



# Health

2016-2017

Mrs. Sara White

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School phone number:

660-783-2136



## Course Level:

Grades 9

## Length of Course:

Semester

## Prerequisites:

None



## Course Description:

Students will discover the importance of good health and how they can build a healthy lifestyle. Students will also gain a better understanding of how to maintain a healthy body and mind.

Topics covered:

- Stress
- Health Triangle
- Being a Health Consumer
- Hygiene
- Body Systems of the Human Body
- Male & Female Reproductive System
- Pregnancy
- Alcohol
- Tobacco
- STIs
- Abstinence/ Contraception

Performance competencies taught in this course will enable students to:

- Construct meaning pertinent to health care knowledge
- Communicate effectively with family members and health care providers
- Solve problems impacting health and wellness
- Make responsible health care decisions involving individuals, families and communities.

## Classroom Policies:

Students are expected to be in their seats when the bell rings and ready to begin class. Students will participate in all learning activities and abide by the rules set forth in the student handbook.

**Text:** Bronson, M. Glencoe Health. Glencoe McGraw-Hill. 2009.

## Supplements/Resource:

Magazines, newspapers, Internet, guest speakers, videos.



# FAMILY & CONSUMER SCIENCES

## Student Absences:

If a student knows in advance that he/she will be absent, it is the student's responsibility to notify the teacher and get assignments. If a test is to be given on the day of the planned absence, the student needs to schedule a time before or after school to make up the test, if possible. Many of the daily writing prompts (bell ringers), class activities, and homework will be able to be accessed by students via Google Classroom.

**Daily Assignments:** Daily assignments will include various points including writing prompts, participation points, worksheets, and other in-class projects.

**Tests/Quizzes:** There will be skill assessments in this course. Students will also be given quizzes periodically that may be announced or unannounced.

**Projects/Labs:** Projects and labs will be assigned throughout the class to apply knowledge learned.

**Participation:** Each day students can earn up to 2 points (10 points each week) for behavior. Disrespectful behavior will result in a loss of points.

## Grading Scale:

|        |    |
|--------|----|
| 96-100 | A  |
| 90-95  | A- |
| 87-89  | B+ |
| 84-86  | B  |
| 80-83  | B- |
| 77-79  | C+ |
| 73-76  | C  |
| 70-72  | C- |
| 67-69  | D+ |
| 63-66  | D  |
| 60-62  | D- |

## Supplies Needed of Students:

Even though we will be utilizing our new Chromebooks as much as possible, students will still need a writing utensil and notebook paper for a few assignments and notes. We still have to do some things by hand! It can be loose-leaf paper (but they'll have to keep track of all of it), a simple 1 subject notebook, or one section of a multi-subject notebook.

Check out Mrs. White's website for pictures from class and updates from the FACS Department and FCCLA:



Or <http://goo.gl/GSwQbX>

I have read and understand the expectations and content of Mrs. White's Health class for the 2017 Spring semester.

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

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date

Please read, sign  
and return to  
Mrs. White by  
Friday, January 6