

WELCOME TO HEALTH EDUCATION CLASS

MANDATED COURSE FOR ALL STUDENTS TO GRADUATE HIGH SCHOOL

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[or call the main office and leave a message with a phone number to be reached
\(914 737 0201\) or leave voicemail at extension 3697](#)

I have the pleasure of teaching your student during this semester of the school year. My main emphasis will be on nurturing a sense of self-worth and self-respect, as well as acceptance and tolerance of others. I deeply care that my students have the necessary skills to reach and maintain optimal health in the future.

COURSE OBJECTIVES:

- to create health literate young adults
(effective communicators, critical thinkers, self-directed learners, and responsible citizens)
- expose students to life skills that teach them how to find accurate information and reliable resources, and use them effectively on the internet and within the community
- develop in students, a willingness to take an active role in protecting their own physical, mental, social, and sexual health now and in the future.
- introduce various methods of identifying healthful behaviors and avoiding risky behaviors that can lead to unintentional and intentional injuries.
- encourage students to explore their feelings and concerns as well as introduce the skills and tools needed to express themselves in a positive way,

****A variety of instructional methods will be used to achieve these health literacy goals such as class discussion and activities, individual and group work that includes reading and writing, "hands on" projects, guest speakers, and use of available media as current events develop.**

BEHAVIORAL and EDUCATIONAL EXPECTATIONS TO CREATE AN EFFECTIVE LEARNING ENVIRONMENT

Students are expected to:

- **COME TO CLASS AND BE ON TIME!!!** (class starts when the bell rings....first period is 8:10)
Class “do now” are done at the very beginning of the period when the bell rings. Students that come late, must do the make ups that are given before the end of the grading period.
- **FOLLOW DISTRICT and SCHOOL CODE OF CONDUCT** as well as classroom rules
(no electronics, hoods, hats, food, drinks (except water), conduct yourself in a respectful manner, show tolerance toward different points of view.
- **MAINTAIN FOLDER THAT IS KEPT IN CLASSROOM AT ALL TIMES.**
Students can take work home if necessary, but must leave folder in classroom. All work will be collected from there unless directed otherwise from teacher.
- **PARTICIPATE IN ALL CLASS ACTIVITIES*****
To receive full credit, students must be in class and actively participate to receive the most amount of credit.
It is difficult to make up work when there is a guest speaker or a special program presenting. Students are encouraged to come to class.
- **IF A STUDENT IS ABSENT FROM CLASS... even an excused absence,**
they are responsible for the work that they missed and it should be made up in a timely fashion outside of class (within one week).

Students should not expect to make up work they missed during class time if a different part of the lesson is presently being taught. They must come to callback or make arrangements with the teacher to make up that work outside of class time.

GRADING POLICY:

- 55% - Classwork
- 45% - Assessments (projects and tests)

*****PLEASE ENCOURAGE YOUR STUDENTS TO COME TO CLASS DAILY AND ON TIME. ALL WORK IS DONE IN CLASS BECAUSE OF THE TOPIC. WE DO A LOT OF ROLE PLAYS, GROUP ACTIVITIES, DISCUSS CURRENT EVENTS, AND HAVE GUEST SPEAKERS THAT INVOLVE ACTIVE GROUP PARTICIPATION.**

TOPICS:

- Exploring the Health Triangle and all of its components
- Health Literacy, decision making, and refusal skills
- Topics related to Mental/emotional health
- Information, Prevention, and Control of Diseases including Cancer and STI's
- Stress and stress management techniques
- Relationships (healthy and unhealthy), safety on the internet
- Substance Abuse and other addictions
- Human growth and development
- Current events as they occur

****All topics involve making good and well-informed decisions as well as refusal skills. Therefore, they overlap and many skills are reviewed and applied more than one time. Guest speakers enhance and reinforce what the students are learning, and give students a connection to what is available to them in their local community.**

PLEASE FEEL FREE TO CONTACT ME. EMAIL IS PREFERRED.