

Name \_\_\_\_\_ Period \_\_\_\_\_

## OPEN DISCLOSURE DOCUMENT

HEALTH EDUCATION

HIGHLAND HIGH SCHOOL

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### Course Description

This one semester course will assist students in the continual development of skills needed to improve their quality of life. The course emphasizes decision making and consequences relating to their personal health. It offers students an opportunity to evaluate and improve their lifestyle. Health is a required course for graduation.

### Course Objectives

1. Students will learn about **refusal skill**, to **set goals** and make better **decisions**.
2. Learn about proper **nutrition** related to weight management and **fitness**.
3. Develop an awareness of the dangers of **tobacco**, **alcohol** and **illegal drug** use.
4. Learn about **mental illnesses**
5. Learns about **stress** and how to manage stress.
6. Learn about **infectious diseases** and disease prevention.
7. Learn about **STD's including HIV**.
8. Learn the biological, social, and moral aspects of **human reproduction**.
9. Learn Basic Life Support skills including **CPR**.

### Materials needed every day

1. Pen or pencil (pencil will be needed for tests)
2. Notebook for class notes. (note taking is mandatory)
3. Textbook will be in the classroom. You can check out a textbook at any time for any duration at the book checkout room.

### Learning Activities

1. Discussions
2. Class activities
3. Worksheets
4. Tests
5. Peer review
6. Role plays
7. Guest presentations
8. DVDs
9. Cooperative learning groups

10. Term Projects (1<sup>st</sup> term an art project. 2<sup>nd</sup> term a poetry project.)

**Grading system**

Tests will be approximately 35% of the student's grade. Quizzes, worksheets, group participation activities, and term projects will make up the other 65% of the student grade. Attendance will be considered when finalizing grades. Term project will be a big part of your grade!

<b>A = 95%- 100 %</b>	<b>C = 74% - 76%</b>
<b>A- = 90% - 94%</b>	<b>C- = 70% - 73%</b>
<b>B+ = 87% - 89%</b>	<b>D+ = 67% - 69%</b>
<b>B = 84 % - 86%</b>	<b>D = 64% - 66%</b>
<b>B- = 80% - 83%</b>	<b>D- = 60% - 63%</b>
<b>C+ = 77% -79%</b>	<b>F = 0% - 59%</b>

**Class Rules**

1. No sleeping will be allowed in class.
2. No food or drinks will be allowed in class except for water.
3. Tardy students will sign the tardy sheet. (Tardy students that do not sign the tardy sheet will be considered absent.)
4. Late work is only worth 50% of its point value. (Good attendance)
5. Late work will not be accepted if the student has poor attendance. (Poor attendance is four or more absences in the same quarter.) (Two tardies equal one absence.)
6. Test need to be made up within two weeks of missed test.
7. No listening devices, cell phones, or electronic games will be allowed in class per BOARD POLICY S-11 SECTION I A-3, B-1. Students will forfeit their daily points if not followed.
8. No writing on desks or bulletin board. (100 point off grade and administrative U in citizenship.)
9. Students planners are needed every day. Planner will be used for hall passes.
10. All common sense rules

**Attendance**

1. Attendance is an important part of the grade.
2. Poor attendance will adversely affect student's grade.
3. Tardy is consider when the bell rings and not when roll is called.
4. Perfect attendance will be considered when finalizing grades.

**Student signature**\_\_\_\_\_

**Parent signature**\_\_\_\_\_