

Health Education

Amador Valley High School

Mrs. Julie Foley Mrs. Jaimi Turner

Course Outline

Personal and Community Health (PCH)

- Areas of health
- Teen health issues and influences
- Brain Development and risk behaviors
- Time management
- Study skills

Mental, Emotional, and Social Health (MESH)

- Self-esteem
- Anxiety
- Stress management
- Depression and suicide
- Bullying and stereotypes
- Abuse
- Eating Disorders
- Body Image

Alcohol, Tobacco, and Other Drugs (ATOD)

- Role of drugs in risk behaviors
- Use and abuse of legal, illegal, OTC, and Rx substances
- Chemical dependency
- Treatment options
- Community resources
- Prenatal substance abuse

Nutrition and Physical Activity (NAPA)

- Food Guide Plate/dietary guidelines
- Evaluating food labels
- Establishing healthy eating habits
- Fad dieting
- Personal fitness and nutrition

Growth, Development, and Sexual Health (GDSH)

- Healthy relationships
- Human trafficking
- Sexual harassment and rape
- Anatomy/Physiology of the reproductive systems
- Gender and sexual orientation
- Conception and fetal development
- Abstinence
- Birth control methods and effectiveness
- Teenage pregnancy
- Sexually transmitted infections, including HIV/AIDS
- Resources and statistics

****The following skills and topics are incorporated within the semester:***

- Accessing valid information
- Analyzing influences
- Interpersonal communication skills
- Goal setting
- Decision making
- Practicing health behaviors
- Promoting health
- Injury prevention and safety
- Disease and disease prevention
- Digital responsibility
- Organ donation

Grading

Grades will be based on points earned from homework and projects, tests and quizzes, and class and group participation.

Grades will be weighted as follows:

Classwork/ Homework: 25%

Projects/ Group Work: 30%

Assessments: 45%

Policies and Procedures

1. It is recommended that students come to class with the following materials: pens and pencils, lined paper, **a folder for health classwork and notes only** and a fully charged Chromebook.
2. All assignments and projects are due by the start of class or the time and date posted on Google Classroom.

Late Work Policy-

- Half credit will be given for any late assignments without an excused absence; **after ONE week late, the assignment will not be accepted.**
 - Any questions or concerns about a grade must be addressed **within one week** of the assignment being posted to Synergy. **It is your responsibility to check Synergy on a regular basis.**
3. Students are responsible for getting any missed notes or assignments that were given during an absence. **It is your responsibility to check the calendar for what was missed in class.** The calendar is linked on Google Classroom.
 4. If a test or quiz is missed, it must be made up during the Access period within ONE WEEK. It is the student's responsibility to sign up for my Acession FlexiSched.
 5. Please include the following in EVERY email that you send: Your first and last name AND your period. We have over 160 students.

Classroom Rules

1. Students are expected to be courteous and respectful to all classmates, teachers and guests.
2. Students may drink only water in class. Unless permission is given, there is no eating in class.
3. Working on assignments for other classes, listening to music, or using cell phones or other electronic devices is not permitted without permission.
4. You must remove your airpods **before** entering the room. You must put your cell phones in the pockets as you enter the room. For the social benefit and mental well-being of our students at Amador Valley High School, students are expected to abide by the [AVHS Electronic Device Policy](#) while in my classroom.

Extra Credit

Each quarter, extra credit will be offered periodically to the entire class. It is important that students take advantage of these opportunities since it will not be offered on an individual basis in order to make up for missing assignments or poor grades.

Plagiarism and Cheating

Student work must be in the student's own words. If **ANY** part of an assignment is plagiarized or copied and pasted from the internet, the student will receive a zero grade for the **entire** assignment. The school discipline policy for plagiarism and cheating will be strictly enforced. This includes using Chat GPT to generate or improve your work.

Dear Parents,

Welcome to health education! We are anticipating a very successful semester and are looking forward to getting to know your child. This course is designed to provide your freshman with an in-depth understanding of the many health issues facing today's teens.

As mandated by the California Healthy Youth Act, this course will discuss topics such as body image, gender, sexual orientation, relationships (including dating, abuse, and rape), marriage and family. Other topics included are the reproductive system, anatomy and physiology, pregnancy and childbirth, abstinence, contraception, including the correct use of a condom, sexually transmitted infections, and HIV/AIDS education. Our goal is to provide students with the information, decision-making skills, and resources that will encourage thoughtful and responsible behavior.

A variety of teaching techniques will be used including lecture, discussion, skills application, guest speakers, videos, and written materials.

The State of California requires that we notify you of this information and this letter serves as your notification. The written and audiovisual education materials we use are available for inspection. The law also provides that you may request in writing that your child not attend some portion of this instruction on the days these topics are discussed.

Health is a required class for graduation from the Pleasanton schools. Please be sure to regularly check your student's grade. Poor grades are often due to missing assignments. It can also be very helpful when parents go over the requirements for assignments and projects with their students. Study guides are always posted on Google Classroom for tests. Monthly calendars are also posted on Google Classroom; the calendars provide due dates and links to assignments and notes.

Please review the first page of the attached syllabus, looking over the units and the various topics covered in each unit. Some topics may be sensitive for some students. Please don't hesitate to reach out if there is anything you would like us to know to best support your child in our classroom.

If you have any questions or concerns, please feel free to contact me.

Sincerely,

Julie Foley and Jaimi Turner