

HEALTH - 7		COURSE LENGTH: 9 weeks, 5 days per week
Location	Room # 06     Google Classroom Code= dc4h3rp	
Instructor	Mrs. Michelle Santom	
Planning Period	Period 7	Parent Teacher Conferences may be scheduled before school from 7:35 to 8:00 or during the planning period.
Email	msantom@mercerc.k12.pa.us	
Description	This class is designed to prepare students to make wise choices in regard to their health. At this level, the class emphasizes decision making skills in all areas of health: risk taking, hygiene, personal care, substance use and abuse, nutrition, sexuality, safety, and emotional health.	
Texts Used	<u>Teen Health</u>	
Homework Policy and Philosophy	At this level, students will have classwork-homework frequently but not every night. If a student is absent from school, he is responsible to see the teacher to get any work that was missed. Classwork- Homework that was due the day of the absence should be turned in upon the return to school. Missed work should be made up in the same number of days that the student was absent.	<b>Homework Philosophy</b>  "The application of homework within almost every learning activity is a valuable means of reinforcement and evaluation. It is the teacher's role to define such assignments and the responsibility of the students to complete them on time. Parents must also assume their responsibility in regard to student homework; therefore, proper communication between the home and the school are vital in establishing assignments, which can significantly contribute to the overall educational process."
Grading  96.5 A+ 92.5 A 89.5 A- 86.5 B+ 82.5 B 79.5 B- 76.5 C+ 72.5 C 69.5 C- 66.5 D+ 62.5 D 59.5 D- Below F	Student grades are based upon the total number of accumulated points each nine weeks. That total will be divided by the total points possible to determine the grade. <u>A student will be graded on the following:</u>  <u>Homework</u> – 5-20 points if the student makes a good effort to complete it correctly, 0 if the assignment is copied, poorly attempted, or not done.  <u>Tests</u> - All chapter tests are worth 50- 120 points. This gives them more weight. <u>Quizzes:</u> 5-30 points.  <u>Notebooks</u> – The student notebook will be collected and will be graded according to the requirements listed on the sheet: “Criteria for 7 <sup>th</sup> grade notebooks.” <u>Occasionally, students will be assigned a project, poster or other activity that may receive a grade.</u>	<b>Academic Integrity</b>  "Students caught cheating, plagiarizing, copying homework and/or test, quizzes, and using a paper from the Internet will be given a "o" (zero) on that assignment. In addition, their name will be reported to the office and filed in the event of future violations. Repeated violation could result in removal from class and a non-passing grade."  <b>When a student is in jeopardy of failing, a progress report will be sent home. This will occur during the 3rd and 6th weeks in junior high block classes, and any time after the 4th week in other classes.</b>

<b>Classroom Rules</b>	<p>Students are not permitted to leave class without permission and then only in an emergency. They are to take care of restroom and drinks before class.</p> <p>Students are not permitted to do the following:</p> <ol style="list-style-type: none"> <li>1. Have heads down or sleep</li> <li>2. In any way attempt to use a cell phone.</li> <li>3. Pass or read notes</li> <li>4. Write on the desks with pencil or eraser. If marks are noticed at the beginning of class, students are to report them to the teacher.</li> <li>5. Sit on top of the desk.</li> <li>6. Be disrespectful to the teacher or each other.</li> <li>7. Leave before the bell rings; do not line up early at the door.</li> <li>8. Use the restroom or get a drink without permission.</li> </ol> <p>Any infraction of the above rules will result in a verbal warning for the first offense. Additional offenses will result in a discipline referral to the office. (Except for cell phones. They will be immediately confiscated)</p>	<p><b>Make-Up Work</b></p> <p>"Students on a pre-approved trip of more than one day will be expected to makeup any work minimally on the second full day upon the student's return up to a maximum of five days. Students are required to get all missed work prior to pre-approved absence.</p> <p>For one day or one period - school related absence (athletics/academic games, etc) - it is the student's responsibility to make up the work upon their return to the classroom. It is recommended that they see the teacher ahead of time to determine what they will miss while they are gone."</p> <p><b>Late to Class</b></p> <p>"A student who is late to class will be given a verbal warning on the first offense. Additional offenses will result in a discipline referral to the office."</p>
<b>Required Materials</b>	<p>Students are required to bring "5 things" to class every day: Their book, notebook, laptop, a writing utensil, and homework in their folder.</p>	
<b>Additional Help</b>	<p>If a student needs additional help, he /she should ask the teacher, and a help session will be scheduled.</p> <p>Students may receive extra credit if they read an article about a health topic in a newspaper or magazine. They should clip the article, bring it to class, and be prepared to give the teacher a brief, oral summary of the article. Each article is worth 5 points and the student may bring in a maximum of 10 each grading period.</p>	<p><b>Tutoring</b></p> <p>Extra Assistance is available on a regular basis during after school hours (Tuesdays, Wednesdays, and Thursdays from 3:30 to 4:15) by contacting the Guidance Office at (724) 662-2272. It is the students' responsibility to seek such tutoring if needed.</p>

## OUTLINE OF MATERIAL COVERED IN THIS CLASS

Time	Material Covered During Time Period	Notes	
Chapter 1	"A Healthy Foundation" This unit will focus on learning the Health Triangle and how it can help students make choices that will keep their health in balance.	Chapter Test and collection of notebooks will occur at the completion of this material.	
Chapter 2	"Responsibility and Decision Making" This unit will help students understand a procedure for making good decisions. A guest speaker from Juvenile Probation will speak on making wise choices.	Chapter Test and collection of notebooks will occur at the completion of this material	
Chapter 7	<table border="1"><tr><td>A guest speaker from the Alpha Omega Center will come in at the end of the quarter to discuss healthy relationships and making good choices in our introduction to human sexuality.</td></tr></table>	A guest speaker from the Alpha Omega Center will come in at the end of the quarter to discuss healthy relationships and making good choices in our introduction to human sexuality.	
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Chapter 10	"Tobacco" This unit will focus on the dangers of smoking, using smokeless tobacco, and vaping. A video will be used as a supplemental and worksheets from Scholastic will be used.	Various worksheets will be passed out and class discussion will occur.	
Chapter 11	"Alcohol and Other Drugs" This unit will discuss the dangers of alcohol use and the use of other drugs, focusing heavily marijuana and party drugs.	Various worksheets will be passed out and class discussion will occur.	