



Personal Health and Wellness (PHW) 2nd Trimester 2015-2016

#Proudtobeacomet!

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Purpose/Course Description:

Welcome to PHW! Personal Health and Wellness covers a comprehensive health curriculum emphasizing life-long physical, emotional, mental, and social health skills. The health portion of PHW will be covered in one trimester. The physical education portion of PHW will be covered in another trimester. You must pass both the health and physical education portions of PHW to graduate.

Topics, Key Concepts, and Units of Study:

The following are the topics we will study, but not limited to, in PHW

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| <ul style="list-style-type: none"> ✓ <u>Making Healthy Choices</u> <ul style="list-style-type: none"> Decision making skills Risk assessment Components of health ✓ <u>Nutrition...eating well</u> <ul style="list-style-type: none"> Food Choices using MyPlate Nutrients Healthy eating ✓ <u>Managing feelings</u> <ul style="list-style-type: none"> Stress management Conflict resolution Sexual harassment Depression Suicide prevention Book: SPEAK by Laurie Halse Anderson | <ul style="list-style-type: none"> <u>ATOD</u> <ul style="list-style-type: none"> Alcohol use/misuse Tobacco use/misuse Drugs (legal/illegal) use/misuse Addiction ✓ <u>Reproductive Health</u> <ul style="list-style-type: none"> Systems Puberty STI/HIV/AIDS Pregnancy prevention Abstinence skills throughout ✓ <u>Healthy relationships</u> <ul style="list-style-type: none"> Communication skills Key elements of a healthy relationship Love verses infatuation Healthy verses unhealthy relationship |
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**Textbooks Used and Other Sources:**

1. *Health: Making Life Choices* is the name of the textbook that is occasionally used in our classroom. Students will only use the book in the classroom.
2. Other readings will be assigned. We will use information from books, magazines, Internet sources and newspapers. Since health information changes frequently, it is important to use updated materials.
3. Throughout the year, students will compile a notebook that will take the place of a textbook. The textbook is only one of many sources of information concerning health and wellness. Your notebook needs to be kept in order. It is a graded assignment!

Materials Needed (Supplies Suggested):

You will need the following:

1. A folder is needed for class material. Students will create a notebook complete with the course syllabus, and assignment sheet and any papers collected during the trimester.
2. Paper, pen and/or pencil will be needed daily.
3. Student handbook or planner to record any assignment from the day. ****This will greatly increase a successful first year of high school!!**

Methods of Instruction:

There are many means of delivering information about personal health and wellness. These include direct instruction, class discussion, group projects, information packets, guest speakers, and positive participation in the classroom.

Evaluation/Grade Calculations:

Your daily grades, quizzes and tests will be reflected in each trimester grade.

Daily grades, quizzes and tests---- Each assignment will be assigned a predetermined number of points. Your grade is based on points earned divided by the points possible. (=%) Know that a late assignment, no matter how complete, will receive 50% maximum. Please don't take this as "why do it?" Some points are better than getting zero points.

During a unit, you can expect discussion, notes, class work, group projects, presentations, quizzes and homework. You will have positive participation points during the days we have discussion. An active learner benefits from the entire group, not just one or two. It is important to learn from each other's thoughts and ideas.

Types of Evaluation and Assessment:

In the health portion of PHW, students will earn grades through class work, homework, group projects, research papers, quizzes, exams and positive class participation.



Grading Scale:

93-100	A
90-92	A-
87-89	B+
83-86	B
80-82	B-
77-79	C+

73-76	C
70-72	C-
67-69	D+
63-66	D
60-62	D-
0-59	F

Assignment Expectations:

You are expected to attempt each and every assignment that I give you. If for some reason you are having a problem understanding the assignment, you do not have the correct materials to complete the assignment, or you need extra time you need to speak with me prior to the due date.

Late Assignments:

All assignments are expected to be handed in when they are due. Most assignments are completed in the classroom. If a student is absent, then the allotted amount of time to complete the missing assignment will be given. If you need extra time to complete work (**and you used class time wisely**) just ask me to finish at home. I will initial it so you will not be counted down later. Those of you, who find an assignment later, please complete it, and turn it in for some of the credit! **If it is not in by the end of the unit, it will be a zero.**

CLASSROOM PROCEDURES**Student Responsibilities/Expectations:**

I AM HERE TO HELP YOU BE SUCCESSFUL AND LEARN. YOUR GRADE IS THE GRADE YOU EARN... YOU ARE WELCOME TO ASK HOW YOU ARE DOING AT ANY TIME. PLEASE FEEL FREE TO ASK FOR HELP OR CLARIFICATIONS AT ANY TIME.

I EXPECT YOU:

1. To be respectful of others, their feelings, and their opportunity to learn
2. To follow directions the first time they are given and to ask if you do not understand
3. To come prepared to work and learn
4. To be on time

*Remember---**Your behavior is YOUR choice**

Student Responsibilities & Expectations:

Be Respectful: to teachers, peers, guests (including guest teachers), school property, property of others, and to yourself. This includes leaving cosmetics, electronic devices, and other distracting items in your locker. Name calling, cussing, throwing paper or other items, interrupting, and other inappropriate behaviors do fall under the category of disrespect.

2. **Be Prepared:** on time, in your seat when the bell rings with needed materials.
3. School Rules and Regulations: see handbook for details.

**Eating/Drinking/Gum:**

You are not allowed to eat in my classroom. Period, end of story.

Drinking: I do not have a problem with you drinking pop, juice, or water in my classroom. The only stipulation is that the top needs to be able to close. Sorry, no Arizona tea cans ☹

Consequences:

1. Warning
2. Teacher/Student Conference (administrator made aware)
3. Parent Contact (administrator notified)
4. Teacher/Administrator/Student Conference
5. Dismissal from classroom until behavior standards are met

Although these steps will be followed concerning most offenses, I do retain the right to skip steps when it is in the best interest for the classroom as a whole.

Passes:

Passes are not allowed during first 2 weeks and the last 2 weeks of school. After that, you have three passes per trimester. Passes are also not allowed when there is a substitute teacher – for any reason.

Cheating: The act of obtaining answers or completing assignments in a fraudulent or deceitful manner. Staff and administrators will determine disciplinary action. Possible zero grade for assignment and possible suspension. (One hour – three days)

Attendance/Tardy: The High School attendance/tardy policy is available online through www.glcomets.net

Additional Operational Information:

Comet PRIDE Keys To Success

- BE POSITIVE
 - Bring a positive attitude to school.
 - Be respectful and friendly to fellow Comets and guests.
 - Keep language and behavior G-Rated.
- BE RESPONSIBLE
 - Attend school daily.
 - Attending school daily has been shown to improve test scores, raise grades, improve enjoyment level of school and help with on-time graduation.
 - Attendance is a JOB SKILL that employers require.
- HAVE INTEGRITY
 - Dress for academic success.
 - Keep your apparel and accessories G-Rated.
 - Grand Ledge High School is a professional environment.
- BE DETERMINED
 - Ask teachers and other staff members for help and support.
 - Utilize resources, including help rooms and Student Services.
- BE ENGAGED
 - Limit phones and devices to appropriate times and locations.
 - Check with your teachers regarding use of electronics in their classroom.

