



## Health 2024-2025

**Amanda Sageser-Tripp**  
asagesertripp@bisd303.org  
(206) 780-1355

Classroom Codes:  
1st Period: dixjdd  
4th Period: dfhf6c4  
5th Period: 627meoo

### Course Description:

Health is a graduation requirement in the state of Washington. In class, we will cover the following topics and how they relate to an overall healthy lifestyle:

- Social Emotional Health
- Wellness
- Nutrition
- Sexual Health
- Substance Use and Abuse
- Safety

### Learning Objectives:

The main learning objective of this course is to allow and help the student to arrive at their own opinions based on facts, current research statistics, and personal/familial beliefs. We are not trying to sway opinions; we want to present information so students can arrive at an intellectual decision. We also link each assignment to one or more Washington State Health Standard. This year, we are including lessons from the Character Strong curriculum to add some life skills and class connection to the course.

### Course Requirements:

Students will be expected to complete a variety of assignments to further their knowledge on specific topics. Students will take notes, complete and present partner/group projects, complete individual assignments, take relevant movie notes, etc.

### Course Calendar:

Course calendar can be found on Google Classroom.

## **Academic Policies and Procedures**

### Academic Integrity:

“Honesty is a compelling principle by which we operate all aspects of student and school life. Academic honesty is highly valued at BHS. Students should not cheat or plagiarize, nor should they tolerate such among fellow students. Students do not receive credit for work that is not their own. Cheating is defined as an attempt to earn credit or receive a grade for coursework in a manner other than defined as acceptable by the teacher. Plagiarism is the taking of language, ideas or thoughts from another person or resource without acknowledging the source. Students who use plagiarized papers or projects or are involved in any other form of cheating will be subject to reduction in grades and/or disciplinary action for a first offense. Because of the serious nature of academic honesty, violations of this code may result in loss of credit for the assignment with a recorded failing grade, removal from the course with a failing grade, and/or additional appropriate disciplinary action.” -BHS Student Handbook

### Communications:

We will use Google Classroom exclusively for Health. Please check there for missed material. *Communication with me should come from the student first.* If we cannot reach an agreement, that is the time that a parent or guardian would be involved. This is a great life skill to practice!



**Grading:**

Grading for Health is on a points system. The grading scale is as follows:

93-100%- A	80-82.99%- B-	67-69.99%- D+
90-92.99%- A-	77-79.99%- C+	60-66.99%- D
87-89.99%- B+	73-76.99%- C	0-59.99%- F
83-86.99%- B	70-72.99%- C-	

**Absences and Makeup Work:** Any absence resulting in a missed learning experience may have a negative impact on achievement. When missing a class with a verified excused absence, students will have the opportunity to make up assignments if they:

- Complete the work within one week of their absence;
- Email me before the absence or communicate with me (via email or in person) within 24 hours of the absence if the absence was unexpected to create a plan for making up work.

If you are turning work in late digitally- please fill out the [Late Work Form](#).

**Submitting Assignments:**

Electronic assignments will be submitted on Google Classroom directly, paper assignments will be submitted to the turn-in box bin in the classroom. If you have questions, please see the specific assignment and/or Google Classroom for instructions.

**Classroom Expectations**

**Attendance & Engagement:** These are the key to success in this classroom. Daily, on-time attendance is expected of all students, as is full engagement in the instruction and activities that have been designed to support your learning.

**Behavior:**

You are expected to come into Health prepared each day for class. Assignments/homework should be completed, you should have your **charged Chromebook (and charger)** with you, and be ready to learn. You are also expected to be respectful of your classmates and teachers. Understand that there will be differing opinions related to the topics we discuss, and while you do not have to agree with them, you are asked to be respectful. PLEASE LEAVE THE ROOM AS YOU FOUND IT. If you move something, move it back before you leave. If you have garbage, throw it out. If you use supplies, put them back. **This is a shared space, so each person needs to take responsibility for their own belongings and actions!**

**Food & Drink:** Food and drinks are allowed in the classroom. The only thing I ask is that you chew with your mouth closed and throw your trash away. Thanks!

**Entering & Leaving the Classroom:** In this classroom, the learning begins and ends with the classroom bell. It is the expectation that students are in the classroom and ready to learn when the beginning bell rings. You are also expected to remain in the classroom throughout the class period with the exception of emergency breaks or scheduled appointments.

**If you are tardy,** go to class as quickly as possible, and enter in a way that honors the learning in progress. You must sign in at the attendance office if you arrive on campus after 8:50am.



If you need an unexpected and unavoidable break, sign out of class on the “hall pass” computer using the following guidelines:

- One student out at a time
- Sign out will only be available during independent work time and not when the teacher is giving directions or lecturing.
- Make sure to leave your cell phone in the classroom, as any phone in the hallway/restrooms will be confiscated.

Note that failure to use the hall pass system, excessively long tardies or classroom absences, or leaving the classroom without permission for reasons other than the stated purpose will result in a “missing partial class” (MPC) attendance designation and possible disciplinary action.

### Electronic Devices

**PHONES/ELECTRONICS:** Per BHS Cell Phone policy, all cell phones must be put away during class time. In this class, phones will be placed in the phone caddy at the front of the classroom when the bell rings, and cannot be accessed until the end of class when the bell rings. If you are caught with your phone in the classroom or in the hallway during class time, your phone will be confiscated.

Earbuds are not allowed during class at any time. Headphones are not allowed during direct instruction. During ***individual*** work time, you may use ***wired*** headphones to connect to music on your chromebook.

**CHROMEBOOKS:** Chromebooks should not be out unless we are using them for class work. When Chromebooks are being used, they should be used for classwork only. Please bring your Chromebook and charger to class every day.



Bainbridge High School

---



Please complete and return this page on or before Friday, January 31.

\*Throughout the semester in Health class, we will be discussing some sensitive topics. If you would like to preview any of the materials for any unit, or opt out of any topic or information, please let me know (asagesertripp@bisd303.org) as soon as possible so we can schedule a time to meet. Units include: Social Emotional Health, Wellness, Safety, Nutrition, Substance Use and Abuse, and Sexual Health.\*

By signing below, I am acknowledging that I have read the Health syllabus and understand the expectations outlined.

*Print Clearly*

Student Name \_\_\_\_\_

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

Parent/Guardian Name \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_