



# CONARD HIGH SCHOOL

## TENTH GRADE HEALTH EDUCATION



### Welcome to Health!

We are looking forward to working with you, and having a very successful year. Below, are some important things you will need to know in order to do well in this course.

Feel free to contact me at any time with questions or concerns by calling Conard, 231-5000

**Mr. Greenberg ext. 6030**    **Josh\_Greenberg@whps.org**  
**Mrs. Massaro ext. 6033**    **Kerrie\_Massaro@whps.org**  
**Mr. Wziontko ext. 6031**    **Ron\_Wziontko@whps.org**

### MISSION STATEMENT:

The Core Values and Beliefs of Conard High School are **We challenge and guide our students to be active learners and productive citizens.**

### CONARD HIGH SCHOOL EXPECTATIONS FOR STUDENT LEARNING:

21<sup>ST</sup> Century Learning Expectations:

- Communications: Reading, Writing, Demonstrating
- Problem-Solving
- Technology
- Civic & Social

### WHAT ARE YOU GOING TO LEARN ABOUT?

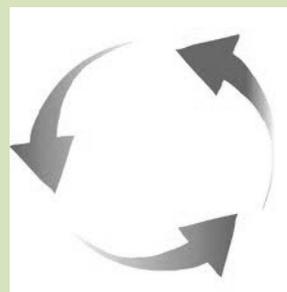
The topics and skills that we will cover throughout the semester include:

#### TOPICS

- **STRESS, DEALING WITH A LOSS, DEPRESSION & SUICIDE PREVENTION**
  1. What can I do to manage my stress?
  2. What would I do if a friend or family member were depressed or suicidal?
- **NUTRITION**
  1. What can influence my eating habits?
  2. What does it mean to be a healthy eater?
- **ALCOHOL USE & ABUSE**
  1. How do I make good decisions?
  2. Is this a healthy decision?
  3. How do my decisions impact others and myself?
- **HARASSMENT & SEXUAL HARASSMENT**
  1. What should I do if I am harassed?
  2. What should I do if a friend is harassed?
- **RELATIONSHIPS & SEXUALITY**
  1. How can I find valid information and resources?
  2. What makes a source valid?
  3. What skills do I need to maintain safe and healthy relationships?
  4. If I am in a situation I want to get out of, how do I say no?

#### SKILLS

- Accessing Information
- Self Management
- Analyzing Internal & External Influences
- Interpersonal Communication
- Decision Making
- Goal Setting
- Advocacy



## GRADING:

You will be graded on the following:

Homework/Classwork Assignments	20%
Quizzes	20%
Projects	30%
Tests	30%

All grades will be based on numerical averages compiled each quarter. **40%** of the first/third quarter, **40%** of the second/fourth quarter, **20%** of the **FINAL EXAM** will calculate your semester grade. ***\*Successful completion of this health course is a graduation requirement and the grade is calculated in your GPA.***

## COURSE EXPECTATIONS:

- The goal is for you to develop the knowledge and necessary skills in order to live a healthy lifestyle.
- Each class will consist of a variety of different activities, including presentations, group work, discussions, hands-on activities, demonstrations, and video activities.
- You will have numerous daily opportunities to participate on an individual basis and in small group activities.
- We encourage you to volunteer everyday and make sure you are an active participant when working with your classmates.
- The ability to stay on task, to follow directions, and to follow rules is important for success in class.
- Learning independent study skills, learning how to listen, taking responsibility for assignments and materials and completing all assignments have an impact on success and good grades.
- Nightly review of your notes and handouts should become part of your routine. We will provide you with everything you need to do well; it is up to you to decide what you will do with it.

## MATERIALS REQUIRED:

1. Health Notebook
2. Health Folder
3. Pens or pencils

## CLASSROOM STANDARDS:

- You are expected to be in **class on time**. Tardiness will be dealt with as per student handbook.
- The **Attendance Policy** is as follows per student handbook.
- **Please be prepared** for class and **be ready** to work.
- **Please pay attention** in class and **be involved**.
- You are expected to turn in **all** work and other assignments **on time**.
- Lending your homework or copying the work of a classmate is **cheating**, and will result in a **zero**. Please do not put another classmate into a difficult position by asking for his/her work.
- You are expected at all times to be **self-disciplined**, **cooperative**, **courteous**, and **respectful**.
- Above all, **never** interfere with the rights of other students to learn.

## EXTRA HELP AND MAKE-UP PROCEDURE:

You are **responsible** for checking on missed assignments and tests when returning from an **excused** absence. **Extra help** is available at all times for students who request it. It will be arranged at a mutually convenient time for both you and the teacher.

**DO YOUR BEST TO ENJOY YOUR EXPERIENCE IN HEALTH!**

