COURSE NAME:
Health 1 & 2

INTRODUCTION/COURSE DESCRIPTION

Health I - REQUIRED (1 semester- 10) This comprehensive course introduces students to a wide range of health subject areas. The areas of study include fitness and nutrition, diseases and disorders, adolescent health and wellness, consumer and environmental concerns, mental health, human sexuality and avoiding hazardous substances. This course will help students develop health and wellness skills they need to lead a healthy life. CPR training will also be included in this course.

Health II - This comprehensive course introduces students to a wide range of health subject areas. The areas of study include body weight and composition, sleep, personal hygiene, achieving mental and emotional health, managing stress in your life, mental illnesses and disorders, and dealing with conflict, violence, and abuse, and STD's and pregnancy prevention. This course will help students develop health and wellness skills they need to lead a healthy life.

ESSENTIAL LEARNING OUTCOMES

1) Demonstrate functional health literacy skills to obtain, interpret, understand and use basic health concepts to enhance personal, family, and community health.
    - Use concepts related to health promotion and disease prevention.
    - Analyze influencing factors on health enhancing behaviors.

2) Synthesize interactive literacy and social skills to establish and monitor personal, family and community goals related to all aspects of health.
    - Demonstrate communication skills to enhance health and increase safety.
    - Advocate for personal, family and community health.

3) Apply critical literacy/thinking skills related to personal, family and community wellness.
    - Demonstrate decision–making skills.
    - Demonstrate goal–setting skills.

4) Use media literacy skills to analyze media and other influences to effectively manage health risk situations and advocate for self and others.

- Analyze the influence of family, peers, health professionals, culture, media, technology, and other health factors.
- Access valid information, products and services.

5) Demonstrate behaviors that foster healthy, active lifestyles for individuals and the benefit of society.
    - Achieve and maintain health–enhancing level of physical activity.
    - Practice preventive health behaviors.

From Iowa Core Health Literacy Standards

SUPPLIES/TEXTBOOK

Students will use the text Comprehensive Health Skills. The textbook will be kept in the classroom, students are allowed to check out the text when needed. Students may also access the text at:
https://www.g-wonlinetextbooks.com/
Username: bfcsd26
Password: chshs25
Students will also need to bring a charged Chromebook daily along with other necessities like paper and something to write with.

CLASSROOM EXPECTATIONS

- Come to class prepared with a charged chromebook
- Phones will be put in the phone holder or your computer case each day at the beginning of class and will stay there the remainder of class.
- Water bottles with lids to reduce spills
- Comfy chairs are for free time ONLY. Be in your seat before the bell rings.

GRADING SCALE

[Board Policy 505.5R]: Academic marks are recorded as letter grades, denoting the following quality of work:

"A" is the grade of distinction and represents work of superior quality
"B" represents work of excellent quality
"C" represents work of average quality

"D" represents work regarded as passable, according to the minimum requirements of the course in effort and quality

"F" denotes failure to successfully complete the course and no academic credit is received.

All classes that students are enrolled in are figured into the GPA.

All classes (except for AP) will use the same grading scale. The grading scale is as follows:

A+ = 99-100% ↑	A = 93-98%	A- = 90-92%
B+ = 87-89%	B = 83-86%	B- = 80-82%
C+ = 77-79%	C = 73-76%	C- = 70-72%
D+ = 67-69%	D = 63-66%	D- = 60-62% F = 59% ↓

*AP courses will be weighted and use the following grading scale:

A = 4.5	A- = 4.17	B+ = 3.83
B = 3.5	B- = 3.17	C+ = 2.83
C = 2.5	C- = 2.17	D+ = 1.83
D = 1.5	D- = 1.17	

GRADING

The semester grade will be worth 85% and the semester assessment will be worth 15%. Each department will have the autonomy to split up the 85% how they see fit on weighting of assessments, daily work, labs, etc.

Grade Post Dates

Semester 1: September 24, October 24, November 25, and January 10

Semester 2: February 13, March 26, April 29, and May 30

LATE WORK

Students will have until chapter assessment to turn in any work assigned during that chapter. Anything turned in after the assessment will be credited with a zero.

When a student is absent from school (whether the absence is excused or unexcused) he/she will be required to make up all work that was missed during the absence. Students shall receive full credit earned for school work made up due to absences and are expected to do so in a timely manner in order to not fall behind. Similar to the late work policy, students will have until the essential learning outcome summative (end of unit) to turn in the work with no grade penalty.

RETAKE POLICY

Students are expected to aim to perform well the first time on all assessments. There are times when mastery hasn't been demonstrated due to a variety of reasons. A retake must be completed within one week of receiving the original grade. If you wish to retake, you must communicate with your teacher and schedule a time to do so. The retake is to be scheduled with the teacher and each department may require a different process for the student to go through before being allowed to retake an assessment.

Note: Some projects are subject to teachers discretion if retakes are available.

W.I.N.

The purpose of W.I.N. is to provide students with an opportunity for reteaching of specific concepts/skills, retaking assessments, and providing supplemental materials for the essential learning standard(s). Teachers will request students as needed, but students may also elect to go to a specific teacher during this time. Sign-up for W.I.N. takes place every day Tuesday through Friday from the beginning of 2nd period until 9:15 a.m. Health WIN will take place on Fridays each week.

ACADEMIC INTEGRITY

All student learning is based on the understanding that everyone is thoughtfully engaged in academic tasks and respectful of the work of others. Academic integrity applies to all aspects of teaching and learning. Class assignments and assessments are tools to help students learn; grades show to what degree students achieve learning goals. Therefore, all assignments and assessments for which students receive grades should result from the student's own effort and understanding.

Behaviors that violate Bondurant-Farrar's standards for academic integrity include but are not limited to:

- **Plagiarizing work:** Whether the source material is from another student, the web or any other medium, students will not appropriate source material and pass it off as their own.
- **Sharing work or unauthorized collaboration**: Students will not aid or assist other students in any way on individually assigned tasks.
- **Cheating**: All traditional forms of cheating are also unacceptable. This includes behaviors such as capturing images of tests, communicating during exams, etc.
- **Falsifying Information**: Students will not change a grade assigned by a teacher electronically or in the teacher's grade book.

First offense:

- Student will be asked to complete an alternative assignment/assessment potentially under adult supervision
- Appropriate disciplinary actions will be assigned, including but not limited to detention, in-school suspension, parent communication/meeting, or other additional measures

Second offense:

- Student will receive no credit for the assignment/assessment
- Appropriate and potentially more serious disciplinary actions will be assigned, including but not limited to detention, in-school suspension, parent communication/meeting, or other additional measures

ELECTRONIC DEVICE POLICY

Electronic devices such as cell phones, smart watches, headphones, and earbuds, not provided by the school, can cause disruption to the school environment and interfere with student learning. All electronic devices must be concealed during instructional time unless authorized by the classroom teacher for instructional purposes. Students are expected to refrain from using their devices for non-academic purposes. Misuse of devices include but are not limited to taking photos/video in the locker room or restroom, using a device to cheat, using a device to incite violence, using a device to bully, harass, threaten, or intimidate another person including a student or staff member, to disseminate inappropriate photos/videos or other restricted material, etc.

Bondurant-Farrar High School assumes **NO RESPONSIBILITY** for the loss or theft of any electronic devices nor is it obligated to investigate any loss or theft. If you are concerned about loss or theft, leave the device at home.

Violation of this rule can result in the following, including but not limited to: loss of school privileges, detention, in-school suspension, out-of-school suspension, application of the Good Conduct Rule penalties, or in severe cases, taken before the Board for purposes of expulsion. Depending on the severity of the misuse, local law enforcement may also be contacted.

1st Offense: Verbal warning and request to conceal device

2nd Offense: Minor referral, student places phone on teacher's desk and student will retrieve it at the end of class.

3rd Offense: Major referral (Insubordination), student will be asked to retrieve at the end of the day from the office.

4th Offense: Major referral (Insubordination), parent/guardian will be asked to pick up at the end of day from the office.

Consequences for additional offenses will be determined by building administration.

ADDITIONAL INFO