

## Health

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Spectrum Academy Secondary School Home of the Timberwolves

Welcome to a new year! This handout will outline classroom policies and procedures for the high school Health learning environment. If you have any questions or concerns, please feel free to contact me via email, office phone, or schedule an appointment to meet in person before or after school.

Health education is integral to the success of students in Utah's educational setting, particularly at Spectrum Charter. This class will provide opportunities for students to acquire knowledge, skills, and attitudes necessary for life-long, health-enhancing behaviors. At Spectrum we can better achieve our basic educational mission if students are healthy and fit physically, mentally, socially, and emotionally. Habits that you will establish now will affect your future health status in a positive or negative manner. Spectrum shares the responsibility with parents and communities to help prevent unnecessary injury, disease, and chronic health conditions that lead to a low quality of life, disability, or early death.

The Utah Health Education Core Curriculum emphasizes developing positive, life-long, health-related attitudes and behaviors. Although these attitudes and behaviors begin in the home, the school, in partnership with local school boards and community agencies, can provide support and reinforcement for parents and families. The primary goal of health education in the state of Utah is to develop the knowledge, skills, and behaviors essential to become health-literate. A health-literate person understands the medically accurate principles of health promotion, and disease prevention and is able to apply the knowledge to personal attitudes and behaviors that support healthy living.

My mission, in cooperation with the school, parents and other members of the community, is to provide quality Health education opportunities for all students, to promote academic excellence in a safe and caring environment, to enhance self-confidence through personal responsibility, and to develop life-long learners who can grow to be productive citizens in a diverse and changing world.

Course Expectations: Health is an individualized, concepts-based, one-semester course designed to give students the knowledge and skills necessary to live healthy, happy and fulfilling lives. Students will learn to take responsibility for their own health, and gain the necessary tools to make this lifelong goal a reality. The link between mental, emotional and physical health will be explored and emphasized in this course. Students are expected to come to class ready and prepared to both participate and learn. We will cover many aspects of emotional, mental and physical health. We will discuss many important topics such as violence, teen drug use and suicide. We will also have a section on reproduction and human sexuality. Permission slips with details will be given out 2 weeks prior to these lessons. You may opt out with a parent or guardian's permission without any consequence to your grade. Alternate assignments may be given.

### Classroom Rules:

- Be respectful with words and actions.
- Be safe.
- Speak with good purpose (appropriate language).
- Do your best.
- No cell phones during class.
- Appropriate chromebook use

School wide rules: will be our PRIDE Rules which are: P -Practice Appropriate Listening. R -Respect for All. I -Incorporate Accountability. D -Demonstrate Compliance. E -Embody Safety.

Participation: Students are expected to participate in the classroom activities and work toward the class goals and objectives. Students will need to try their best to stay on task and work toward daily expectations for each class period. Students will be given points based on their involvement and behavior during the class period. Students refusing to participate WILL have points taken away from their daily points. Accommodations and/or modification will be made for students as needed.

Attendance: Students will be given the opportunity to earn participation points. If your student is going to be absent, please notify myself or the school so it is not an unexcused absence. Students who have unexcused absences or leave class for behavior will receive 0 points on participation point days. Students who have unexcused absences have the opportunity to make up points. Students who are absent can earn points by doing various extra class work or physical activity. Students who leave class because of behavior or are suspended CANNOT make up points for that day.

Late Work and Absences: I am lenient with late work, especially in certain circumstances, but abuse of this policy may result in deductions to your grade.

Citizenship Policy: Each student's citizenship grade is based on behavior and unexcused absences. Possible citizenship grades are as follows: H: Honors S: Satisfactory N: Needs Improvement U: Unsatisfactory

Behavior: An N or U can be earned based on breaking class rules and a teacher intervention.

Unexcused Absences: If a student has 5 to 9 unexcused absences, an N will be earned. If a student has 10 or more unexcused absences, a U will be earned.

An N or U on a student's transcript will result in a hold. To eradicate an N, a student must work towards citizenship remediation. To eradicate a U, a student must participate in 2 hours of community service at Spectrum Academy. This must be arranged through a

guidance counselor or principal. For any U not made up by graduation a fee will be assessed. Diplomas will not be given unless all fees are paid.

Cell Phones & Personal Electronics Policy: Please refer to the student handbook for information on these policies. This year we are making a huge effort as a school to minimize the distractions that cell phones can cause during class.

Health Concerns: If your student has any health concerns you would like to address please let me know.

Donations: Donations are very much appreciated!! If you have ANY classroom materials to donate please bring them to the school or contact me via email.

Should any questions or concerns about the policies arise, parents/guardians have the right to convene a meeting with me at any time. I am excited to be involved with Spectrum Academy and am looking forward to an exciting and fun Semester!

Sincerely,

Jeff Cagle

Health Agreement Sheet Please Sign and Return

Date: \_\_\_\_\_

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

As the parent/guardian of \_\_\_\_\_, I have read and understand the expectations for this class. I understand that it is important for my child to independently do his/her best work in order to learn.

Parent Signature: \_\_\_\_\_

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

As a student in Health class, I have read and understand the expectations for this class. I will come prepared to class and I understand that it is important for me to independently do my best work in order to learn.

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