

Class: Health

Teacher: Mr. Milleson

Email: bmilleson@cassville.k12.mo.us

Health Syllabus

Class Description-

The course will cover all of the components necessary to live as a health human being. You will learn about all of the various factors that determine a person's health and well-being such as gender, location, and hereditary differences. This class will assist you in becoming a health literate person capable of making healthy decisions to promote and improve you and your community's health and wellness

Objectives:

Upon the completion of this class, the student will be able to:

1. Understand the three parts of the health triangle and know how to keep it balance.
2. Make informed decisions about health care and health products.
3. Know the Food Pyramid and how to plan for a healthy diet.
4. Understand and manage their emotions.
5. Understand and recognize the the effects of tobacco drugs and alcohol.
6. Understand how communicable and other diseases are spread and the techniques for prevention.

Grading Scale:

This class will follow the same grading scale as the one located in the Student Handbook. Grades will be based on a total point system with the semester final tests counted as 10%. Grades will be rounded automatically by the grading program used at CHS

100-95: A	76-74: C
94-90: A-	73-70: C-
89-87: B+	69-67: D+
86-84: B	66-64: D
83-80: B-	63-60: D-

79-77: C+

below 60%- Failing

Homework Policy:

Be prepared for class when the bell rings. Homework should be completed before the class begins, not during the period that it is due. Students should be ready for all Quizzes and Tests; There will be NO! pop quizzes.

Late homework is reduced by 10% for every day past the original due date. Any work not turned in after 5 school days (one week) will NOT be accepted for credit.

Bell work: Each day the students will enter the classroom and have an activity to be working on while the teacher takes attendance and prepares for the day. Students will put their name, date, and class period on the assignment.

Health Notebook: Students will be required to keep and maintain a clean and professional binder, The student will need a three-ring binder (between 1 and 1 ½ inches) and 7 tabs.

Participation: Students are expected to be at class every day and participate in small group and whole class discussions.

Essays and Major Projects: These are expected to be handed in on time. Each day past the due date the grade for that project is reduced by 10%. Any projects not turned in after 5 school days (one week) will NOT be accepted for credit.

Make-up work and Absences:

When you are absent from Health, it is your responsibility to make up the class work you missed.

Get the assignment from a classmate on the day you return

Talk to me after class or the school day about missed assignment

Make-up assignments are due the next class meeting after you return to class

Quizzes and tests that you miss will be taken on the day that you return to class.

Any work that is not made up within the time allotted will be recorded as a zero.

If you miss school for a school-related activity, you are expected to hand in all work and complete all quizzes and tests before the absence. Failure to complete work beforehand will result in a zero on that test, quiz, or assignment.

Cheating:

Cheating is a serious offense at Cassville High School. It will not be tolerated in any way. Cheating will result in a zero for all parties involved. Disciplinary action may also be taken.

Types of cheating include but are not limited to:

- Looking on a neighbor's paper
- Talking during a quiz or test
- Copying coursework from classmates
- Giving answers to classmates
- Plagiarism (I use plagiarism-detection software)

Cheating observed will be at the discretion of the teacher.

Textbooks and materials:

Students will be required to have a three ring binder with 7 tabs. Each student will need a pencil/black ink pen/ blue ink pen, a red ink pen, and lined paper. Books will not be taken home and will be left in the classroom each day. Books that are lost or damaged will be charged to the student with the book last.

Classroom Expectations:

- Be respectful and courteous to everyone in the classroom at all times.
- Engage in class discussion
- Be in the room and in your assigned seat with a book when the tardy bell rings.
- Bring all necessary materials to class with you each day.
- Use only pencil, blue, or black ink in this class
- Leave the room BETTER than you found it.
- Take care of bathroom needs in passing periods. Students will have three emergency bathroom passes during the semester. Use them wisely!
- Tardies: On your third (3) tardy, you will be given one day of ISS
- Do not write, pass, or read notes during class, including text messages.
- ALL CELL PHONES ARE TO BE TURNED OFF AND PUT ON THE DESK FACE DOWN!!!

Consequences:

The consequences for breaking these expectations or any classroom disruptions will result in:

1. Verbal or nonverbal warning.
2. Private conference with me before school
3. Phone call to parent or guardian
4. Office referral
5. Steps 1-3 can be bypassed at the discretion of the teacher.

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I \_\_\_\_\_, have gone over the Health Syllabus with Mr. Milleson and agree to adhere to the Classroom policies.

Student Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

Keep this syllabus in your Health Notebook for the entire year!