

# East Mountain High School Health Education

Hello Parents/Guardians and Students,

I am looking forward to the 2018-19 school year and the health class at East Mountain High School. This is a required class by the New Mexico State Public Education Department. Many different health topics will be covered throughout the class (see syllabus) as well guest speakers to provide information, support, and community resources to our students. Please review the syllabus and let me know if you have any questions or concerns.

**SEXUALITY PERFORMANCE STANDARDS EXEMPTION:** Parents/guardians have the option to opt their student out of the human sexuality unit. An individual alternative assignment, which will include a research project and required discussion between the parents and student, will be provided as an alternative during the unit. **Please indicate below if you would like to opt your child out of the human sexuality unit.** If you opt out, I will e-mail you with the alternative assignment for your review before the unit.

\*\*\* I would prefer to **opt out** my son/daughter of the human sexuality unit and instead he/she will be given an independent alternative assignment for credit. – Parents Initial\_\_\_\_\_ - E-mail\_\_\_\_\_

Please sign and return this page indicating that you have read and understand the syllabus. Keep the syllabus for your records. – *Phil Keller*

Printed Student Name \_\_\_\_\_

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

Date\_\_\_\_\_

Parent Signature \_\_\_\_\_

Date\_\_\_\_\_

# Health Classroom Expectations

## **The Five P's:**

**Polite** – Treat everyone with respect.

**Punctual** – Arrive to class on time and be ready to learn.

**Prepared** – Have everything you need for the day and turn in assignments on time.

**Productive** – Stay on task and follow directions.

**Pride** – Always do your best!

# East Mountain High School

## Health Education

Phil Keller ~ [pkeller@eastmountainhigh.net](mailto:pkeller@eastmountainhigh.net)

Toni Kuehn ~ [tkuehn@eastmountainhigh.net](mailto:tkuehn@eastmountainhigh.net)

A list of current assignments will be kept up to date on **Google Classroom**. Please e-mail me if you (parent) would like access to our Google Classroom.

### Learning Targets

After successful completion of health, students will meet the following learning targets:

- I understand concepts related to health promotion and disease prevention.
- I will demonstrate the ability to access valid health information and health-promoting products and services.
- I will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
- I understand the influence of culture, media, technology, and other factors on health.
- I will demonstrate the ability to use interpersonal communication skills to enhance health.
- I will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
- I will demonstrate the ability to advocate for personal, family, peer, and community health.



### Units, and Topics to be Covered

- Decision Making and Goal Setting
- Mental, Emotional, Social Health including Suicide Prevention
- Nutrition and Healthy Eating including Body Image
- Alcohol, Tobacco, and Other Drug Use Prevention and Education
- Personal Safety including Violence, Bullying, and Harassment Prevention
- Healthy Relationships including positive communication and conflict resolution
  - The Rape Crisis Center of Central New Mexico will provide a week long Anti-Sexual Violence Training Institute.
- Human Sexuality – including STIs, Pregnancy Options, Risky Behaviors, Anatomy, and Contraception
- Disease Prevention – Including Cancer, Heart Disease, Diabetes, and Communicable Diseases

**Grading:** A – 100-90%, B – 89-80%, C – 79-70%, NG – Below 70%

~ 10% - Classroom Participation – This includes being part of classroom discussions, utilizing class time for assignments and projects, and being prepared for class on daily basis. See make-up below.

~ 60% - Assignments, Projects, and Presentations – Students will be responsible for completing their own work on time and of high quality.

~ 30% - Quizzes and Tests – The class will consist of regular smaller quizzes and occasional larger tests. The mandatory final is the New Mexico PED End of Course Exam (EOC).

### Late Work:

- Late work will be accepted but at a reduced rate. An assignment more than one week late is worth up to 50% of full credit. After 2 weeks, the assignment will no longer be accepted for any credit.

### Make-Up and Extra Credit

- All EMHS policies will be followed in regards to absences.
- **Missed assignments or tests are the student's responsibility to make arrangements for make-up.**
- Only **excused absences** are allowed to be made up.
- All make-up assignments must be completed **within 3 school days of absence for credit**, unless otherwise arranged, for full credit.
- **Classroom participation points** can be made up through completion of the "media assignment."
- There will be opportunities for **extra credit** throughout the semester.
- Extended absences (those of a week or more) should be discussed with teacher for make-up options.

## **Etcetera**

**Cell Phones:** Cell phones are not allowed to be used at anytime during class. DO NOT bring your cell phone to class. Keep your phone put away, or it will be confiscated.

**Classroom Discussions:** Students are expected to show the upmost respect during classroom discussions. Every student has a right to his/her opinion.

**Food/drinks:** Only bottled water and drinks are allowed in class. No FOOD is allowed at all. It is messy and a distraction to learning. Keep it away!

**Guest Speakers:** It is important to respect all guests. Students are expected to behave in a respectful manor when guests are in the classroom.

**Make-ups and Extra Help:** Health students have the opportunity to attend homework club with Ms. Toni after school on Tuesdays and Thursdays in the library. This is also where a majority of quiz and text make-ups take place.

**Music Players:** Music players are only allowed at certain times and with permission. Keep the headphones out of your ears, even when not on.

**Communication:** Honest and truthful communication is essential for successful education to take place. Please contact me anytime you have a question or issue.

**Choice:** Each student has choices to make on a daily basis. These choices result in either positive or negative consequences. Making positive choices will lead to positive results.

**SEXUALITY PERFORMANCE STANDARDS EXEMPTION:** Parents/guardians have the option to out their student out of the human sexuality unit. An alternative assignment, which will include a research project and required discussion between the parents and student, will be provided as an alternative during the unit.

## **Behavior Policy**

**1<sup>st</sup> Offense ---** Teacher Intervention/Reminder to stay on task.

**2<sup>nd</sup> Offense --** Second intervention results in loss of all participation points for the day.

**3<sup>rd</sup> Offense ---** Third intervention results in the student being asked to leave class for the day and parents/guardians being contacted.

\*\*\*Any actions that are deemed by me as *severe*, will result in immediate removal from class.