



Campbell Health Syllabus 2025–2026

Raisbeck Aviation High School

Mrs. Campbell | jennifer.campbell@highlineschools.org | 206-631-7254

Description of Course:

Students will be provided opportunities to explore the effect of health behaviors on an individual's quality of life. This course emphasizes improving an individual's health literacy so that students can obtain, process, and understand basic health information in order to make decisions that promote health and prevent disease. This course includes content areas of Wellness Concepts - Social Emotional Health- Substance Use and Abuse- First Aid/CPR- Safety- Nutrition- and Sexual Health Education.

Course Objectives:

- Students will understand what overall wellness looks like
- Students will explore aspects of nutrition, allowing them to make healthy food choice
- Students will understand safety with regards to first aid/CPR and violence prevention
- Students will be able to summarize strategies for dealing with social emotional health
- Students will understand aspects of self identity and positive relationships
- Students will demonstrate an increase in foundational knowledge about reproductive and sexual health
- Students will be able to analyze why individuals choose or not to use substances

Textbook:

Essential Health Skills for High School - 5th Edition, Published by Goodheart Wilcox

Scope and Sequence:

- Wellness and Goal Setting
- Safety
- Nutrition
- First Aid/CPR
- FLASH (Sexual Education)
- Social Emotional Health
- Substance and Tobacco Use/Abuse

Essential Standards:

Standards
HE.K-12.01 H1 - Students will comprehend concepts related to health promotion and disease prevention to enhance health.
HE.K-12.02 H2 - Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
HE.K-12.03 H3 - Students will demonstrate the ability to access valid information and products and services to enhance health.
HE.K-12.04 H4 - Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
HE.K-12.05 H5 - Students will demonstrate the ability to use decision-making skills to enhance health
HE.K-12.06 H6 - Students will demonstrate the ability to use goal-setting skills to enhance health.
HE.K-12.07 H7 - Students will demonstrate the ability to practice health-enhancing behaviors to avoid or reduce health risks.
HE.K-12.08 H8 - Students will demonstrate the ability to advocate for personal, family, and community health.

Required Materials:

- Notebook for taking notes and doing homework.
- Laptop capable of connecting to Wi-Fi. The school provided laptop is more than sufficient for this purpose.
- Headphones for listening to online lessons. If you do not have headphones available to you, please let me know and we can obtain them for the class.
- A willingness to learn.

Student Classroom Expectations:

This is a class that covers sensitive topics that relate to physical, mental, and sexual health. Students will be respectful of each other and of the topics covered. In class, we will use medically appropriate terms to support understanding. To ensure a safe space, an opt-in standard will be held with all discussions and hands-on activities while in the class. The work to show proficiency of a standard is still required.

Students are expected to fully engage in our learning community and complete all assignments as part of individual and collective learning. Please contact me if you need additional time to complete work or need support to engage in our learning community. If you struggle to complete work and engage in our learning community, I will schedule a meeting with your family to discuss concerns and identify ways to support your learning.

RAHS provides a lunch time period for students to eat. Therefore, lunches must be consumed during the lunch period only. If you find that you missed lunch for some reason, communicate this to your teacher and consume your food in the lunchroom before returning to class. If you get breakfast in the mornings, you should also finish eating prior to the start of class. Other snacks may be allowed in the classroom if OK'd by the teacher and only when it is not near computers or in a lab setting. Water is always OK.

Be here: This class is interactive and participatory with experiences that cannot be made up. You should plan to attend every class and on time. Much of the learning comes from in-class activities and discussions. To be fair to those presenting, all students should attend and participate. The student is responsible for procuring notes, handouts, information, etc. for the day(s) of absence.

Participate with effort: This asks that you are prepared and put forth a solid and consistent effort in class. This includes giving input and feedback during live instruction, discussions, and group work.

Take initiative for yourself: Most of your learning will be the result of your own initiative. How well you do will be a result of how well you are able to carry on without direct supervision. Taking initiative means asking questions when material, concepts, or expectations are not clear. (It is OK not to know, but it is not OK to continue not knowing.) It also means doing reading, research and work outside of class.

Help others: The ultimate success and reward for each of you depends on your ability to help and support your classmates in their learning and in their attempts to be responsible for their own learning. This also includes creating a safe learning environment; that is, one in which the confidentiality of one another's sharing is respected, where complaints are directed only to someone (and received only by someone) who can do something about the situation, and where differences of opinion and healthy debate are prized. After all, our ability to help others is the only thing that really counts in the long run.

Attendance: We know experience is one of the greatest teachers. In order to learn from experience, one must be present. Therefore, consistent attendance is crucial. The determination of whether an absence is excused or unexcused is at the instructor's discretion.

Using AI:

AI programs are tools for assistance. They are not a substitute for your own critical thinking and understanding of the subject matter. As the use of AI has increased in the classroom, the following rules and expectations have been established.

- Using AI in the classroom is not allowed unless the teacher has given explicit permission.
- All work is subject to verbal review. Any assessment and/or assignment is subject to a verbal review with the teacher. Be prepared to explain and discuss the content of your work without the contributions or assistance of AI. If you cannot adequately represent your work, it will be assumed AI was utilized as a replacement for your learning, and the consequences will be subject to the teacher's discretion.
- Using AI to create content is a form of plagiarism, and the academic dishonesty policy applies to the use of AI. This includes, but is not limited to, using AI to generate material/content needed to complete any class assignment. This includes, but is not limited to removal from executive positions within clubs, NC for the assessment without the ability to reassess, an alternative

project to be completed in a condensed timeline, reports to administration, conference with family members.

- Verification of policy review is shown by the student submitting, via email, an elephant image, accompanied by name, class period, and favorite candy.
- If you are a member of the National Honor Society (NHS) or aspire to join, please be aware that using AI without prior teacher approval is contrary to the NHS principles. Such use must be reported to the faculty advisor, and disciplinary action may be taken, including the possibility of losing NHS membership.

RAHS School-Wide Cell Phone Policy:

- All cell phones must be silenced and put into the pocket or basket at the front of the room at the beginning during class. They may not be left in pockets or backpacks. Cell phones can be retrieved as students leave for the next class.
- Students may not wear headphones or earbuds of any type during class time unless explicitly approved by the teacher.
- Cell phones or other digital devices may not be used during bathroom breaks. If you are found to be using your cellphone during class time while outside of class, an email will be sent to your guardian and your phone will be given to the dean to be returned at the end of the day.
- Students may use phones and/or headphones only before and after school, between classes and at lunch, or with the express permission of their teacher for a school related activity.
- Students will always be able to call home from the office if needed.

Standards-Based Grading:

Grades are a reflection of student learning and communicate to the student and family, their progress towards mastery of content skills. Student work is scored on rubrics for the content standards we are learning. Students demonstrate learning through assignments, activities and assessments. In the gradebook, these are described as:

- Formative Assessments or Assignment: Measures students' understanding during a learning experience and allows for teachers to give feedback to students to inform and allow for growth.
- Formative assessments are required because they help you practice skills and give you feedback on your learning before the summative assessment.
- Summative Assessments: Measures understanding after a learning experience is complete, and demonstrates the students knowledge and learning of a standard
- Reassessments: Measures understanding after more learning (see below)

Learn more: highlineschools.org/grading

Grading and Reassessment Policy:

- There are only eight standards for this course, therefore standards may be repeated between units. As such all course work is considered formative.
- When a standard is repeated over multiple units, the summative assessment score for the standard is determined by averaging the formative assessments for that specific standard to insure one unit does not become more important than another.
- The scores from the eight standards are then averaged to create your course grade.

- Reassessments involve redoing the assignment(s) for a score no higher than a 3.2 summative score.
- If your standard score is 3.2 or higher, you may not ask for a reassessment (You cannot raise an A to a higher A).

Late Work and Missing Work:

In order to achieve success in school and in life, it is imperative that students practice and participate in all learning activities. While there may not be a specific grade attached to a “homework” assignment, all work assigned to students holds value in helping students achieve comprehension at a high level. If students fail to complete work or turn in assignments, teachers can not adequately assess where students may need to improve. The benefit of a standards based grading system is that a student, their parents, and the teacher, can see students' growth towards a standard and ensure the student is ready for the summative assessment.

- All late work or missing assignments will be counted as a “0” score (missing) until the student turns in the work.
- Students will have up to TWO (2) weeks to turn in missing assignments after the unit is completed. After this time, late work for a previous unit will not be accepted unless a conversation has occurred with the teacher prior to the due date..
- Late work will not be docked points, but could negatively impact overall grades if the teacher does not have the opportunity to help the student improve.
- No missing or late work will be accepted or scored in the last week prior to the end of a grading period (quarter or semester). I need that time to finish grading in order to post the final grade.

Grades:

In StudentVue and ParentVue, the most recent scores for essential standards are averaged and generate a letter grade based on this scale*:

Average	Grade	Description
4.0-3.2	A	Student is <i>meeting</i> most standards and <i>exceeding</i> on some.
3.19-2.4	B	Student is <i>meeting</i> most standards and may be <i>approaching</i> or <i>exceeding</i> on some.
2.39-1.6	C	Student is <i>approaching</i> on most standards and may be <i>beginning</i> or <i>meeting</i> on some.
1.59-1.2	D	Student is <i>beginning</i> on most standards and may be <i>approaching</i> on some.
1.19-0.00	NC	Student has not yet demonstrated learning on most standards and may be <i>beginning</i> in some. In high school, the NC does not earn credit for a course.
Pass	P	The P grade is used in Advisory and indicates participation in advisory activities.

*These are general descriptions and there may be exceptions.

Academic Honesty Policy:

We take academic honesty seriously. You are expected to maintain the highest levels of integrity. It is important that we can assess what you know and can do independently so that we can accurately support your learning. Here are guidelines that ensure that you are upholding academic honesty:

- *Do your own work:* Do not copy or plagiarize someone else's work, including text, images or ideas. Strive to produce original work that represents your own thoughts and ideas.
- *Give credit:* If you use a source such as a book, article, website or generative AI, you must give appropriate credit. Include a citation that clearly identifies the source of your information.

Failure to uphold academic honesty will be addressed and corrected, including but not limited to re-doing the assignment and family conferences. Academic honesty ensures you are learning and growing in the most effective way possible.

Health Syllabus Acknowledgment and Agreement

Please complete and return this form by September 12th to acknowledge that you have read and understood the syllabus for Health and agree to adhere to the policies outlined.

Student Information

- **Student Name:** _____
- **Grade:** _____
- **Student ID:** _____

Parent/Guardian Information

- **Parent/Guardian Name:** _____
- **Relationship to Student:** _____
- **Contact Phone Number:** _____
- **Email Address:** _____

Acknowledgment

By signing below, both the student and parent/guardian acknowledge that they have received and reviewed the syllabus for Health. They understand the course expectations, grading policies, and behavioral standards, including the policies regarding cell phone usage and AI usage as outlined in the syllabus.

- **Student Signature:** _____

Date: _____

- **Parent/Guardian Signature:** _____

Date: _____

If you have any questions or concerns regarding the syllabus, please contact me at.