

Health and Wellness

FCHS PE and Wellness Dept.

Laura Barnes, Email: lbarnes@psdschools.org ,

Office Hours: 10:41am- 12:15pm, Location: PE Office or PE1 classroom

Health and Wellness Google Classroom:

Course Description

5 Wellness credits

In Comprehensive Health and Wellness class, we will ask students to foster and develop tools and strategies to live healthy, productive lives and make positive choices about their current and future lifestyles. Our curriculum specifically focuses on **Health Skills**. The following health skills are integral for fostering young adults who can utilize critical thinking and informed decision-making to lead healthy lives.

Health Skills:

1. Analyze Influences
2. Access Valid and Reliable Resources
3. Interpersonal Communication
4. Decision Making
5. Goal Setting
6. Self Management
7. Advocacy for Self and Others

COURSE OBJECTIVES:

Instruction in this course will focus on the following **teaching and learning objectives**:

1. The 7 Dimensions of Health & Wellness
2. Mental and Emotional Health
3. Stress Management
4. Social Media Awareness
5. Nutrition
6. Substance Abuse and Misuse
7. Sexual Health

At the conclusion of this course, the student will be able to utilize health knowledge to describe, define, and analyze their actions and how those choices can affect their overall health in a positive or negative way.

Classroom & School Policies

Grading Policy

- Grades are earned on a cumulative basis over the entire semester. Assignments will include Google Classroom assignments, classroom discussions, journal reflections, and projects.
- Letter grades are earned by the student based upon the following percentage of possible points: 100-90% = A, 89-80% = B, 79-70% = C, 69-60% = D, >60% = Failure. Total points possible include numerical evaluations for participation, homework, quizzes, projects, unit tests, and a final examination.

Health and Wellness

FCHS PE and Wellness Dept.

- Grades are weighted: Formative: 40% (classwork, journal reflections, quizzes, etc) and Summative: 60% (Projects and tests)
- Late assignments/make-up work are awarded a minimum of 50% of points earned; however, an individual teacher can choose to award up to 100%. (This was agreed upon by BLT)
- Homework: There is **very little homework** in Health and Wellness. **Utilizing class time** to get work done will ensure that work is not taken home

Classroom Tardies and Absences

- Tardy: Students arriving after the bell up to 10 minutes late will be considered tardy. Students who are tardy should report directly to class.
 - Tardy Excused: Students who arrive tardy (at any point) with an appropriate tardy pass are to be marked “excused tardy”
 - Tardy Unexcused: Students who arrive tardy (0-10 minutes) without a pass are to be marked “unexcused tardy”
- Extreme Tardy: Students arriving between 11 and 45 minutes late (without a pass) will be counted as extreme tardy. Arriving after 45 minutes without a pass will be counted as an “unexcused absence”.
- Absences:
 - Excused Absence: A parent must call the attendance office at 488-8018 within 48 hours to excuse illnesses, appointments, and other authorized absences.
 - Unexcused Absence: Arrival to class after 45 minutes without a pass or absence without a parent call to the attendance office.

Classroom Departures and Use of Passes

- Authorized Departure: Students are required to obtain prior authorization from their teacher before leaving class during instructional time and use a lanyard hall pass or goldenrod pass. **Hall passes will not be issued the first or final ten minutes of class.**
- Unauthorized Departure: Students will be marked “unexcused absent” if they leave the classroom without permission or if they exceed the prescribed time to be out of class, 5-7 minutes in most instances.
 - Response to unauthorized departure
 - 1st instance - Warning
 - 2nd instance - Warning and parent/guardian contact
 - 3rd instance - Office referral

Cellphone Policy: At FCHS, we prioritize the academic success and safety of our students. Personal communication devices (PCDs) may detract from the learning environment and can compromise the safety of the school; therefore, during class time, the staff will enforce the PSD Code of Conduct policy regarding the use of PCDs which include, but are not limited to: cellphones, headphones, airpods, and smartwatches. Classroom use of PCDs is only permitted when specifically identified as necessary in an IEP, 504, or Health Care Action Plan.

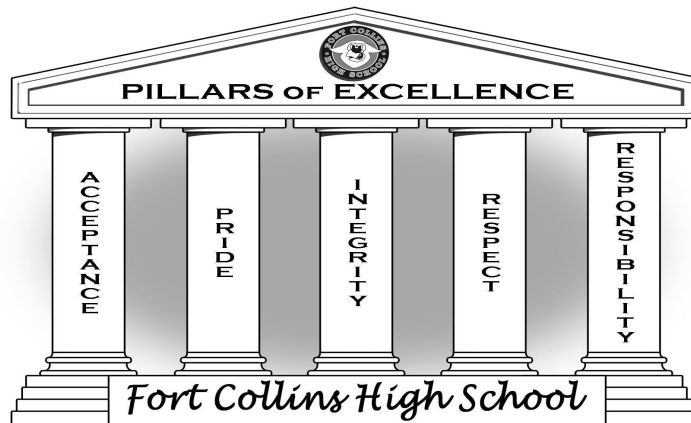
Health and Wellness

FCHS PE and Wellness Dept.

- No PCDs throughout the entire class period including instructional breaks:
 - PCDs should be silenced, turned off, or placed in focus mode
 - PCDs should **not** be receiving audible or vibration notifications
 - PCDs need to be put away out of sight (pockets, backpacks, lockers, cars)
 - Students may not use cellphones in hallways **during** their scheduled class periods
- Authorized Use of PCDs:
 - Students may use PCDs during passing periods, off periods, and lunch
 - Students may use PCDs in the classroom for academic activities associated with curriculum that is approved by administration
- Response to Unauthorized Use of PCDs:
 - 1st instance: Warning and student asked to put away the PCD
 - 2nd instance: Phone is turned into the Main Office for the remainder of the day, and parents are contacted.
 - 3rd instance: Phone is turned into the Main Office for the remainder of the day, and parents are contacted.
 - Violations exceeding three in one school year will result in a technology plan and increased disciplinary action.

A note from Mrs. Barnes:

Please communicate with me if you have any needs. I am here for you, and I would love to help you be successful! You can always email me at lbarnes@psdschools.org if you are going to miss a class or need extra help. Also, my planning period is 2nd period, or I would be happy to set up a time to meet. I DO have high expectations, and I also want to make sure that you feel supported as you strive to meet those. It's going to be a great 2025-26 school year!! GO LAMBKINS!!!!



Health and Wellness

FCHS PE and Wellness Dept.

Quarter 1 Class Scope and Sequence:

Week	Health Skill (Unit)	Topics
Intro Week (8/14- 15)	Introductions and Dimensions of Wellness	Dimensions of Wellness
Week 1 (8/18-8/22)	Dimensions of Wellness Accessing Valid Information	Freedom Writers Lateral Reading and Product Analysis
Week 2 (8/25- 8/29)	Accessing Valid Information	Nutritional Labels Vaping Awareness Stress Management
Week 3 (9/2- 9/5)	Goal Setting	How to set goals Emotional Wellness Mental Health
Week 4 (9/8 - 9/12)	Interpersonal Communication Self Management	Non-Violent Communication Healthy Relationship Boundaries Healthy Hearts and Minds
Week 5 (9/15- 9/19)	Analyzing Influences	Social Media Awareness Healthy Body Image
Week 6 (9/22- 9/26)	Analyzing Influences Decision Making	Substance Awareness
Week 7 (9/29- 10/3)	Decision Making *Start of Comprehensive Sexual Health Ed.	Dimensions of Sexuality Sexuality and Gender Male and Female Anatomy
Week 8 (10/6- 10/10)	Decision Making *Comp Sex Ed Contd. Healthy Practices	Conception & Pregnancy Contraceptives STIs
Week 9 (10/13- 10/16) Finals Week	Advocacy	Mental Health