

Welcome to High School Health Education

Every Other Day Course

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Supplies Needed for Health Class

1. 1 folder with pockets
2. Writing utensils
3. Charged computer
4. Agenda

Requirements

1. Come to class prepared and ready to learn.
2. Participate in class discussions, activities, and assignments.
3. This course is required and mandated by New York State.

Grades

Points will be deducted if work is late. Usually a 10 point assignment will be a +7/10 if it is late.

*Check your grades regularly on eschool. Google Classroom assignments only get returned if you earned less than full points.

*If you need extra help make arrangements with Mrs. Root.

Attendance- Based on School Policy

The attendance policy is based on a 20 week course which means a student can only be absent a total of 14 times in order to receive credit for the course. A notification from the teacher will be sent home after 7 absences.

Rules

1. Be respectful and kind to yourself, the teachers, and your classmates
2. Come to class on time and prepared.
3. Take responsibility for yourself. If you are absent please make up the work ASAP.
4. Backpacks should be stored in your locker, under your desk or on the side of the room. Aisles must be clear.
5. Phone use and/or earbud use is prohibited unless the teacher has explicitly given permission.

1st Offense- The student will put away the phone and/or earbuds. This offense will be written down.

2nd Offense- The student's phone will be surrendered at the time of inappropriate use to the teacher. The student will receive the phone at the end of the day or the student may choose to have the phone taken to the office with a referral.

3rd Offense- The student's phone will be surrendered at the time of inappropriate use to the teacher. The phone will be taken to the office with a referral.

Consequences

What will happen if a rule is broken?

1. Visual/ verbal warning/ change seat
2. Student meeting in the hallway or after class
3. Phone call home/ Referral to office

* Note: Consequences are interchangeable in certain situations.

Severe disruptions will result in the student being accompanied out of the room to an alternative setting/ assistant principal's office.

High School Health Education Course Outline

Mrs. Root

**The Guidance Document for Achieving the New York Standards in Health Education is use by the
Lancaster School District**

Introduction

Seats/ Google Classroom/ Meet the Student Slide
Expectations/ Course outline
Ice Breakers- Would you rather?

Health Skills

Personal Assessment
Dimensions of health
Building health skills
Goal Setting

Stress Management and Mental/Emotional Health

Stress and anxiety
Mental/emotional disorders- Guest Speaker
Suicide prevention

Healthy Relationships

Family relationships
Peer relationships
Communication and resolving conflicts
Dating and dating violence -Guest Speaker
Violence prevention- Guest Speaker

Nutrition

6 Nutrients
Food labels
Safe weight management
Eating disorders

Heart Health & Physical Fitness

Benefits of exercise
Risks associated with lack of exercise
Basic first aid/ Hands-Only CPR- Guest Speaker

Alcohol, Tobacco and Other Drugs

Effects of alcohol
Effects of smoking, smokeless tobacco and vaping nicotine
Effects of marijuana
Effects of prescription drugs- Guest Speaker
Refusal skills

Sexuality including Sexual Health & Reproduction

Endocrine and reproductive systems
Pregnancy and birth
Abstinence/ Contraception
Consent/ Refusal skills- Guest Speaker
Sexually transmitted infections including HIV/AIDS
Testicular and breast self-exams
Cancer vocabulary
Skin cancer prevention