



Lynn English High School

COURSE SYLLABUS: HEALTH

Logistics

Instructor: Ms. Joyce, Mr. Kurkul, Mr. Newton, Mr. King

Course Number: LY759

Credits: 2.5

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Mr. Newton, Mr. King, Mr. Kurkul (781) 477-7366 X 3470

Location: Ms. Joyce Room Girls PE Office

Mr, Kurkul PE Office

Mr. Newton PE/AD Office

Mr. King Room PE Office

Mission Statement: The Lynn Public Schools Health Course will enable students to develop Skills, Knowledge, Respect, and Self-Confidence needed to pursue a Healthy and Active Life Style and be a successful, productive and contributing member of society.

Hi Welcome to Health Class!! This Quarter you will be receiving information and learning about the following subjects based on the Mass Curriculum Frameworks/National Health Frameworks:

Units of Instruction: The Glencoe Health Text Book will be used as a guide/informational reference.

1 st Quarter 3 rd Quarter	Chapter 1: Understanding Health and Wellness Chapter 3: Achieving Mental and Emotional Health Chapter 4: Managing Stress Chapter 5: Mental and Emotional Problems Chapter 6: Skills for Healthy Relationships Chapter 10: Nutrition for health
2 nd Quarter 4 th Quarter	Chapter 12: Physical Activity and Fitness Chapter 19: Medicine and Drugs Chapter 20,21: Tobacco and Alcohol Chapter 22: Illegal Drugs Chapter 23: Sexually Transmitted Diseases Final Exam

Wellness

(Physical, mental/emotional, social aspects of health, the wellness triangle, personal wellness inventories)

Physical Aspects of Health (feeding your brain, creating balance via diet, exercise, and effective stress management, breaking bad habits and establishing positive ones)Adolescent Growth and Development (physical changes of adolescence - puberty, the role of hormones, body self-care and cleanliness, infectious and non-infectious disease – including STD’s, how advertising affects body image and self-esteem, sun safety and skin cancer)Teens and Tobacco (dangers of teens using tobacco, making



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responsible health choices, tobacco advertising, using “no” strategies, practicing “no” strategies, choosing a tobacco-free life)

Social Aspects of Health (friendships, responsible decision-making, peer pressure, basic refusal skills, self-esteem, the role of the family) Bullying (bullying, cyber bullying, online safety, cell phone etiquette, promoting kindness and respect)

Mental/Emotional Aspects of Health (resolving conflicts, active listening skills, destructive versus constructive communication, anger management, positive and negative non-verbal communication, adolescent coping skills)

Methodology

Health students will be instructed in a variety of methods, including, but not limited to:

- Lecture
- Class discussion
- Group work
- Individual work
- Use of the Internet as an informational source
- Use of surveys to gather and share information
- Individual/Group presentations

Every effort will be made to demonstrate the relevance of the material covered in this course. The topics have been chosen carefully to cover the challenges that may face students in their high school years and future.

Evaluation Criteria

Students will have a variety of methods to display master of the subject area and to show their effort and overall contributions to the class. The following are the criteria used to evaluate students:

First and Third Term	Second and Fourth Term
<ul style="list-style-type: none"> ➤ 70% - Class participation/Expectations <ul style="list-style-type: none"> ❖ Cooperation in class with staff and peers ❖ Involvement in discussions ❖ Active role in all class activities ❖ Being prepared for class ❖ Adherence to all class/school policies/expectations 	<ul style="list-style-type: none"> ➤ 70% - Class participation/Expectations <ul style="list-style-type: none"> ❖ Cooperation in class with staff and peers ❖ Involvement in discussions ❖ Active role in all class activities ❖ Being prepared for class ❖ Adherence to all class/school policies/expectations
<ul style="list-style-type: none"> ➤ 30% - Test scores <ul style="list-style-type: none"> ❖ Individual presentations ❖ Group presentations ❖ Homework ❖ 2 Writing assignments Six traits and School Rubrics ❖ All other work designated as an assignment by the teacher 	<ul style="list-style-type: none"> ➤ 30% - Test scores <ul style="list-style-type: none"> ❖ Individual presentations ❖ Group presentations ❖ Homework ❖ 2 Writing assignments Six traits and School Rubrics ❖ All other work designated as an assignment by the teacher



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Classroom Expectations:

- ✚ Please report to class on time with all necessary materials (pencil/pen,).
- ✚ Raise your hand if you have a question or comment.
- ✚ Use appropriate language during discussion
- ✚ Be kind, courteous, and respectful to your classmates and the teacher.
- ✚ Confidentiality - Due to the sensitivity of some of the topics that we will be covering in Health class, it is important that we respect one another and realize that certain discussions are not appropriate outside of the classroom.
- ✚ Please clean up after yourself at the end of the period as we are guests in another Teacher's classroom.

Concerning Academia

Ms. Joyce's night back is officially on Wednesday. I can often stay other nights as long as you tell me in advance that you're coming back for help. My room for my night back is in the Gym Office.

Mr. Kurkul night back is officially on Tuesday. I can often stay other nights as long as you tell me in advance that you're coming back for help. My room for my night back is in the Gym Office.

Mr. Newton's night back is officially on Mondays. I can often stay other nights as long as you tell me in advance that you're coming back for help. My room for my night back is in the Gym Office.

Mr. King's night back is officially on Mondays. I can often stay other nights as long as you tell me in advance that you're coming back for help. My room for my night back is in the Gym Office.

- 1) I consider classwork/homework very important. You must make a valiant attempt to do it completely every single day/night. I check that you made a good effort to do it, not that you got all the answers right.
- 2) Most Importantly ***YOU ONLY HAVE 1 WEEK TO MAKE UP A QUIZ, TEST, OR HOMEWORK!!! **** After a week, it becomes a zero.
- 3) Please don't be afraid to ask a question. You won't be the only one with the same question.
- 4) Don't forget, 7 unexcused absences from class mean automatic F for the quarter!
- 5) A Mandatory Writing Assignment will be given once a quarter

Materials

- Pen or pencil
- Notebook
- Other materials may be required depending on subject and/or project
- Electronics may be used if needed for class activity and ONLY if Teacher gives permission

Resources

- Glencoe Health Textbook
- Various handouts, Notes, Websites and Video sources