

HIGH SCHOOL HEALTH SYLLABUS

Welcome to High School Health! This class is awesome, and you are going to love this class! Why?!? Because this class is about YOU! You will learn so many new things about yourself that you will be amazed, so let's begin...

Class Description-

Health class is a one semester course that is required for graduation. We will cover health and your wellness, which will include physical, mental and emotional health; health and your body, which will include fitness, nutrition and weight management; drugs, which will include medications, illegal drugs, alcohol, and tobacco; diseases and disorders, which will include infectious and lifestyle diseases; personal safety, which will include internet safety, texting and sexting, cyberbullying and relationship violence; reproductive health and Parenting and Paternity Awareness, or PAPA; and first aid, CPR, and the use of an AED, where you will become certified through the American Heart Association's Heartsaver program.

Class Teaching Objective...

Mr. Elerick will create a calm learning environment and classroom atmosphere in order to create a comfortable area in which to learn and discuss some potentially uncomfortable subject areas and/or topics.

Class Requirements-

Since the course will consist of classroom days and some activity days, you will have to have the appropriate materials to participate in both environments.

- Classroom days will require a writing utensil (pen/pencil). All work will be kept in a manila folder and spiral notebook within the classroom.
- Activity days will require the appropriate clothes for active participation and tennis shoes.

Expectations for High School Health-

- You will have the required materials every day.
- Be on time and be ready to work (or participate) when the bell rings. Tardies will be handled according to policy.

- You will dress appropriately and will need the appropriate footwear on activity days. Tennis shoes are to be worn on these days.
- You are not allowed to bring food or drinks. Water is the only drink allowed in class.
- You are to act respectfully at all times towards the instructor and fellow classmates. Teasing, laughing at others, and bullying will not be tolerated.

Grading Policy-

You will be graded in three areas. These areas are:

Daily Work (50%)-this will consist of classwork and homework.

Participation (10%)-this can be in the classroom as well as on activity days. You may receive **one participation grade per week**.

Tests/Projects/Quizzes (40%)-this will come from unit tests, lesson or unit quizzes, and projects.

You will also have a semester exam that is worth 1/5, or 20%, of your entire semester grade. You and your parents may check the progress of your grades through the Parent Portal on the NEISD website-www.neisd.net.

You are responsible for make-up work when absent. You need to ask for missed work the day you return or you can access the class website at:

<http://jacksonhshealth.weebly.com>

Again, I am excited to have you in High School Health! Have a great year!

Sincerely,
Charles Elerick

celeri@neisd.net

The doctor of the future will give no medicines, but will interest his patients in the care of the human frame, in diet, and in the causes and prevention of disease. ~Thomas Edison

I have read and understand the policies and procedures of High School Health.

Student Signature

Date

Parent Signature

Date

Contact Information(Please Print):

Student Name:_____

Name (Parent/Guardian):_____

Home Phone:_____

Cell Phone:_____ Work Phone:_____

Email Address: _____

List any current health concerns we need to be aware of:

Please sign this page acknowledging that you understand the policies and procedures of High School Health. You need to keep the copy of your syllabus in your manila folder for reference. Parents, if you have any questions, please feel free to contact me by phone, email, or conference. Thank you!