

Hawthorne Academy High School

Health & Physical Education

Teacher: Lindsey M. Smith

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Office Hours: Monday and Tuesday from 2:15-3:15 or by appointment

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COURSE DESCRIPTION AND OBJECTIVES:

The course is designed to give students the knowledge and skills to take care of their personal health today and in the future. By the end of the course the students will be able to:

Mental and Emotional Health

1. Create positive stress management strategies
2. Create help-seeking strategies for depression and mental disorders

Nutrition and Physical Activity

1. Analyze strategies using tools to plan healthy nutrition and fitness
2. Create strategies to consume a variety of nutrient-dense foods and beverages and to consume less nutrient-dense foods in moderation
3. Analyze the relationship of nutrition, fitness, and healthy weight management to the prevention of diseases such as diabetes, obesity, cardiovascular diseases, and eating disorders
4. Apply lifelong nutrition and health-related fitness concepts to enhance quality of life

Personal and Consumer Health

1. Analyze wellness, disease prevention, and recognition of symptoms
2. Evaluate health information and products
3. Understand necessary steps to prevent and respond to unintentional injury

Alcohol, Tobacco and Other Drugs

1. Understand the health risks associated with alcohol, tobacco, and other drug use
2. Apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use

Interpersonal Communication and Relationships

1. Understand healthy and effective interpersonal communication and relationships
2. Evaluate abstinence from sexual intercourse as a positive choice for young people
3. Create strategies that develop and maintain reproductive and sexual health

COURSE TOPICS:

Week	Topic
Week 1	Introduction to Health
Week 2	Mental & Emotional Health
Week 3 &4	Nutrition
Week 5	What Would You Do/ Personal & Consumer Health
Week 6 & 7	Tobacco, Alcohol, & Other Drugs
Week 8	Sexual Health Education
Week 9	Review for Midterm, Take Health Midterm
Week 10-18	Physical Education

MATERIALS NEEDED:

1 inch three ring binder or a spiral notebook

EXPECTATIONS:

1. Come to class prepared and ready to learn
2. Respect yourself, others, and your surroundings
3. Follow directions and actively engage in class

CONSEQUENCES

1. Verbal warning
2. Separation/Student Conference (parent call)
3. Parent Conference
4. Referral/ Intervention team referral if necessary

ATTENDANCE & PUNCTUALITY:

Students are expected to be in class every day. More than 10 absences for the semester could result in failing the class. If absent, it is expected that a student request notes and assignments the day of return.

LATE WORK/MAKE UP POLICY:

Make Up Work:

A Student who misses homework assignments or other assignments or due dates because of absences, whether excused or unexcused, will be allowed to make up the work. Arrangements for completing the work should be made within five (5) school days of the date of the student’s return to school and include a schedule for completion of the work. Students must initiate the contact with the teacher.

Late work:

1. Homework and other assignments will be accepted, even if turned in after the designated date.
2. Students will receive an initial score of zero (0) for an assignment or assessment on which he/she made no attempt or which is missing.
3. Credit for late work shall be awarded according to the following guidelines:
 - a. If the student was present in class on the due date, the work will be penalize 20 points.
 - b. If the student was not present in class on the due date because of an excused absence, full credit will be given for the completed work.
 - c. If the student was present in class on the due date because of an unexcused absence, the work will be penalized 20 points.

COMMUNICATION:

Students can contact me by email or in person throughout the school day. The best way for parents to contact me is by email. Periodically, I will send home parent homework and/or homework that is to be complete by both the parent and student.

CELL PHONES, COMPUTERS, AND OTHER ELECTRONIC DEVICES:

Cell phones, personal computers, and other electronic devices will only be used in class with teacher approval. All students will have access to the school computers and iPad. For students with academic accommodation, please contact me to discuss regular use of personal technology in class to enhance academic performance.

FOOD & DRINK:

Hawthorne Academy has a no food or drink policy in class with the exception of bottled water.

GRADING FOR SEMESTER LONG CLASS:

GRADING:

First Quarter - Health (40%)

- 60% Formal Grades: Tests, Projects, Quizzes
- 20% Informal Grades: Classwork assignments, homework, notebook check
- 20% Midterm

Second Quarter – Physical Education (40%)

- 70% Formal Grades: Daily participation grade, Fitness Testing (3x)
- 30% Informal Grades; Weekly average, Dressing out
- Final Exam 20%

FAILURE IS NOT AN OPTION- RETEST POLICY:

If a student scores below 79 on a test, he or she must be given the option to retake a test with a qualifier. A qualifier is a clause in the policy that must be met before the student is able to retest. In order to qualify to retake the exam, the student must turn in all homework assignments within the unit and complete 60 minutes of tutoring with the teacher either during lunch or after school. Students who retest will receive the average (mean) of the 1st (original score) and the 2nd (retest score). The original score shall never go below a 50 (F). This will give the student the opportunity to make improvements.

ACADEMIC DISHONESTLY:

Academic integrity is fundamental to the activities and principles of Hawthorne Academy of Health Sciences. Any effort to gain an advantage not given to all students is dishonest whether or not the effort is successful. Sanctions for academic dishonesty may include academic sanctions from the instructor, including failing the assessment or course for any violation, to disciplinary sanctions from the school. When in doubt about plagiarism, paraphrasing, quoting, collaboration, or any other form of cheating, consult the course instructor.

I have read and understood the information outlined in the Health Education syllabus.

Name of Student _____ Signature of student _____ Date _____

Signature of parent _____ Date _____

Parent’s best contact phone number _____ Parent’s email _____