ROCKWOOD AREA SCHOOL DISTRICT
7TH & 9TH GRADE HEALTH SYLLABUS
TEACHER: MS. GLESSNER
ROOM 109

CJGLESSNER@ROCKWOODSCHOOLS.ORG

_____

Health Curriculum:

7th Grade Health Material:
1. Learning about your personal health
2. Taking Responsibility for your health
3. Physical Activity and Fitness
4. Food and Nutrition
5. Growth and Development
7. Mental and Emotional Health
8. Social Health- Family and Friends
9. Resolving Conflict- Preventing Violence
10. Tobacco
11. Drugs and Alcohol
12. Communicable and non-communicable disease.
13. Botvin Life Skills

9th Grade Health Material:
1. Leading a Health Life
2. Skills for a Healthy Life
3. Self-esteem and Mental Health
4. Stress and coping with loss
5. Preventing Violence and Abuse
6. Nutrition for Life
7. Weight Management and Eating Behaviors
8. Understanding Drugs and Medicines
9. Alcohol
10. Tobacco
11. Illegal Drugs
12. Infectious Diseases
13. Reproduction Pregnancy and Development
14. HIV and AIDS
15. Risks of Adolescent Sexual Activity.
16. Botvin Life Skills

Health Class Rules:

1. Students must bring their chromebooks, health books, paper for note-taking and pen/pencil to class each day. (Make sure your Chromebook is charged)

2. Be respectful of others.
    -No talking while others are speaking.
    -No disruptive behavior.
    -Follow directions.
    -Create a safe environment

3. Raise your hand and wait to be called on before speaking.

4. Homework will be worth various points according to the assignment and will be collected at the beginning of class.

5. I will accept **TWO** late homework assignments (each 9 weeks) for a deduction of 2 points **per day**. After two late homework assignments, I will no longer accept late assignments and the student will receive a zero. **Students must fill out the Late Homework Sheet!!!**

6. There **WILL** be a chance to earn bonus points each week by bringing in an appropriate news article about health from a reliable source (newspapers, health magazines, and internet sites ending in .org, .gov, and .edu). Each student will have to share their article in front of the class.

7. There will **NOT** be opportunities for extra credit at the end of the grading quarter to ensure passing grades.

8. Restrooms are to be used before class begins.

9. Students must have a book cover for their Health Books.

10. If a student is absent, that student is responsible for obtaining work and notes that were missed and completing it within one week of the absence.

Grading: Standard grading system of the Rockwood Area School District.

Breakdown:
Tests-40%
Homework-30%
Quiz, Book Check, Projects, Small Group Work-30%

1. Homework: Assignments will vary from 5-40 points. Two late homework assignments are accepted under the condition that 2 points are deducted per day that it is late. After two late assignments, the student will receive a zero on all late assignments.

2. In-Class Individual/Group Work: Point Value of 5-60 points per assignment depending on difficulty and/or amount of work done in order to complete the assignment.

3. Bonus Points: Each student has the opportunity to earn 2 bonus points per week by bringing an appropriate news article regarding health issues from reliable sources.Students must also present their article to the class.

4. Tests/Quizzes: Tests will vary in point value throughout the school year depending on the amount of material covered in the unit.
Tests will include:

a. True & False
b. Matching
c. Short Answer

d. Essay
e. Fill in the blank
f. Multiple Choice

I look forward to working with each of you this school year! I will do my best to help each and every one of you achieve success in Health Class. Please feel free to ask questions, or request extra help. I am available during my planning (4th Period) to meet with you and/or your parents as long as you make arrangements in advance.

Let's all work together for an EXCELLENT year!

Rockwood Health Syllabus Agreement 2023-2024

Student Name (Please Print Name):_____

Student Signature:_____

Parent Signature:_____