**Harbor Springs High School**

**Health Education**

**Room 228**

**Instructor:** Mrs. Saddison

**E-mail Address:** [ssaddison@harborps.org](mailto:ssaddison@harborps.org)

**Voicemail:** (231) 526-4806

**Room:** 228

**Textbook & Materials:**

* Curriculum materials provided: *Michigan Model for Health, Skills for Health and Life, 2013, Healthy & Responsible Relationships: HIV, Other STIs, and Pregnancy Prevention*
* **Materials needed**: 3-ring binder (with a clear slip cover on front), writing tool (pen or pencil)

**Course Description/Goal:**

This class has been designed to guide you to learn, increase, and maintain positive healthy lifestyle behaviors. These positive behaviors are based on the following 4 factors: **knowledge**, **skills**, **self-efficiency,** **and support**. The objectives of the class are designed to provide you with base knowledge about health topics. Students will also be guided to better understand, practice, and use skills that promote good health. Accurate knowledge and skills that are needed to strengthen a person’s self-efficiency will be emphasized and practiced; social support, such as peer groups, school, home, and community will be integrated into each unit.

**Course Topics:**

Unit 1: Foundational Health Skills (3 weeks)

Unit 2: Social & Emotional Health (3 weeks)

Unit 3: Nutrition & Physical Activity (3 weeks)

Unit 4: Safety (2 weeks)

Unit 5: Alcohol, Tobacco, & Other Drugs (3 weeks)

Unit 6: Personal Health & Wellness (1 week)

Unit 7: Healthy & Responsible Relationships – HIV, STI’s & Pregnancy Prevention (3 weeks)

**\*A more specific list of topics can be found on pages 4-5.**

**Course Procedures:**

Tests

* Tests will be given at the end of every unit. You will receive a study list prior to each test.
* Tests are worth 45% of your grade. The semester exam will count toward 20% of your overall grade.
* There will be NO test retakes.

Quizzes

* Quizzes may be announced or unannounced, and are given at least once per week (usually on Friday).
* Homework quizzes may be given, which will consist of questions right off of your homework assignments from the previous night’s homework.
* Quizzes are worth 30% of your grade.

Assignments/Projects

* Use a pen or pencil for all your assignments.
* You must include a proper heading on all assignments: ***Name, Date, Hour, Assignment Title***
* **You will receive no credit for incomplete assignments.**
* **Late homework** turned in after class on the same day will receive 75% and after the due date will be 50%.
* You will receive at least one project per unit.
* Assignments/Projects are worth 20% of your grade.

Attendance & Participation

* You will be allowed 6 absences per semester. Each absence after 6 will result in a grade reduction or loss of credit unless it is made-up. In order to make-up the credit reduction, you must complete a credit recovery plan that is approved by me. See pages 36-41 in your Harbor Springs High School handbook.
* You will **receive 300 points for participation** during the semester. You are expected to be in your seat and ready to begin class, with all of your materials before the bell rings. You are expected to participate in class by asking and answering questions, and working in collaborative groups with the students in your class.
* You will have a warm-up at the beginning of class-time. Failure to do the warm-up with work, results in losing participation points on that day.
* **You will receive 9 passes to leave the room per semester.** You must sign out and in every time you need to use a pass to leave the room. The sign out sheet will be located in the front of the room on a clipboard. Any unused passes will count toward extra credit at the end of the semester. If you need to leave the room more than 9 times in a semester, you will lose participation points on each of those days.
* If you are not prepared for class, you will lose participation points on that day. Make sure you bring the following materials every day: 3-ring math binder and writing utensil. No free passes will be given to retrieve forgotten items.
* If you are late, you will lose participation points. **If you accumulate 4 or more tardies, you will receive a one-hour after school detention (for each tardy).**
* If you have an unexcused absence, it will result in a 1% grade reduction. See pages 39-40 of the HSHS handbook.
* If the learning environment is disrupted from inappropriate behavior, you will lose points.
* Attendance & Participation is worth 5% of your grade.

Binders

* Students are expected to keep an organized health binder.
* Students will keep a table of contents for organizing their binder.
* You will receive points for your binder in the *Attendance & Participation* part of your grade.

Academic Dishonesty

* Cheating will not be tolerated.
* If you are caught cheating on an exam, quiz, or homework assignment, then you will receive 0 points.

Cell Phones/Electronic Devices/Laptops – You will receive extra credit for using the caddies!

* **Cell phones** must be kept **in your locker**. If I see or hear your cell phone or other electronic device, I will take it from you and give it to Mrs. Jacobs (see handbook policy). **There will be no warnings!**
* **Laptops must remain closed unless I give permission to use them.** If I see a laptop open when permission wasn’t granted, I will take your laptop.
* **NO earbuds**, unless permission has been granted. These will be taken if this is abused.

Absences

* If you have an excused absence, you will be given an extra day for each day you were absent to make up the work that you missed (this includes tests). After this time, the assignment will be considered late. An assignment due the date of the absence is due upon return to class.
* Check the “Assignment Board” and your mailbox for homework assigned on the days that were missed. If you need copies of handouts, they will be in your mailbox and the extra copies bin. You will also be responsible for taking notes on the section(s) that was/were missed.

Grading

* Grades will be updated in PowerSchool on a regular basis, so be sure to check your grade often.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Grading Scale | |  | Grade Weight | |
| 94-100% | A |  | 45% | Tests (Final Exam is 20% of total grade) |
| 90-93% | A- |  | 30% | Quizzes |
| 87-89% | B+ |  | 20% | Assignments |
| 83-86% | B |  | 5% | Attendance & Participation |
| 80-82% | B- |  |  |  |
| 77-79% | C+ |  |  |  |
| 73-76% | C |  |  |  |
| 70-72% | C- |  |  |  |
| 67-69% | D+ |  |  |  |
| 63-66% | D |  |  |  |
| 60-62% | D- |  |  |  |
| 0-59% | F |  |  |  |

General Guidelines & Rules

* All of the Harbor Springs High School Code of Conduct will apply in the classroom. Make sure you have read and understand your HSHS handbook **(NO FOOD, DRINKS, HATS, BACKPACKS, PHONES)**
* You will be expected to respect yourself, others, and the classroom environment!
* You are expected to come to class prepared and ready to learn.
* You are to follow directions the first time they are given.
* Refrain from using inappropriate language.

**Discipline Policy:**

* 1. If a disruption occurs, you will receive a warning for your behavior.
  2. If the disruption occurs for a second time, you will have a discussion with the teacher regarding the behavior. Student will be sent to the hallway.
  3. After the third disruption, you will be sent to the office.

\*\*CONTINUAL DISRUPTIONS AND MAJOR INFRACTIONS WILL RESULT IN BEING SENT TO THE OFFICE\*\*

**\*Syllabus is subject to change at any time without notice.**

**Health Curriculum Topics:**

Unit 1: Foundational Health Skills (3 weeks)

1. The personal meaning of health and wellness
2. Exploring reliable information and analyzing influences
3. Setting SMART goals
4. How to make responsible decisions
5. Strategies for effective interpersonal communication
6. Practice assertive communication
7. Self-Management
8. Refusal Skills – How to say “no” assertively
9. Advocating for health

Unit 2: Social & Emotional Health (3 weeks)

1. Self Awareness
2. Stress Management and what teens need to know about stress
3. Depression and Suicide
4. Helping self and others
5. Relationships – healthy vs. unhealthy
6. Bullying and harassment
7. Getting and giving help

Unit 3: Nutrition & Physical Activity (3 weeks)

1. Obesity: Nutrition and Exercise – today’s health concerns
2. Analyzing food labels and healthy snacks
3. MyPlate Daily Checklist and SuperTracker
4. Essential nutrients needed for the teenage body
5. Analyzing fast food
6. Selecting healthier fast food choices
7. Importance of physical activity
8. Identifying and reducing barriers to physical activity
9. Calories burned from physical activity
10. Healthy balance of eating and physical activity
11. Resources available for unhealthy eating patterns

Unit 4: Safety (2 weeks)

1. Sun Safety
2. First Aid
3. CPR
4. Emergency Preparedness
5. Avoiding accidental injury and accidents
6. Conflict Resolution
7. Navigating the land mines of teenage years

Unit 5: Alcohol, Tobacco, & Other Drugs (3 weeks)

1. Effects on the body
2. Statistics
3. Laws
4. Sources to seek help
5. Assertive refusal skills

Unit 6: Personal Health & Wellness (1 week)

1. Family health history
2. Avoiding infectious diseases
3. Personal Health Record
4. Communication skills with health provider
5. Finding health care

Unit 7: Healthy & Responsible Relationships – HIV, STI’s & Pregnancy Prevention (3 weeks) – Abstinence Based

1. Developing healthy friendships first
2. Building healthy relationships and responsibilities – abstinence
3. Facets of intimacy – how to build intimacy through abstinence
4. Facts and statistics on STIs – Chlamydia, Gonorrhea, Syphilis, Herpes, HPV, HIV
5. Impact of HIV/Aids
6. Discouraging risky behaviors and identifying ways to avoid risky situations
7. Benefits of the laws
8. Assertive communication – how to communicate with parents and trusted adults/peers
9. Assertive refusal skills – how to say no and responding to pressure
10. The cost of teen pregnancy and parenting
11. Reducing the risks – preventing pregnancy and lowering risks of STIs through contraceptive methods
12. Testing and local resources

Health Ed. Guidelines

* Listen to and respect the ideas and opinions of others.
* Avoid making fun of other people and/or their ideas and opinions in and out of the classroom. It is disrespectful.
* Omit any names or identifying information if you suggest examples or situations you have heard about or have experienced. This would help to prevent the sharing of personal information in the classroom.
* Share the information and skills with others outside the classroom if you think it would be helpful. However, do not share information if you think it will embarrass or hurt someone in class. This would include sharing information which uses names or other identifying information. In other words…no gossiping.

**We have read and understand Mrs. Saddison’s syllabus and the rules & procedures for Health class. We also understand that cell phones, hats, backpacks, food, and drinks are NOT allowed in the classroom. Laptops must remain closed during the hour, unless permission is granted from the teacher!**

Date:

Student Name (Printed):

Student Signature:

-----------------------------------------------------------------------------------------------

Parent/Guardian Name(s) (Printed):

Parent/Guardian Signature:

Parent Email:

Parent Phone Number(s):

**TO: Parents/Guardians of Harbor Springs High School Health Students**

**FROM: Mrs. Saddison**

## DATE: Tuesday, September 3, 2019

**RE: Health Unit on Human Sexuality**

Your son/daughter is currently taking our health class at Harbor Springs High School.

It is an 18-week class (one semester) covering the following topics:

* Building a Strong Foundation of Health Skills
* Social & Emotional Health
* Nutrition & Physical Activity
* Safety
* Alcohol, Tobacco, & Other Drugs
* Personal Health & Wellness
* Healthy & Responsible Relationships – HIV, STIs, & Pregnancy Prevention

The Human Sexuality lessons are part of the Michigan Model Curriculum entitled *Healthy and Responsible Relationships: HIV, Other STIs, and Pregnancy Prevention.* I plan on starting this unit the week of December 16, 2019

I am certified through the Michigan Department of Education to teach this curriculum (Public Act 139 of 1990). According to Public Act 226 of 1977, the materials for these lessons must be made available to parents to review. If you would like to look over the curriculum, please contact me to set up an appointment.

**Please have your child return this form to me by Friday, September 6, 2019.**

Sincerely,

Sarah Saddison

Harbor Springs High School Health Teacher

[ssaddison@harborps.org](mailto:hkeiser@harborps.org)

231-526-4806

--------------------------------------------------------------------------------------------------------------------

**HSPS Health Class Participation Form – Parent/Guardian needs to fill out please.**

**Please have your child return this form to Mrs. Saddison by Friday, September 6, 2019.**

\_\_\_\_\_ I give permission for my child to take part in the Healthy and Responsible Relationships lessons.

\_\_\_\_\_ I prefer that my child complete an independent study on an alternative unit.

Student’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
Parent’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_