

Health Syllabus

Coeur d'Alene High School
Coeur d'Alene School District 271



Contact Information (Christina Carlson)

Email (preferred):

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Classroom phone:

(208) 667-4507 ext. 40142

Room 306

Schedule:

Office Hours (7:15-7:30am)

Period 1: Competitive Athletics

Period 2: Health

Period 3: Health

1st Lunch

Period 5: First Aid

Period 6: Prep

Period 7: Life Sports

Office Hours (2:30-2:45pm)

Course Overview

Instructors: Mr. Bennett, Ms. Carlson

Text: *Essential Health Skills for High School*, 5th Edition. Goodheart-Willcox, 2025

Course Description:

Required Materials

Students will need the following:

- 1) Their chromebook & charger (every day!)
- 2) A writing utensil

A positive attitude, high maturity level and respect for the sensitive topics we learn about will help you be successful in this class and in life!

Human Sexuality Permission Slip

A permission slip will be provided for parents/guardians to sign before we learn about Human Development & Relationships. Written consent is *required* for student participation. More information to come.

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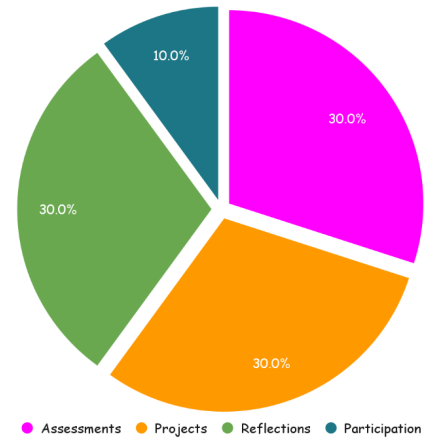


Assessing Student Learning

TERM GRADE (90% OF SEMESTER GRADE)

1. Assessment (30%)

- An assessment will be taken at the end of each unit. Students may use completed classwork and notes from their file as resources during the assessment. Assessments will be completed online through Schoology. Students may complete test corrections to earn back up to half of the points they missed.



2. Projects (30%)

- Students will complete projects in a variety of formats—online or hands-on, individually or in groups—with a rubric that will be provided in advance. These projects will be designed to help students explore health topics and develop an appreciation for healthy living.

3. Reflections (30%)

- Students will complete a reflection in their Health Reflection Journal through Schoology almost every day during the last 5–10 minutes of class. This journal will allow students to make connections between what we will be learning and what they will be experiencing in their own lives. Entries will be graded weekly based on effort and completion.

4. Participation (10%)

- Each student will automatically be given the maximum # of participation points (1 per day) at the start of the semester. If a student does not meet basic class expectations, they may lose a daily point. Daily points cannot be earned back, but students can improve by meeting expectations on future days.

EOCA GRADE (10% OF SEMESTER GRADE)

1. Final Project

- The final project must be submitted by the end of class on the last day of the semester.

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Course Expectations/Policies

Late-Work Policy: Whether or not I accept late work depends on the work in question.

- Classwork & Notes- Once turned in (to the normal spot) my TA will put your papers in your file so that you can use them on the upcoming assessment.
- Projects- I will accept late projects at any time. However, late projects will be graded at my convenience (which, unfortunately, is not always convenient for you).
- Reflections- It is your responsibility to make up any reflections that you miss. Health Reflection Journals are due on Friday each week. Those with an excused absence on a Friday may have until the following Monday to get caught up on the reflection that was missed. You may not make up or resubmit journals after they have been graded, so stay caught up!
- Assessments- If you miss an assessment, schedule a time with me to make it up. It will be your responsibility to hang on to any classwork or notes that were in your file until you are able to take the assessment. If you want to improve your score, you may complete corrections.
- Participation- Daily points will not be lost for excused absences. For any unexcused absences, your daily points will be deducted and you will not be able to make them up.

Excused Absences: Please make sure that you are doing the following...

1. Check the daily lesson plan in Schoology
2. Review any content that was missed (e.g., slides, textbook modules) and make up anything that is highlighted (e.g., classwork, projects, reflections).
3. Email me or come see me before you leave if you know you will be gone for an extended period of time.

Academic Integrity: All students are expected to abide by ethical academic standards. Academic dishonesty includes plagiarism, cheating or copying the work of another, or any unauthorized communication between students for the purpose of gaining advantage is strictly prohibited.