

# HEALTH

## **Mrs. Warner**

Email: [nancy.warner@nebo.edu](mailto:nancy.warner@nebo.edu) Phone #: 489-2870

### **WELCOME TO HEALTH CLASS!!**

**Health Content and Objectives:** We will be covering 5 units in the following order: Mental Health, Social Health, Nutrition/Physical Fitness, Substance Abuse, and Reproduction. Following the end of each unit will be a final test. This course is designed to develop your critical thinking skills when it comes to mental, physical, and social aspects of health. The focus of Health Education is to encourage and enable you to establish and achieve personal goals which will contribute to a healthy lifestyle and lifelong wellness.

**Supplies:** You will NEED a pen/pencil, notebook/section in binder for daily quotes/journal writing and notes, 3x5 index cards, and a folder to keep class assignments and homework in. Please be responsible and come to class prepared EVERYDAY so you are able to participate and receive credit.

#### **Grading:**

<b><u>Grade Breakdown:</u></b>	<b>94%-100% =A</b>	<b>74%-77% =C</b>
Tests 30%	<b>90%-93% =A-</b>	<b>70%-73% =C-</b>
Assignments/Homework 20%	<b>87%-89% =B+</b>	<b>67%-69% =D+</b>
Participation/Attendance 20%,	<b>84%-86% =B</b>	<b>64%-66% =D</b>
Quizzes 10%,	<b>80%-83% =B-</b>	<b>60%-63% =D-</b>
Daily Journal/Notes 20%	<b>77%-79% =C+</b>	<b>Below 60% =F</b>

**Daily Quizzes/Journal/Notes:** A daily 5 point quiz will be given at the beginning of each class period and will be taken on a 3x5 index card. Quizzes may NOT be made up if you are late or absent, including excused absences. However, at the end of the term I will drop your 3 lowest quiz scores. Each student is required to have a notebook or section in binder for this class specifically. You will be required to write in your journal after the quiz as well as keep your class notes in this notebook or binder. At the end of each unit on the day of the unit test, your notebook will be reviewed and graded.

**Tests:** A final test will be given at the end of each unit.

**Make-up/Late Work:** All make-up work will be the student's responsibility. If a day of class is missed please come and talk to me before or after class to get your missing assignments; NOT DURING CLASS. Grades and missing assignments can also be checked online through the Nebo District webpage. Late work will NOT be accepted after the final test for the unit is taken. For each day your assignment is late, 10% will be deducted from your score. If you are absent the day of a test you are able to make it up ONLY if it was an excused absence AND have arranged a time with me to take it, either at lunch or after school.

**Class Rules:** 1. BE on time. 2. BE prepared. 3. BE positive. 4. BE respectful.

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I look forward to teaching your child and hope that he/she will gain a greater knowledge of the subject matter and be successful in the classroom. If there are any questions or concerns that you would like to speak with me about, please feel free to contact me at your convenience. I greatly appreciate your support in these efforts of giving your child the greatest opportunity to succeed.

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**\*\*I have read the entire document and understand what is expected. If I have any questions or concerns I will contact Mrs. Warner immediately.**

\_\_\_\_\_  
Student's Printed Name

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
Parent/Guardian's Printed Name

\_\_\_\_\_  
Parent/Guardian's Signature

Any comments or concerns you have for me:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**\*\*The following is a permission slip for 2 movies I will be showing during the semester that require a signature for each to be shown in class.**

(1) Remember the Titans (rated PG) during Social Health Unit.

Parent/Guardian's signature \_\_\_\_\_

(2) Super-Size Me (rated PG) during Nutrition Unit.

Parent/Guardian's signature \_\_\_\_\_