

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

Instructor: Mr. Stanley

Phone: 955-0200 ext. 2051

Email: tstanley@kunaschools.org

Semester: Spring 2018

School Year: 2017 - 2018

Department: Physical Education and Health

Course: Health Education – graduation requirement the class is taken mainly during the sophomore year. The class is a **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:

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

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 and class behavior for Health Education Class:**

**1.) 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.

**2.) Three ring-binder**

1. 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.

### 3.) **Tardies and Class Behavior** Class participation

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 absent.

- The 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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 3<sup>rd</sup> tardy I will notify parents. However, starting with the 4<sup>th</sup> and 5<sup>th</sup> tardy a referral to the administration for consequences.
- If a student is the cause of a class disruption and has a consequence assess. First, they will lose 25 to 75 points from their **Class participation** grade and I will contact parents. The point value deduced will depend on the nature of the disruption. Major class disruption the student will be sent to the office.
- Student will have an opportunity to make up the loss of points for tardies and class disruption by doing an assignment. The student must see Mr. Stanley during tutorial to get the tardy/class disruption makeup assignment.

\*\*\*\*\*Truancy and school suspensions - Students may NOT make up the work missed. \*\*\*\*\*

### 4.) **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.)

### 5.) **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.

### 6.) **Special project or assignments**

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

### 7.) **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.

### 8.) **Make up work**

- To find out what we did in class or to find copies of assignments you may be missing go to <http://www.kunahealth.org>
- 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.**

### 9.) **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 information.

**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 Class Website

Please check our class website for your missing assignments.

1. Go to <http://www.kunahealth.org>

2. Go to “2017 Fall - What did we do in class Today?”

<http://www.kunahealth.org/2017-fall---what-did-we-do-today-in-class.html>

Also check schoology website for your missing assignments.

1. Go to <https://app.schoology.com/login>

2. Go to “Materials”

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

[tstanley@kunaschools.org](mailto:tstanley@kunaschools.org)

955-0200 ext 2051

Thank you,



Mr. Tim Stanley

# ***Health Education Class Expectations***

## ***2017 – 2018***

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](mailto:stanley@kunaschools.org) or by phone at 955-0200 extension: 2051.

Thank you, Mr. Stanley, Health Teacher

# Kuna High School

## Mr. Stanley's Classroom Personal Electronic Device Policy

There are certain behaviors related to electronic device use that are unacceptable at all times, not only during the school day, but in general society as well. Threats, photos, sexting, plagiarism, cheating, copyright violation, etc. will result in disciplinary consequences as well as potential legal charges.

My classroom standard regarding cell phone use for the appropriate level of acceptable usage as outlined below:



**Red Light:** Cell phones and electronic devices are not allowed by the classroom teacher for the current activity/time period.

**Green Light:** Cell phones and electronic devices are allowed by the classroom teacher for the current activity/time period. Students will be professional in the use of their devices and understand that the use of technology is intended to help them interact with the curriculum.

\*\*\*\*\* In the event of a teacher absence, the default setting will be RED unless otherwise stated in the teacher's sub plans.

Students will be considered "in-class" once the bell rings. Should a student have their electronic device out during posted prohibited times, the student will comply with the consequences outlined below:

**1st classroom offense** - teacher warning

**2nd classroom offense** - the teacher has the discretion to take the student's devices for the remainder of the hour and the teacher will assign a classroom detention during tutorial. Communicate with parents about the violation of this policy. (Email or phone call)

**3rd classroom offense** - the device will be confiscated, turned in to the main office and a classroom detention during tutorial will be assigned. Confiscated devices need to be picked up in the main office by a parent.

**\*Offenses beyond the third will result in an administrative referral\***

Electronic devices are the responsibility of the student. It is in the student's responsibility to treat their belongings with respect and protect them to prevent theft or damage.

For their safety and the safety of others, students should not use their cell phones for calling or texting while driving on school property (or otherwise).

Thank you for your help and understanding with this policy. Mr. Stanley

\_\_\_\_\_  
**Print Student Name**

\_\_\_\_\_  
**Class Hour**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

It is in your child's best interest that we work together in relationship to his/her schooling. Please sign below and have your student return this form 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: [tstanley@kunaschools.org](mailto:tstanley@kunaschools.org) or by phone at 955-0200 extension: 2051.

Mr. Stanley, Health & Physical Education Teacher

\_\_\_\_\_  
**Print Student Name**

\_\_\_\_\_  
**Class Hour**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
**Parent/Guardian Signature**

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student Cell Phone (optional)

\_\_\_\_\_  
Parent/Guardian Home Phone Number

\_\_\_\_\_  
Student Email address

\_\_\_\_\_  
Parent/Guardian Cell Phone

\_\_\_\_\_  
Parent/Guardian Email address

Parent Comments or Concerns:

---

---

---

---

---

---

---

---

---

---