

## Health Education

- **Teacher: Ms Marrazzo**

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- Office Hours: available for extra help before and after school. You can always email me for help and questions.

### **Course Description:**

The Health Education program is designed to develop positive attitudes and skills for daily living and to help prepare individuals in their future roles as family members and citizens. The emphasis is to have individuals protect, maintain, and improve their health status by developing, establishing, and achieving positive lifestyle goals.

### **Health Education Curriculum - [Learner Outcomes](#)**

- Acquire the knowledge to attain health literacy.
- Analyze and interpret valid health information and services using various resources.
- Maintain health-enhancing behaviors and reduce health risks.

### **Course Goal:**

*The student will learn sound information to help make healthy decisions for a long and enjoyable life.*

### **Grading Policy:**

- Class activities and projects are to be turned in on time.
  - Unexcused absence work will be treated the same way as late work.
- Make-up work policy:
  - It is your responsibility to check The Health Assignment Schedule in Canvas to see what you have missed.

## Grading Policy:

GRADE	PERCENT	SCALE
A	≥ 93.00	5.00
A-	90.00 - 92.99	4.67
B+	87.00 - 89.99	4.34
B	83.00 - 86.99	4.00
B-	80.00 - 82.99	3.67
C+	77.00 - 79.99	3.34
C	73.00 - 76.99	3.00
C-	70.00 - 72.99	2.67
D+	67.00 - 69.99	2.34
D	63.00 - 66.99	2.00
D-	60.00 - 62.99	1.67
F	59 and ≤	0.00

- Rounding of Grades: no rounding
- Extra Credit: no extra credit
- Missing assignments for **any reason** will receive a 0 in Skyward.
  - When the assignment is submitted your grade will be updated.

## Course Topics:

- **Personal Health**
  - Personal Health Triangle
  - Habits and Positive Risks
  - Decision making
    - values and beliefs
  - Goal Setting
    - personal health goal
- **Mental & Emotional Health**
  - self-image, self-esteem, body image
  - eating disorders
  - self talk
  - self harm
  - stress, anxiety, fears
  - resiliency
  - depression and suicide awareness/prevention
  - grief/mourning
- **Addiction & the Teenage Brain**
  - nicotine

- alcohol
- medicines and drugs
- o **Human Growth and Development**
  - Components of Sexuality:
    - Sensuality - physical closeness
    - Intimacy - emotional closeness
    - Sexual Health & Reproduction
      - o Reproductive Anatomy Review
      - o Pregnancy
        - Benefits - planning a pregnancy
        - Benefits - marriage
        - Birth scene from National Geographic's In the Womb.
        - Shaken Baby Syndrome - Abusive Head Trauma
        - Co-Sleeping
        - SIDS
        - Safe haven for newborns - Wisconsin law.
      - o Contraception Review
        - Pros, cons, side effects
      - o STDs
        - Viral
        - Bacterial
        - Parasite
      - o Abstinence
        - healthiest choice for teens
      - o Self-checks
        - breast cancer
        - testicular cancer
    - Sexual Identity
      - o gender, gender identity, bias, stereotyping, bullying, orientation
    - Sexualization
      - o laws, harassment, relationships (healthy/abusive), consent, sex trafficking, dating violence

*According to AHS School Policy - The District Shall provide parents annually with an outline of the human growth and development program used in their child's grade level as well as information regarding how the parent may inspect the complete program and instructional materials. Prior to use in the classroom, the program shall be made available to parents for inspection. Please contact your child's teacher or the Director of Learning.*

- o **Nutrition & Fitness**
  - Nutrients and the Body
    - carbohydrates, protein, fat, water
    - vitamins and minerals
  - Reading a Nutrition Food Label
  - Fad Diets
  - Components of Fitness
    - Target heart rate zone
    - Types and benefits of activity
  
- o **Emergency Procedures**
  - CPR, Choking, AED

### Assessment of Learning:

- o Assignments = 85%
  - In-class Activities
    - Assignments
    - Arrowhead Way Points
      - o Daily points earned for demonstrating the characteristics of the Arrowhead Way:
        - Be appropriate
        - Be respectful
        - Be responsible
        -
  - Projects/Research
  - Life Skills
- o Semester Exam = 15%

### Tardy Policy:

- 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Offense = verbal warning/contact home
- 4<sup>rd</sup> Offense= Referral from teacher to office & Saturday detention
- 5<sup>th</sup> Offense= Saturday detention and referral to School Resource Officer
- 6<sup>th</sup> Offense = Saturday detention and referral to school counseling office.
- 7<sup>th</sup> Offense = Saturday plus loss of parking (discretion of administrator).
- 8<sup>th</sup> Offense = Saturday detention plus citation.

### Materials needed for class:

- Notebook or paper 3-ring binder or folder Pen and/or Pencil
- Laptop/Chromebook - charged up

### Classroom Conduct:

- **The Arrowhead Way**
  - Be Appropriate
  - Be Responsible
  - Be Respectful
- **The Arrowhead Dress Code will be followed:**
  - Items of clothing of a suggestive nature are not allowed.
  - This includes, but is not limited to, bandanas, bare midriffs, cleavage, and extremely short skirts and /or shorts. Undergarments should not be visible.
  - Items of clothing with inappropriate or harassing language, including alcohol and drug related phrases, logos, or pictures are prohibited.

### **Additional Information:**

No food/beverages in the classroom = only water

### **AHS Personal Device Agreement**

- I will not have my phone out in a classroom unless the instructor has explicitly given me permission to do so.
- Phones and all wireless devices should be in the classroom cell phone holder or your locker during class time. This includes:
  - Cell phones
  - Watches
  - Earbuds

### **Artificial Intelligence Policy:**

*Students are not permitted to use intelligence tools in the course of completing assignments or other assessments that contribute to their grades. To do so will be considered academic dishonesty.*

*The following actions are prohibited in this course [add/remove bullets as necessary]:*

- *Submitting all or any part of an assignment statement/prompt to an online learning support platform/AI tool;*
- *Using AI tools to mimic - even in preliminary/draft form - the thesis statement/arguments/position of an assignment;*
- *Incorporating any part of an AI-generated response in an assignment;*
- *Submitting your own work to an online learning support platform for improvement.*

*If you are in doubt as to whether you are using an online learning support platform appropriately in this course, I encourage you to discuss your situation with me.*