

NESTUCCA HIGH SCHOOL

Health 1 & 2 Syllabus

Mr. Gianella

Dear Parents,

Your child is currently enrolled in a health education program which is a requirement for graduation by the Nestucca Valley School District. This Health class will focus on helping students examine their lifestyles, set goals, develop decision making skills, and make personal choices to achieve and maintain optimum health. Within this curriculum a variety of topics will be discussed:

- Making Healthy Decisions
- Stress Management
- Nutrition
- Relationships
- Personal Care
- Growth and Development
- Drug Prevention
- Diseases
- Disabilities
- Injuries

Materials Needed

Spiral Notebook

Pen or Pencil

(Flour/paper sack in March)

Attendance Policy

It is vitally important that students attend class every day. If absent, students are responsible for the work that they miss. Their work will be due the very next day they are in class if they miss a turn-in deadline. In an instance where a student is absent on a test or presentation day, they will test/present the next day they are in class. Specific circumstances will be taken into consideration if student must miss a substantial amount of time.

Classroom Rules

- Respect your teacher, peers, and yourself
- Come to class on-time
- Bring all your materials to class (book, spiral notebook, pen/pencil)
- No eating or drinking in class other than water
- No cell phones in class unless use is instructed
- All school rules enforced

Discipline Policy

1st offense, warning

2nd offense, discussion with student, potential minor referral

3rd offense, call home

4th offense, major referral to administration

See Student-Parent Handbook for all other information in regards to all policies

Grading Policy

Student grades will be composed of four components:

1) Daily Assignments

2) Unit Tests

- See 26 chapters in Health textbook for specific units

3) Group Projects

- Fast Food Nutrition Project
- Flour/Paper Sack Baby Project

4) Individual Projects

- Personal Health Wheel
- Tobacco/Alcohol/Drug Project
- Disease Project

More details on projects to come project dates approach.

A 100-90

D 69-60

B 89-80

F below 60

C 79-70

We believe the health program is an important part of your student's education and I look forward to getting to know and teach each student in my class.

If you have questions, concerns, comments, or need to reach me please email or leave me a message.

Tevin Gianella
Fitness/Health Teacher
teving@nestucca.k12.or.us
503.392.3194 ext. 120

Please sign and return the portion below this line by Friday, September 9th for full credit

I have read and understand the syllabus and curriculum for Mr. Gianella's Nestucca High School Health Class.

Student Signature _____ Parent/Guardian Signature _____