

Welcome to High School Health Education!

Full Year Course/ Meets Every Other Day in 116

Mrs. Root

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Supplies Needed for Health Class

1. LHS Agenda
 2. 3-ring binder (1 inch)
 3. 10 sheets of lined paper
 4. Pens and pencils
- (Other materials may be needed for projects such as poster boards, markers, etc.)

Requirements

1. Come to class prepared and ready to learn.
2. Participate in class discussions, activities, and assignments.
3. All homework is due the next class unless another date is specifically given.
Any assignments handed in a day late will be given half credit.
4. If a student is absent they are responsible for promptly making up the work.
***Check the tower by the door.
5. This course is required and mandated by New York State.

Grades

Marking periods = 80% + Final exam = 20%

The following assignments will be given a point value.

1. Classwork/ Projects
2. Homework
3. Tests
4. Final Exam

*Check your grades regularly on e-school

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

Attendance

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.

Rules

1. Respect your teacher, classmates and yourself.
2. Listen the first time.
3. Cooperate with each other.
4. Come to class on time and prepared.
5. Take responsibility for yourself.

Consequences

What will happen if a rule is broken?

1. Visual/verbal warning
2. Student meeting
3. Teacher detention after school
4. Phone call home
5. Referral to office

* Note: Consequences are interchangeable in certain situations.

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

What will happen if rules are followed? ☺

1. Verbal recognition
2. Extra Credit

High School Health Education Course Outline

Mrs. Root

Introduction

- Expectations/ Course outline
- Ice Breakers

Health Skills- Chapters 1 and 2

- Health triangle
- Promoting a healthy lifestyle, goal setting
- Building health skills
- Decision Making
- Self-esteem

Stress Management and Mental/Emotional Health- Chapters 3 and 4

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

Healthy Relationships- Chapters 5, 6, and 7

- Family relationships
- Peer relationships
- Communication and resolving conflicts
- Dating and setting limits
- Violence prevention

Nutrition- Chapters 8 and 9

- 6 Nutrients
- Food labels
- Safe weight management
- Eating disorders
- My Fitness Pal Project

Heart Health & Physical Fitness- Chapters 11, 12, and 13

- Benefits of exercise
- Risks associated with lack of exercise
- Basic first aid

Alcohol, Tobacco and Other Drugs- Chapters 15, 16, and 17

- Effects of alcohol
- Effects of smoking, smokeless tobacco and vaping
- Effects of marijuana, prescription drugs, inhalants, club drugs, and steroids
- Google Sideshow Drug Awareness Project
- Refusal skills

Sexual Health & Reproduction- Chapters 18, 19, and 22

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

Mrs. Root's Cell Phone Policy

1st 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.

2nd 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.