

# Health Education

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This course is one semester in length, but there is a lot of material that needs to be covered to meet federal and state standards and benchmarks. This information will cover:

- Health promotion and disease prevention
- Accessing valid health information and health-promoting products and services
- Practicing health-enhancing behaviors and reducing health risks
- Analyzing the influence of culture, media, technology, and other factors on health
- Using interpersonal communication skills to enhance health
- Using goal-setting and decision-making skills to enhance health
- Advocating for personal, family, peer and community health

**The outline of our course will look like this (dates are subject to change; flexibility is key!):**

**Mental Health:** January 7<sup>th</sup>- January 15<sup>th</sup>

**Social Health:** January 19<sup>th</sup>- January 27<sup>th</sup>

**Nutrition:** January 28<sup>th</sup>- February 5<sup>th</sup>

**Physical Fitness:** February 8<sup>th</sup>- February 19<sup>th</sup>

**Avoiding Drug Abuse:** February 22<sup>nd</sup>- March 4<sup>th</sup>

**Human Development:** March 9<sup>th</sup>- March 19<sup>th</sup>

**Preventing Disease:** March 29<sup>th</sup>- April 14<sup>th</sup>

**Community Health and First Aid:** April 15<sup>th</sup>- May 4<sup>th</sup>

**Final Exam:** Week of May 10<sup>th</sup>



## Technology Tools

### Google Classroom

Code: bd5p5qu

### PowerSchool

Contact Debbie Candelaria at [dcandelaria@paparts.org](mailto:dcandelaria@paparts.org) for log in information

## Important Note About Virtual and Hybrid Learning

As we all seek to learn new ways to learn during this pandemic, we will be utilizing many online resources. Please remember that you are expected to keep up with all assigned course work during your days at home doing virtual school full-time, as well as days at home if we move into a hybrid schedule. Communication is very important, so please let me know if there are any issues with technology and/or the regular class content.

**\*\*Policies and pacing will stay consistent, even if we do return to campus part-time or full-time.**



## Mrs. Hennig's Teaching Philosophy

I hold high standards and expectations for my students because I know they have great potential to grow and learn. My class is quite structured, and students will always be told what to expect and how to succeed in this course. I believe in building lessons and assessments for student success, but it is ultimately up to the student to follow through. I will be utilizing both Bloom's Taxonomy and Webb's Depth of Knowledge as resources to encourage higher order thinking skills. This includes starting lessons with basic recall and foundational material and then building activities to stretch their critical thinking and skills of synthesis of information. I will include a copy of these resources on a separate PDF under our "Resources" tab in Google Classroom.

## Important Class Info

Students will be working on assignments posted on Google Classroom as well as turning in their assignments via Classroom (even if we come back to campus in hybrid learning). We will review these procedures in class.

I will be inviting all guardians to view a weekly Google Classroom summary through email, if they do not already have access. This invitation is sent via email, so please encourage parents/guardians to confirm their invitation. In addition, parents and guardians can help by regularly having their child log in to Google Classroom to check all upcoming and/or missing assignments.

## Class Materials

Because we will be utilizing technology so much for this class, you will need very minimal materials. When you come to the physical campus, please have the following:

- Your fully charged laptop and charger!
- Personal earbuds
- A pen or pencil (we want to limit sharing classroom materials for health purposes)
- A water bottle—water fountains will not be available in the school

## Grades

### Grade Weighting

Class Work= 60%

Participation= 10%

Projects= 15%

Tests= 15%

### Grade Info:

It is your responsibility to obtain make up work after an absence (whether the absence is in person or virtual).

I do accept late work—10% will be taken from the grade earned at any time in the current quarter.

Cheating and plagiarism are NOT tolerated and will result in a zero. If it happens more than once, the issue will be reported to the administration.