

Course Outline
2011-2012
High School Health Education

The goal of the High School Health and Wellness Course is to empower students to develop and requisite knowledge, skills and attitude so that they may develop and maintain lifelong health and wellness. This will include selected topics which are included in the following areas:

1. Violence and Mental Wellness
2. Personal Safety
3. Nutrition and Personal Health
4. Physical Activity (Stay Physically Active for Life)
5. Alcohol and Other Drugs
6. Tobacco
7. Pregnancy, HIV/AIDS and Other STD's
8. Parenting Education

Student Expectations:

In order for students to be successful they must:

1. Attend all classes
2. Come to class prepared
3. Follow school and classroom rules
4. Actively participate in class
5. Complete all required assignments
6. See teacher to make up work after being absent

Grading students will be evaluated in the following areas:

1. Class participation 35%
2. Assignments, projects 25%
3. Tests/Quizzes 25%
4. Homework 15%

Extra Help:

Students may see teacher for extra help at any time. Arrangements can/will be made if after school tutorial is necessary on an individual basis.

Teacher Contact Information:

Mrs. Katie Alvarez
Health Education Teacher (grades 10-12)
(845) 794-8840 ext. 10882
kalvarez@k12mcsd.net

Ms. D. Brent
Special Education Teacher (grades 9-12)
(845) 794-8840 ext. 10886
dbrent@k12mcsd.net

Materials:

- 1 subject spiral notebook
- 1 large pocket folder
- Pens and/or Pencils
- You may use a binder which means you do not need the notebook and folder
- The school will provide you with an assignment book

*Most late assignments will result in dropping one number per day late, but there will be some assignments that will NOT be accepted late.

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Class Participation	Student is always attentive and always takes an active part in discussion/activities	Student is attentive but rarely contributes in class discussion/activity	Student is sometimes attentive, never contributes in class discussion/activity	Student is rarely attentive and does not contribute in class discussion/activity
Assignments/Projects	Quality of work is excellent	Quality of work is good	Quality of work is satisfactory	Quality of work is in need of improvement
Test/Quiz	Average of 90-100 work	Average of 80-89 work	Average of 70-79 work	Average of 65-69 work
Homework	All assignments completed and handed in	1 missing or incomplete assignment	2 missing or incomplete assignments	3 missing or incomplete assignments

I have read the course syllabus and understand and agree with all the rules and regulations, content and what is expected of me/my child.

Student's signature

Parent's signature