**Individual and Community Health Course Syllabus Trimester 1, 2014**

Instructor: Cynthia Cain Office Hours: 7-7:40 Classroom/Office: P10

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**DESCRIPTION:** Individual and Community Health is a required course that meets every day for one trimester. Students will learn how to make healthy choices in the six priority areas identified by the CDC (Center for Disease Control). The units covered are Introduction to Health, CPR, Mental Health, Chemical Health, Nutrition, Lifestyle Disease, and Human Sexuality.

**PREPARATION:** Students need to bring a folder, notebook, and something to write with every day.

**EVALUATION:** Grades are weighed according to the following scale:

Participation: 15%

Summative Assessment (Final Test): 15%

Assignments: 35%

Tests and Quizzes: 35%

Late assignments **will NOT be accepted ONE week** after the initial due date and for each day something is late, points will be lost as determined by the individual point value of the assignment. Students will receive two participation points daily if they participate and follow classroom expectations. If absent, students lose both participation points and can make them up by completing a current event worksheet that is due within one week of the absence. Tests also need to be made up within a week. Extra credit opportunities will be offered on a limited basis, throughout the term. Cheating in class is not allowed and students will be given a zero on the assignment/test they got caught cheating on.

**GRADING SCALE:** A=100%-90%, B=89%-80%, C=79%-70%, D=69%-60%, F=below 60%. Grades are weighted (see above) and will be updated regularly through Synergy. Please note that participation points will be added at midterm time and again at the end of each trimester.

**MAKE UP POLICY:** If excused absence, students must check the white homework binder on the table located in the classroom to get a detailed description of what they missed. Handouts they will need for that day will also be on the table. Also, students can access the Health Homepage, under Mrs. Olson to locate some assignments and presentations they missed. If a student has further questions about the make-up work, they may contact the teacher. If truant, student will receive a zero for a missed exam and late credit for assignments.

**TARDIES:** Students need to get to class on time, when they are late they will lose one participation point but can make it up by staying a minute after the bell. On their 5th tardy, a parent contact will be made and any tardies thereafter, detention will be assigned.

**WHAT’S NEW IN HEALTH?** All students taking Health have the opportunity to participate in a Health Screening and also to get certified in CPR. There will be more information to come.

**“No other knowledge is more crucial, than knowledge about health. Without it no life goal can be successfully achieved.”**  -The Carnegie Foundation

**Student Name:(print)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Per:\_\_\_\_\_ Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent(s) Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Day Phone #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Parent e-mail:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Dear Parent/Guardian,

In your child’s health class we will be implementing an approach to teaching sexuality education. The Human Sexuality Curriculum has its purpose in the reduction of teen pregnancy and STI/HIV, by teaching social skills to promote behavior that will help prevent unwanted and unprotected sexual contact. There will also be strong emphasis placed on abstinence and the consequences of participating in risky behaviors. The course content will include:

1. Consequences of risky behavior. 4. The importance of abstinence.
2. Teaching refusal skills to enhance communication. 5. Parts of a healthy relationship.
3. Knowledge about STI’s and HIV/AIDS. 6. Risks associated with teen pregnancy.

Family planning and contraception are addressed, with abstinence highly recommended as the method of choice for teens. Other methods are discussed with the idea of presenting information for future consideration. Both positive and negative features are stressed.

If you would like to view the Human Sexuality Curriculum, it will be available for your preview in the Media Center at the school. If you would **not** like your child to participate in this unit, please send a written request to your child’s Health teacher. The alternative to this unit is a replacement curriculum that will be done independently by the student in the Media Center. If you have any further questions or concerns please contact your child’s Health Teacher: Cynthia Cain [cynthia.cain@anoka.k12.mn.us](mailto:cynthia.cain@anoka.k12.mn.us) or Christina Olson by e-mail [christina.olson@anoka.k12.mn.us](mailto:christina.olson@anoka.k12.mn.us)

Sincerely,

Christina Olson and Cynthia Cain, Health Education Teachers