

Health II

This course evaluates selected areas of the student's present health and fitness level. Provides information on each of the wellness dimensions as they relate to mental / emotional health, managing stress, family / social health, alcohol, tobacco, & other drugs, communicable / non-communicable diseases, sexually transmitted diseases/infections, and lifestyle choices. Considers work-life balance and self responsibility. Shows the student how to enter the work site as a fit and healthy individual and suggests ways to maintain that level of health. Students must be willing to use (not necessarily own), a computer.

Teacher: Mrs. Johnson
Room 303

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Phone: 369-2811 (ext 2214)

Credits: Central Linn .5 credit health

TOPICS TO BE DISCUSSED:

Unit	Deadline for Late work
Mental & Emotional Health	Promoting Safe & Healthy Relationships
Promoting Safe & Healthy Relationships	ATOD (alcohol, tobacco, other drugs)
ATOD (alcohol, tobacco, other drugs)	Diseases & Disorders
Diseases & Disorders	Environmental Health
Environmental Health	Seniors June 3 June 10

Quality health education is characterized by standards-based instruction and provides students with the knowledge and skills needed to lead healthy lives. Health-literate people are able to obtain and apply knowledge and skills to enhance their own health and the health of others — both now and in the future as their needs change throughout their lives.

The following are the Oregon State Standards for Health Education that will be met upon completion of Health II

- ★ **Standard 1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- ★ **Standard 2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- ★ **Standard 3:** Students will demonstrate the ability to access valid information, products, and services to enhance health.

- ★ **Standard 4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- ★ **Standard 5:** Students will demonstrate the ability to use decision-making skills to enhance health.
- ★ **Standard 6:** Students will demonstrate the ability to use goal-setting skills to enhance health.
- ★ **Standard 7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- ★ **Standard 8:** Students will demonstrate the ability to advocate for personal, family, and community health.

CLASS RESPONSIBILITIES:

- Be on time, come prepared (textbook, notebook, planner, writing tool, etc...).
- Be a class Participant not a Spectator.
- Respect yourself and others in class and during discussions. We talk about some sensitive topics in health, please respect one another's privacy.
- Use appropriate language during discussions.
- Absent? You've missed something!!! Check with me the day you get back. Pick up any worksheets or handouts. Turn in work that was due. Catch up on in-class notes.

GRADING: All classes taught at Central Linn High School will be assessed according to a 4-3-2-1-0 scale. Assessments may include, but are not limited to: unit assessments (tests and quizzes), projects, presentations, speeches and/or writing samples and account for 100% of the grade.

Please note the deadlines for each unit that is stated on the unit calendar above.

Common Grading Rubric for Assessments

Below is the grading rubric used by all classes taught at Central Linn High School for assessments:

- Z= Assessment was not submitted
- 0= incomplete, not enough evidence to assess
- 1= does not yet meet standard/learning target
- 2= nearly meets standard/learning target
- 3= meets standard/learning target
- 4= exceeds standard/learning target

In order to display proficiency on a standard or learning target, a student must attain a 70% or better on the assigned assessment, which is equivalent to a traditional 'C' grade. The traditional 'D' grades will no longer be awarded to student work. If an assessment is below a 70% score, the student will have the opportunity to retake the assessment and get additional support from the classroom teacher or building support services. If all, or most standards are not met with passing scores within a grading period, a student may earn an 'F'. However, if a student is making adequate progress toward proficiency and utilizing available resources, students may be assigned an 'incomplete', as decided by the teacher, and will have 8 school days to demonstrate proficiency on missing or incomplete assessments at the end of the grading period.

Grades Access: To view a student's grades, check Pinnacle (centrallinn.grades.lblesd.k12.or.us/pinnacle/gradebook/Logon.aspx). In the first few weeks of school, students will be given their account information. Both parents and students are encouraged to log in to Pinnacle frequently to check on assignment scores and to look at upcoming work. In addition, Mrs. Johnson will be e-mailing weekly grade reports with class updates. Parents are encouraged to update their e-mail addresses with the office to receive these. In addition to regular communication, each semester there are conference days.

A few notes about grading...

1. I will not grade in google classroom but I will provide written feedback directly with the assignment to help students understand my expectations. Official grades will be entered in pinnacle.
2. Grading is broken down in the following categories
 - a. **70% assessments:** Assessments ensure that your student is meeting the ODE Health education standards.
 - b. **30% practice:** Practice makes perfect. Practicing will promote more successful outcomes on learning standards.

LATE WORK POLICY

You will have one week after assessment due dates to complete and turn in your assessment, after that you will be required to complete an alternative assessment.

Assessment correction attempts will be allowed once and must be completed within one week of conferencing with Mrs. Johnson. If you do not correct your assessment within this time frame or your second attempt did not meet standards, you will complete an alternative assessment after conferencing and demonstrating sufficient understanding of the material.

Please note the deadlines for each unit that is stated on the unit calendar above.

CELL PHONES AND OTHER PERSONAL ELECTRONIC DEVICES

Students are not permitted to use any personal type of electronic device (including cell phones) during class time. Any violation of a teacher's classroom or school rule regarding the use of electronic devices will result in an office referral and may result in the loss of the privilege of having the device on school grounds.

If a school staff member finds it necessary to confiscate a device, parents will be notified promptly and the device will be returned in accordance with school rules after the administrator or designee has consulted with the student's parent/guardian. The school is not responsible for lost or stolen electronic devices. Students are to make arrangements with their parent(s) or guardian(s) to contact the school office when attempting to reach them during the school day.

Students and Parents/Guardians,

Please sign this portion of the syllabus and return to Mrs. Johnson

Student Signature

Parent/Guardian Signature