



# Health Education



The mission of health education is to increase the students' knowledge, skill, attitudes and behaviors that promote their own intellectual, emotional, social and physical well-being. We believe that health education is a combined responsibility of school, community and home. Our mission is to inspire our youth to become responsible for their overall wellness in the hope that they will choose healthy lifestyle enhancing behaviors both now and in the future.

**Goals:** (Adopted from the NYS Department of Education, Learning Standards for Health, PE and Home Economics)

- To demonstrate the necessary health knowledge and skills to promote ones' own health.
- To develop self-confidence and self-direction in the pursuit of a healthy life-style.
- To apply prevention and risk reduction strategies which can delay the onset or reduce the risk of potential health problems.
- To exhibit effective communication and problem solving skills that enhances ones' won needs and the needs of others.
- To demonstrate personally and socially responsible behaviors.
- To care for and respect oneself and others.
- To understand and be able to manage one's own personal and community resources.

## Grading System

All assignments will be awarded a point value equaling a total number of points per quarter. Points deducted per assignment will calculate the end of the quarter grade.

### Class Participation

#### 1. Attendance

*Be here! Be on time! Be prepared! Be responsible! Share ideas! Respect others! Work cooperatively! Be an active listener! Show leadership! Develop a caring community! (Any day you are **late** you will lose 1 point off your attendance grade.)*

#### 2. Notebook - **You are required to have a notebook** for daily reflection writings. There is no required textbook for this class, so have some type of school supplies that will hold numerous handouts. Use whatever is most comfortable for you to stay organized.

- a. Mrs. Speiss may ask students to hand in class notes, class assignments, or homework that should have been completed. This will be used throughout the year as another means of evaluating student progress.

*(Every **unprepared** will be A loss of 1 point off your attendance grade.)*

#### 3. Journal reflections (This will be written in your notebook)

At the beginning of each class there will be an assignment on the board that must be done in the first few minutes of class. When you arrive to class each day, you are to immediately start the assignment.

If you are late to class or absent you must make it up on your own free time.

### Tests and Quizzes

1. You are responsible to review and study the work completed in class each day.
2. Quizzes may not be announced.
3. Tests will be announced and will be **cumulative**.
4. All quizzes and tests must be made up as soon as possible, and is your responsibility to schedule a date and time.

*\*Extra Credit\* - Extra credit will be available for every student throughout this course.*

### Assignments

You will be assigned homework, classwork, and projects. All assignments **must** be handed in on time, & legible!

**Late work WILL NOT be accepted.** You will have a chance to do make-up work each quarter for 1 assignment for up to half credit; this will not be an easy assignment so it is recommended that you stay on top of your homework. Please see me if you are experiencing a problem.

**Final Exam (19% of Your Final Grade)** Your final exam test grade (9.5%) will be given at the end of the year. You will be responsible to keep all handouts throughout the year! You will also have a performance based assessment

project counting for the other 9.5% of your final exam grade. This assignment will grade performance throughout the entire class. You must keep these assignments together.

## Class Procedures

### Seating

- You will be allowed to pick your own seat the first day of class.
- You may not change your seat unless otherwise instructed. Only the teacher does seat changes!
- The teacher may move your seat at any time if she feels that it will benefit your educational success.

### Class Behavior:

- I encourage each student to share and express his or her ideas relevant to the day's topic; It is expected that members of class will support each other during all activities.
- There is no excuse for having a cell phone in my class, it is against school policy! If a cell phone is seen OUT and in use, will be taken immediately and will go to the administration to be collected at the end of the day.

### Attendance

- Once a student arrives to class, he or she must remain in their seat unless there is a specific emergency.
- If you feel you must leave the classroom for a ***bathroom emergency***, you will take my classroom pass. You will not have to raise your hand and ask for permission, unless you take advantage of my pass.
- If you have another emergency or a specific pass for an appointment during our class, please discuss it with me BEFORE that class period. You are still responsible for work you missed during that class time.
- If you are absent from class, **you are responsible to come see Mrs. Speiss for the work that you missed. All handouts that were missed** will be available for you to collect at extra help, from folders in the back of the room or on my website.
- **EXTRA HELP HOURS: Monday- 2:15-3pm; Tuesday 7:15-7:25am, & Thursday- 2:15-2:35pm**
- . \*Note: Notes for all students will be available on my website for convenience for students that may need notes or are absent for an extended period of time.

### Substitute Teachers

- Accurate attendance will be taken when I am absent and work will be left for you. All classroom rules apply.

### Pass/Excused Option:

- If you are ever embarrassed or uncomfortable about a topic we are discussing, you have to option to pass. No one will question you further. If a unit is causing you a lot of distress, see me to discuss being excused and finding an alternative.

If you have any special test taking needs or any condition that will make it difficult for you to carry out what I have outlined, please let me know as soon as possible and we will make appropriate arrangements.

If you need to reach me at any time, please ask someone in the Main office to leave a message in my mailbox.

You may also email me at any time at: [kspeiss@bellmore-merrick.k12.ny.us](mailto:kspeiss@bellmore-merrick.k12.ny.us) or [kamilak@bmchsd.org](mailto:kamilak@bmchsd.org)

– Remind: text # 81010 -Code for ODD DAY classes: @speiss135 Code for EVEN DAY classes: @speiss246

I am looking forward to working with you and having a great year!

Thank You and Welcome! ☺

Mrs. Speiss

Student's Signature: (print and sign) \_\_\_\_\_

Guardian/ Parent Signature \_\_\_\_\_