

The Science of Health & Wellness

Mrs. Tinsley

Room: H206

Email: meghan_tinsley@wrsd.net
(or through Google Classroom)

Extra Help: by appointment

WRHS Mission Statement

Wachusett Regional High School is committed to an educational process that fosters independence and responsibility in our students. By offering diverse, challenging academic programs and rich co-curricular activities, Wachusett Regional High School strives to provide students with the skills and knowledge to achieve their potential as life-long learners.

WRHS Core Values

Critical Thinking | Innovation |
Communication | Problem Solving |
Citizenship | Collaboration | Creativity |
Responsibility

***Mutual Respect and Personal Responsibility** are EXTREMELY important in our class.*

WRHS Learning Expectations

While mastering individual course content, it is expected WRHS students will: exercise responsible citizenship, communicate effectively in written forms, communicate effectively in spoken forms, think critically and solve problems, think creatively, collaborate and learn actively, and use technology effectively. *All WRHS school-wide rubrics will be followed.*

Course Description

This course meets every other day for a full year. ***Successful completion of this course is a graduation requirement for all students.*** The students will study a comprehensive sequence of topics and skills that will help them face the issues and choices they currently face and will confront as adults. Topics include: making healthy choices, basic understanding of the body and how it works, the digestive system, nutrition and food safety, diabetes and obesity, the immune system, the respiratory system, cancer awareness, communicable disease, HIV/AIDS, human sexuality, tolerance, violence and anger management, substance use and abuse, mental health issues and topics, and CPR/first-aid training.

Materials for Success

- ❖ Chromebook and charger
- ❖ Ear buds/headphones
- ❖ Multi-section notebook or binder with dividers and lined paper
- ❖ Folder
- ❖ Pencil, pen, highlighter
- ❖ Colored pencils, crayons, or markers

Continued »»



Unit Timeline

Semester 1*	Semester 2*
<ul style="list-style-type: none"> ❖ Introduction, General Body Systems and Functions ❖ The Digestive System & Nutrition ❖ The Reproductive System ❖ Cancer Awareness <p><i>*Note: These units may not be taught in the order listed.</i></p>	<ul style="list-style-type: none"> ❖ Introduction to Mental Health ❖ Stress and Anxiety ❖ Mental Disorders, Diseases, and Conditions ❖ Suicide Prevention ❖ Drugs and Alcohol Abuse / Awareness ❖ Violence Prevention and Healthy Relationships

Policies

Grading: Grades will be achieved through a point system. Depending on the assignment or assessment, each will have a different point value:

- ❖ Classwork/homework: 25 points
 - Frequently given and expected to be completed thoroughly, neatly, honestly, with good effort, and on time
- ❖ Quizzes: 50 points
- ❖ Tests/projects: 100 points
- ❖ Participation: 25 points 2x/quarter
 - A high participation grade will be achieved by coming to class on time, being prepared, and positively contributing to activities in and outside the classroom. **Not having your Chromebook with you *and charged* WILL negatively impact your participation grade.**

Phone Policy: Cell phones must be placed in the class pocket holder at the beginning of class and kept there until the bell. NO exceptions will be made unless discussed with Mrs. Tinsley at the beginning of the class period. School-wide policies will be upheld regarding improper use of phones.

Absence/Late Work: Work is expected to be completed by the due date. ***Late assignments must be turned in by the end of the unit or it will be counted as a zero, unless arrangements are made in advance with Mrs. Tinsley.*** If you are going to be **absent**, please email me at your earliest convenience. In most cases, I will place any necessary handouts you missed in your class folder; **please check the folder once you are back in class and ask if you have further questions.**

Student Name (printed): _____ Date: _____

Block: _____ Section: Green/White (circle one)

Parent Signature: _____ Date: _____

