



**Mrs. Arellano's Health Class**

**Health 2 – Course Syllabus**

Welcome to Health class! This document is designed to help you successfully navigate this class. All students can be successful if they put in the time and effort. The foundation of Health class is respect. Some sensitive topics are discussed in this class and it is important that we respect one another’s ideas and opinions; and that we respectfully voice our own ideas and opinions.

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| Below you will find information about class rules, procedures and grading policies that will help you to be successful.**CLASSROOM RULES*** Arrive to class on time and be prepared to work.  Be sure you have all of your supplies with you when you arrive, and that your **Chromebook is charged.**
* “Off & Away” Cell phones not allowed to be used in class, we will use the Chromebooks instead.
* Treat desks, and other classroom items with respect and always put them back where they belong.
* No open beverages in class. Drinks need a lid that will prevent spills.

**DAILY SUPPLIES**You will need a 3-ring binder that has notebook paper and a place for any handouts. You will also need a pen and pencil, as well as a Chromebook or personal computer.**ATTENDANCE**Good attendance will help to make you successful. If you are aware of an upcoming excused absence, please let me know a few days ahead of time so that I can gather any work that you will miss. Be aware that some activities are difficult to duplicate outside of the regular classroom setting.  You will be responsible for all missed work while you are gone. If you are absent you can obtain any assignments in the assignment box in the classroom or on my website. If you are absent on the date the assignment is due, you are expected to turn in the assignment at the beginning of the class period on the next day you return.  **ASSESSMENTS, GRADING, and LATE WORK**The district has adopted curriculum materials and assessments that connect to the state standards. These assessments are often **projects** and will be given throughout each unit and scored based on a particular rubric for the assessed learning target.  You will also receive a packet for each unit with all of the work for that unit. You are responsible for keeping that packet with you for the entire unit. A **quiz** will also be given for most units and there will be an **exam** at the end of each unit as well. You will also receive a behavior grade for each unit which will help guide you to success in health. The **final** at the end of the semester will be comprehensive. Quizzes are designed to be a snapshot of what we are learning in the classroom, so they may not be retaken if you perform poorly. Exams may be retaken if you score below a 3, however, you can only raise your score to a 3 at most. In order to have the opportunity to retake the exam, you must have your study guide and the work packet from the unit completed and be able to explain why you did poorly on the learning target in question and submit a request to retake the learning target(s) in writing to Mrs. Arellano. Once those steps are completed, you may retake the exam during an AT session that is scheduled ahead of time. If you are absent on the day of a quiz or exam, you will be expected to make arrangements to make up that assessment during AT. Projects may not be redone for credit if you do poorly. Concerning late work: all work is due upon completion of each unit. You will have **one week** after the unit concludes to turn in all work from that unit, after the deadline, work from that unit will not be accepted. This class is required in order for you to graduate. If you do not pass it the first time you will be required to take it over again. Grades may periodically be posted in the classroom. Students may request individual reports at any time convenient for the teacher.  It is the student's responsibility to check their grade on StudentVue once a week to determine progress in this class. If you do not understand why you earned a particular grade on an assignment, please come and see me and I would be happy to discuss the issue.**CHEATING/PLAGIARISM**Any plagiarism is subjected to the possibility of a conference with the teacher and a referral to an administrator. Please read the plagiarism policy in your student handbook.  **COURSE TOPICS**This semester we will be covering the following topics (approximate timeline):* **Stress Management** (February)
* **Prevention and Control of Disease** (March)
* **Healthy Eating/Nutrition/Exercise** (April)
* **Addiction** (May)
* **Sexual Health** (June)

**LEARNING TARGETS**Students will be scored on four Health learning targets and will receive a score of a 1, 2, 3, or 4. See the attached pages for more information on each of the four learning targets.  |
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You may contact me anytime through phone: 503-356-2960 or email: emily\_arellano@beaverton.k12.or.us or you can find more information that will be helpful for your success in this class on my website. Each day after class the website will be updated with everything that was completed in class that day. All assignments can be found on the website as well. **www.mrsarellanosclass.weebly.com**

**Our classroom needs your help!**

We need your help in outfitting our classroom so we have the best chance of success. We are in need of the following things:

- Hand Sanitizer

**- Facial tissue (we needs this for the cold/flu season!)**

- Guest speakers (If you know someone who may have expertise in

 any of the areas that we are teaching this semester, we would love

 to have them come speak to the class!)