| **Individual and Community Health Syllabus** |
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| http://curriculum2.spps.org/shared/templates/SPPS_dist/images/x.gif2022-2023 School Year |
| **Teacher Information:**  Ms. Peterson  Como Park Senior High School  email: lynnmarie.peterson@stpaul.k12.mn.us  phone: 651-744-1462  **Course Description:**  Individual and Community Health Education curriculum is in place to meet the National Health Education Standards and District Power Standards for Saint Paul Public School students. The objective of Individual and Community Health Education is to give students the opportunity to learn health behaviors and concepts related to health science to enhance the overall health and well-being of individuals and our respective communities. Health Education is a required, one-credit course for one semester or two quarters, taken in the sophomore year. This course provides information and experiences so that each student should acquire a background of accurate health knowledge, develop positive health attitudes, and make wise health decisions, evident in his or her behavior. Good health is not a one-time decision but a series of decisions throughout our lives. In this class, the students will investigate the physical, mental, social, emotional and spiritual dimensions of their health and what has influenced their decisions. The underlying theme in the class is to ‘learn by doing.’ Someone once said, “Give me a fish and I eat today; teach me to fish and I eat all the time.” Participation is a must.  Listed below are the 8 National Health Education Standards and the St. Paul Public School (SPPS) Health Education Units and Power Standards, which will be the focus of this course. The course will provide students with knowledge and skill practice to make healthy decisions for life-long health and wellness. The district goal is to explore how an individual choice not only affects the person but also how it can impact our community and society as a whole. Successful completion of this course fulfills the St. Paul graduation requirement for health education.  **National Health Education Standards:**  Comprehend concepts related to health promotion and disease prevention to enhance health.  Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.  Demonstrate the ability to access valid information, products, and services to enhance health.  Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.  Demonstrate the ability to use decision-making skills to enhance health.  Demonstrate the ability to use goal setting to enhance health.  Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.  Demonstrate the ability to advocate for personal, family, and community health.  **Student Expectations:**   * Be on time and be present. * Be respectful to staff, other students, instructors, and guests * Bring iPad charged and ready to use * No Food or drink in the classroom other than water * Bathroom passes- one person at a time with appropriate pass * Complete activities, exams, projects, and assignments **on time.** * Participate in self-directed learning, presentations, group activities, note taking etc. * Demonstrate dependability through attendance, participation, and ability to complete work.   **Assessment:** Your grade will be based on the total accumulated points possible from above course expectations.  80% Summative Assessments  20% Formative Assessment  Class attendance is important. If you miss class and need information regarding missed assignments, please check Schoology and talk with, email or call me.  **Grading Policies:**   * This course will follow standards based grading (1-4) * You need a 2 or higher to pass the course * Grades will include scores from: worksheets, quizzes, exams, activities and research projects  | **A+ 100-97** | **B+ 89-87** | **C+ 79-77** | **D+ 69-67** | | --- | --- | --- | --- | | **A 96-93** | **B 86-83** | **C 76-73** | **D 66-63** | | **A- 92-90** | **B- 82-80** | **C- 72-70** | **D- 62-60 below 60 = N** |   **Cell Phone Policy:** |
| * Cell Phones and headphones are put away and on silent or turned off during class unless the teacher has given permission (ie. listening to music while working on a project as long as no one else can hear your sound and it is background not foreground). * No calling, texting, video chatting, social media or video games during class. * If a parent needs to call their student, contact the school office and they will connect you. * Assignments are done on the iPad or paper. Do not use cell phones to do any assignments. * Students that choose to be on their cell phone instead of doing their work will get a “0” for the assignments. |

I have read and agree to my responsibilities and requirements for Health class.

Student name (print) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signiture\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Name (print)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Phone number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Preferred method of communication Email \_\_\_\_\_\_\_\_\_\_\_ Phone call \_\_\_\_\_\_\_\_\_\_\_