**Health with Mrs. McWain**

**Contact Information: Email**- pmcwain@abs.misd.net Phone- (586) 648-2525, voicemail 7262 **Website address**- www.mcwainhealth.weebly.com

**Remind:** Download App on Smart phone or Text @healthABHS to 81010 (see handout)

***Health is a semester course and a requirement to graduate***

***H***ealth # is a comprehensive semester class with interrelated components stressing the choices and skills necessary for wellness. Wellness refers to the wellbeing of your physical, mental/emotional, and social health. This process is best promoted with accurate health information and development of healthy attitudes and behavior patterns that lead to healthy life style choices

.

**Classroom Expectations:**

1. **Be on time, prepared, and ready to work.**
2. **Treat each person with dignity and respect.**
3. **NO electronic devices during class time.**
4. **Give 100% participation in class.**
5. **Treat the classroom and equipment with respect.**
6. **No Food or drinks allowed in class. (except bottle water)**
7. **Please follow all expectations of ABHS that are in the student handbook and student code of conduct)**

**Tardiness:** As per code of conduct. A tardy is entering the room after the last been has rung. All tardy procedures will be followed in this class.

1st Tardy- Verbal Warning to student

2nd Tardy- Parent Contact (email, postcard)

 3rd Tardy- Single Detention

 4th Tardy- Double Detention

 5th Tardy- Suspension

**Materials Needed**: Binder (3 ring) 1” with a set of dividers (10) . This will be used to keep all materials for the class. **Binders are a MAJOR part of your grade.** Art supplies: colored pencil, crayons, markers, pencil and pen are helpful but not requires. Student planner will need it to leave the room. Kleenex and hand sanitizer donations are greatly appreciated!

**What is the students’ responsibilities if they are absent:** When absent, it is the students’ responsibility to copy the agenda of the day(s) missed and at the end of the class ask the teacher for appropriate worksheets. If you are absent, it is your responsibility to get the missing work. All work will be made up in an efficient and complete manner. Copies of the work will be in the folder in the back of the classroom along with bell ringer questions.

**Grading Policy**

100-95 is an A 76-73 is a C

 94-90 is an A- 72-70 is a C-

 89-87 is a B+ 69-67 is a D+

 86-83 is a B 66-63 is a D

 82-80 is a B- 62-60 is a D-

 79-77 is a C+ 59-0 is an E

Per district policy, semester grades are computed by averaging the first and second marking period plus final examination grades in the following proportions: Exams 20% Marking Periods (2) 40% Per district policy you must pass 2 out of 3 of the above in order to pass the class overall. 2 F’s in either the marking period or exam is a falling grade.

**Anchor Bay Late Work Policy**

15% reduction for three days:  1 day late = 85% 2 days late =70% 3 days late 55%.

**MAJOR ASSIGNMENTS/PROJECTS**

|  |  |
| --- | --- |
| **Health I – Course Outline** | **Classroom Expectations:** |
| **Personal Health Practices** --- *(Chapter 1)*1. Defining Health and Wellness
2. Making Healthy Choices

**Mental Health** ---- *(Chapters 2, 3, 4)*1. Personality and Self-Esteem
2. Managing Stress
3. Mental Disorders and Suicide

**Social Health** ----- *(Chapters 5, 6, 7)*1. You and Your Family
2. Building Healthy Relationships
3. Preventing Violence

**Human Development** --- *(Chapters 8, 9, 23)*1. Reproduction and Heredity
2. Pregnancy and Birth
3. AIDS and Sexually Transmitted Diseases

**Nutrition and Fitness** --- *(Chapters 12, 13, 14, 15)*1. Food and Nutrition
2. Making Healthy Food Choices
3. Digestion and Excretion
4. Movement and Exercise

**Substance Abuse** ----- *(Chapters 19, 20, 21)*1. Alcohol
2. Tobacco
3. Preventing Drug Abuse

**\*All of the information will be covered, but not necessarily in the order listed.** | **The student will:**1. Describe the relationship between health and wellness.
2. Identify basic information relating to systems of the body.
3. Identify healthy qualities of personality, emotion, and relationships.
4. Identify stressors and discuss healthy ways of dealing with stress.
5. Identify suicidal tendencies, prevention, and ways of getting help.
6. Identify substance abuse and the impact it has on individuals and families.
7. Describe the function and structure of the male and female reproduction systems.
8. Identify issues of teen birth, parenthood, and abstinence.

**Parents will:**1. Discuss these topics with their child.
2. Provide any additional information that is necessary to go along with their family expectations, values, and morals.
 |

* Binders (by chapter) includes grades for notes, vocab, worksheets, and daily activities
* Test/Quizzes/Assessments- at the of chapter
* Projects- Various types throughout the semester

**NOTE TO PARENTS: please join PowerSchool to be added to class email and remind system! It will be an easy way to send reminders, due dates, etc! Contact the main office to sign up if you are not already signed up.**

|  |  |
| --- | --- |
|  |  |
|  |  |
|  |  |
|  |  |

­­­­­­­­­­­­­­­­­­**PLEASE SIGN AND RETURN BOTTOM BY\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­\_\_\_\_\_\_\_**

---------------------------CUT HERE & RETURN BOTTOM PORTION-------------------

**Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Named PRINTED\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**