Skills, First Aid, Drugs, Medicine, Growth and Development, Disease, Infectious Diseases, HIV and AIDS, Injury Prevention & Safety and other topics.

Health Education Class Expectations

2015 – 2016

Dear Parent/Guardian:

In order to guarantee your child and all the students in my health classroom, the learning environment they deserve, I am utilizing the following discipline plan in my classroom. I believe all students can behave appropriately in my classroom. I will not tolerate any student who interferes with my teaching or who keeps other students from learning.

Guidelines for successful Student Behavior

1. You may engage in any behavior that does not create a problem for you or anyone else in the world.
2. If you find yourself with a problem, you may solve it by any means that does not cause a problem for anyone else in the world.
3. You may engage in any behavior that does not jeopardize the safety or learning of yourself or others.

To ensure that the above “Guidelines for Success” are followed, I will operate with the following principles as my guide:

1. I will react without anger or haste to problem situations. I will provide consequences that are not punitive but that allow the student to experience the results of a poor choice, enabling him or her to make better choices in the future.
2. I will proceed in all situations with the best interest of the student. The student’s academic, social and emotional well-being will be fostered.
3. I will guide students toward personal responsibility and the decision-making skills, which they will need to function in the real world.
4. I will arrange consequences for problem situations in such a way that the student will not be humiliated or demeaned.
5. Equal is not always fair. Consequences will be designed to fit the problems of individual students and they may be different even when problems appear to be the same.
6. I will make every effort to ensure that the students involved will understand why they are involved in consequences.
7. If I at any time act or react in a way that a student truly feels is unjust the student needs to say to me, “I’m not sure that’s fair.” I will arrange a private conference during which the student can express to me why he or she feels my actions were not fair. This may or may not change my course of action.
8. I am always open to calm, rational discussion of any manner.

*(Adapted from “How to create a Love and Logic Classroom – Guidelines and code of ethics for discipline – Mrs. Krochmal 1996-97”
The love and Logic People, 2207 Jackson Street, Golden, CO 80401 (1-800-338-4065) <http://www.loveandlogic.com>)*

It is in your child's best interest that we work together in relationship to his/her schooling. Please sign below and have your child return as soon as possible. Retain the above portion for future reference. If you have any questions or comments, please feel free to contact me at my email address: stanley@kunaschools.org or by phone at 955-0200 extension: 2051.

Thank you, Mr. Stanley, Health Teacher

Health Class Website

1. Please check our classes website for your missing assignments.

<http://timstanley.weebly.com>

2. Go to <http://timstanley.weebly.com>

3. Go to what did we do in class today?

<http://timstanley.weebly.com/what-did-we-do-in-class-today.html>.

If you have any questions, please do not hesitate to contact me.

tstanley@kunaschools.org

955-0200 ext 2051

Thank you,

Mr. Tim Stanley

Print Student Name

Class Hour

Date

Parent/Guardian Signature

Student Signature

Date

Parent/Guardian Home Phone Number

Student Cell Phone

Parent/Guardian Cell Phone

Student Email address

Parent/Guardian Email address

Parent Comments or Concerns:
