

Health Education

Teacher: Ms Marrazzo

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Office Hours: Teachers are available for extra help before and after school

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 life-style goals.

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. Late work will receive point at 50% deduction. Unexcused absence work will be treated the same way as late work.

NO LATE WORK WILL BE ACCEPTED THE LAST WEEK OF EACH GRADING PERIOD!!

- ❖ Make-up work policy will follow Handbook policy (1-3 days absent = 3 calendar days to make-up work...)

Grading Policy:

100-97 = A+	89-87 = B +	79-77 = C +	69-67 = D +	59 & Below = F
96-94 = A	86-84 = B	76-74 = C	66-64 = D	
93-90 = A-	83-80 = B -	73-70 = C -	63 – 60 = D -	

Course Topics:

- Personal Wellness
- Nutrition and Fitness
- Tobacco and Alcohol
- Medicine and Drugs (includes illegal drugs and OTC)
- Mental and Social Health
- Relationships Human Growth and Development
- CPR, First Aid and Injury Prevention

Assessment of Learning:

- Class activities
- Test and Quizzes
- Projects
- Semester Exam - 15%

Tardy Policy:

- ❖ 1st and 2nd offense= verbal warning
- ❖ 3rd offense= phone call or email home
- ❖ 4th offense= Saturday detention

Materials needed for class:

- ❖ Notebook or paper 3-ring binder or folder Pen and/or Pencil

Classroom Conduct: "The Wally Way"

- ❖ Be Appropriate
- ❖ Be Responsible
- ❖ Be Respectful