HEALTHFUL LIVING *(Health Portion)*

 Welcome to Healthful Living. I hope that we can better ourselves as we journey through the next few months together. I look forward to getting to know each and every one of you and I hope that we can all establish positive relationships amongst each other over the course of the semester. I believe that you will learn throughout the quarter through a wide variety of activities, that all areas of Health are important. I will assist you in finding numerous tools to living a healthy and happy life. Through material retention and personal reflection, we can learn and enjoy our time together.



**Rules**

-Respect your classmates and your teacher at all times.

-Bring all necessary materials with you every day.

-Do not abuse or misuse any personal or school property.

-No cell phones, or other electronics, will be allowed… unless teacher designates it as an educational opportunity

-Food and drinks are not allowed during instructional time.

 **Health Grading**

50% Major Assessments (Tests) 15% Classwork

10% Paper/Projects 5% Student Engagement

10% Quizzes 10% Journal Entries

**Semester Overview**

40% - Health 40% - P.E.

20% - Final Exam (an exam will be given at the end of each quarter, each accounting for half

 of the total exam grade)

 H E A L T H L O G I S T I C S

 **UNIT**

1. A Healthy Foundation
2. Nutrition
3. Fitness + First Aid/Injury Prevention/Body systems
4. Medicinal Drugs + Tobacco + Alcohol + Illegal Drugs
5. Mental + Emotional Health

1. Reproductive Health + Safety
2. Suicide Prevention
3. Human Trafficking

**Notebook**

 Each student is required to keep a Health notebook/3-ring binder. All materials issued in, and relating to, the class must be kept within at all times such as Vocabulary words – \*Journal entries (two per week) – Notes/Handouts/Worksheets/etc.

**Journal**

 You will be required to respond to two cues presented by your teacher. The norm will be for the first cue to be given on Tuesday and the second on Thursday. Each entry must be a minimum of five sentences. The entries will either be a personal reflection on the unit or a response to an inspirational piece.

**Vocabulary/Quizzes**

 Each student will be accountable for vocabulary retention and application through quiz form.

**Papers/Projects**

 Each student will be required to create a Wellness plan catered to their own personal attributes. We will also include other ind./group projects throughout the quarter. (Mental disorders + illicit drugs)

**Tests**

 Each unit will conclude with a written test, consisting of 40-50 questions. Multiple choice, matching, and true/false, will be used heavily.

**Student Engagement**

 Every student is expected to be actively engaged on a daily basis. Participation in discussions, active involvement with “bell-ringer” activities and individual effort will be monitored. You will be asked to work in various groups to complete various tasks. Your credit may come from your individual role, as well as the cumulative product from your group as a whole. The teacher will issue materials to guide group discussion/evaluation/presentation. Roles and expectations will be outlined and your effort will determine credit.

**SMART LUNCH**

 There will be Health Tutorials available during SMART Lunches throughout the week. You are encouraged to attend a total of four SMART Lunches per semester.