



Roseville High School Health 2019-20

Teacher: Adam Reinking

Room: P42

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Course Description

Roseville High Schools Health and Safety class is designed to give students knowledge, attitudes and decision-making skills to develop and maintain their own healthy lifestyles. The course thoroughly examines the three categories of health; social, mental and physical. In addition, there will be instruction in school orientation; decision-making; the human life cycle; substance abuse; first aid.

Textbook: Glencoe Health McGraw Hill Education 2011

Student Behavioral Expectations

Students in class will be expected to conduct themselves in a way that demonstrates respect, responsibility and readiness to learn.

- Respect: Students are to be respectful to their peers, instructor and guest speakers. They are to treat each other the way they would want to be treated.
- Responsibility: Students are to be on time to class and in their seats when the tardy bell rings and are expected to be prepared for class, bringing a fully charged chromebook and writing utensil and to class daily.
- Readiness: Students are expected to contribute to class discussions and group work. Health will require analysis about current topics and issues. Students will be expected to be ready to contribute daily to classroom activities.
- **Cell Phones will not be permitted to be used in class unless instructed by the teacher. They must be put into a backpack and are not to be out during class time.**

Grading

Grades will be aligned with the RHS Health Dept and students will be graded on the following:

- Daily bell Work: Journal entries that reflect/review on previous days topics, analyzing and interpreting health related articles, vocabulary or personal experiences or prior practical knowledge on a topic.
- Classroom activity: Group discussions, presentations, written assignments and projects.
- Assessments: Students will complete quizzes(formative assessments), be graded on the understanding of the stated learning targets and knowledge of each unit of study in the form of a summative assessment.
- The break down of the points to be earned in class are listed below:
 - 40% Written Assignments & Homework
 - 45% Tests, Quizzes, Projects
 - 15% Final Exam
- Plagiarism or copying and pasting material as a students own work will not be acceptable. If a student is caught plagiarizing that student will receive a zero on the assignment, the teacher will call home as well as inform the administration of the students academic dishonesty.
- Late work will be accepted at the teachers discretion and will only be accepted if the student attends the ROAR intervention period regardless of their current grade.
- All Tests, Quizzes and missed assignments will be required to be made up in ROAR priority periods.

***Note: Students will be required to bring their fully charged chromebooks to class daily. Students will turn in assignments, group work and take assessments through the use of google classroom. If a student fails to bring their chromebook they will not be able to participate in the daily activity which could result in a lower grade.**

Course Content

Listed below is the content the students will be expected to learn:

- Mental health which will include the following topics: building self esteem, stress management, suicide prevention, managing mental and emotional disorders and setting healthy goals.
- Social Health which will include the following: resisting peer pressure, personality tests, communication styles and skills, conflict resolution and abuse prevention.
- Exercise and nutrition which will include the following: BMI calculation, nutritional label analysis, FITT principle, making healthy food choices, physical fitness and weight management.
- Sexual education which will include the following: sexually transmitted diseases(STDs) teen pregnancy and contraceptive examples, effects of pregnancy on teenagers, reproduction and fetal development.
- CPR and First Aid which will include: emergency response skills, CPR and first aid demonstration and basic injury care.

Working together, we will prepare students for postsecondary education.



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SCHOOL RULES	RESPECT	ON TASK	AWARE	RESPONSIBLE
EXPECTED STUDENT BEHAVIOR	<p>Use appropriate language and tone with everyone</p> <p>Respect others' personal space and property</p> <p>Follow and respond appropriately to directions</p>	<p>Be present - physically and mentally</p> <p>Be prepared for class each day with assignments and materials</p> <p>Take an active, positive role in classroom activities</p>	<p>Be mindful of others' feelings, opinions, and experiences</p> <p>Help those around you</p> <p>Keep your workspace clean and organized</p>	<p>Be on time and ready to learn</p> <p>Write down due dates for all classes</p> <p>Use technology responsibly</p> <p>Be proactive</p>
Classroom Routine/Behavioral Expectations				
Entering the Classroom	<p><i>How can students be welcomed to the class?</i> You will be greeted as you enter class. In return, you are to enter calmly, turn your phones into the caddy, and find your seats before the bell.</p>			
Starting the Class	<p><i>How can instruction begin quickly?</i> You will complete a warm-up every day at the beginning of class. Any homework, make-up work, etc. should be turned in before the warm-up.</p>			
Working Independently	<p><i>What are the expectations for students when they are working independently?</i> You need to use their time wisely. When working independently, you are expected to work quietly, remaining on-task until the assignment is completed. If you complete an assignment before the rest of the class, you should read an SSR book quietly.</p>			
Working in Groups	<p><i>What are the expectations for students when they are working in groups?</i> You are expected to collaborate with other students in class; this will entail being a cooperative member, being an equal contributor, remaining on task.</p>			
Asking for Help	<p><i>How will students ask the teacher for help?</i> In-Class: raise your hand and wait to be called on. Outside Class: come before school, after school, or ROAR Priority period for additional help.</p>			
End of Class	<p><i>What does the last 5 minutes of class look like?</i> Do not pack up until I tell you it's time to collect your phone. At that time, please tuck in your chair and clean up your work space. Do NOT line up at the door.</p>			

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