

# Health Class Rules

Mrs. Reynolds/Mr. Walter

## Health Objectives:

- Explore, analyze and use critical thinking skills to chose a healthy lifestyle in the following areas:

CPR, Body Image, Responsible Social Values Program, Body Systems, Bullying Prevention Extension, Decision Making, Mental Health Unit (stress, relaxation, depression), Personal health, Communicable Diseases, Nutrition, Drug Education, PANDA (7th grade)

## Supplies:

- 2 pocket folder, several sheets of **wide ruled** paper in the pocket, **pen or pencil**

## Class Participation:

- Health class lends itself to a lot of **class participation** through class discussion and activities. I hope **your child feels comfortable** enough in class **to be involved and share** with the class to gain maximum benefits of the class. My job is to create an environment that each child will feel comfortable doing that.

## Homework and Class work:

- Full credit will be given to all classwork and homework turned in on time. Points will be taken away for late work. **Any late work must be done completely or it will not be accepted. Late work will not be accepted after one week of due date.**

## Grading:

- Grades will be based on the total points at student has earned from class work, homework and tests in the 9 weeks.

## **Basic Class Procedures:**

\*Come to class on time with Health folder, Chromebook and pen or pencil.

\***Get to your assigned seat and get out your health folder and pen or pencil, place Phone (if you have it) turned over on the table.**

\* Put other books away under desk.

\*Do not get on chromebook unless asked.

**Do Bellringer Activity** if there is one

At the end of class: **Do Exit slip**

\*Listen to teacher and classmates

\*Raise your hand to talk/ask questions etc.

\***Begin work after the first time** assignment is given. Stay on Task.

\*Be respectful with your words and actions

If the above procedures aren't followed, students will receive the following – not necessarily in this order

\*\*\*Verbal warning    \*\*\*Sent to Hall    \*\*\*Detention    \*\*\*Phone call Home    \*\*\*Sent to office

RSVP Permission Slip

RSVP (Responsible Social Values Program) is designed to encourage family-centered education about abstinence from pre-marital sex, tobacco, alcohol, and other drugs. The program recognizes that you, as parents or guardians, are the primary educators and source of guidance for your child in these matters. As parents/guardians, you are providing your child with the foundations of positive character traits and family-held values, which enable your child to make positive, healthy, abstinent choices.

We welcome the opportunity to work with you to promote smart and healthy choices through this abstinence and character education program. This program is provided by Alliance for Healthy Youth. and is funded by Grants and donations. The address is 1815 W. Market St., Suite 107, Akron, Ohio 44313, phone (330)864-1359.

***HOMEWORK ASSIGNMENTS:*** During the presentation of the Responsible Social Values Program, homework assignments will be given that require parent participation. The objective of these exercises is to provide another opening for communication with your child about caring human relationships, loyalty, love, honesty, trust, commitment, respect, sexuality, life goals, health, happiness, and family-held values, expectations and responsibilities.

***If your child has Health the 1<sup>st</sup> semester, class will be November 5,7,8,9, 2018***

***If your child has Health the 2<sup>nd</sup> semester, class will be March 11-15, 2019***

***Also, to note, an Open House Parent meeting will take place during the first parent teacher conference night, Sept. 26th 5-6:30 in the Health room, 119. Just stop in to ask questions and get any information they have available.***

**Due: Monday, Jan. 7th**

Please return **just this bottom portion** stating *that you read and understand the Health class rules and that your child may participate in the RSVP program. Turning in this paper on time is worth 5 points.*

Student name: (print) \_\_\_\_\_ Signature: \_\_\_\_\_

Parent name: (print) \_\_\_\_\_ Signature: \_\_\_\_\_

Contact number: \_\_\_\_\_

Email address: \_\_\_\_\_