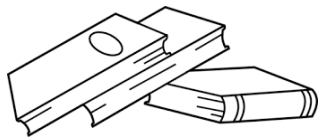

INTRODUCTION

Welcome to Health! I am super excited to have you in class this semester! I know we are anticipating a unique school year, but more than ever, NOW is the time to focus on our mental and physical health. This class is filled with great learning and discussion. Please come prepared every day to participate and have fun! If you ever have any questions or concerns, please reach out to me. I am happy to work with you individually and help make this class enjoyable for you!

 mccall.monson@jordandistrict.org



CLASS MATERIALS

- Pencils & Notebook
- Folder
- Chromebook
- Hand Sanitizer/Masks

GRADES

80%

20%



It is important to turn assignments and projects in on time so that you understand the material in a timely manner and do your best on assessments. No late work may be turned in the last week of the quarter.

COURSE OUTLINE

- ✓ **Health Foundations & Protective Factors**
- ✓ **Mental & Emotional Health**
- ✓ **Safety & Disease Prevention**
- ✓ **Substance Abuse**
- ✓ **Nutrition**
- ✓ **Human Development**

Maturation & Diseases

The maturation and diseases unit are Jordan District approved. It is an abstinence-based program for learning about maturation and other healthy lifestyle decisions.

*Attached to this letter is a parent permission slip regarding this curriculum.

Throughout the semester you'll be taking home, "Parents In The Know" notes. This will give you & your parents opportunities to discuss health-related topics together. These require a parent discussion and signature.

COVID-19 PROTOCOL

Students will follow CDC's Health guidelines by wearing masks and practicing social distancing while in class. Students will also sanitize hands before entering and exiting the classroom. Desks will be wiped down at the beginning of each class to secure student's safety. We ask that if students show any symptoms of COVID-19 that they remain at home. All school work will be posted on Canvas for those who are unable to physically be in class.

CITIZENSHIP GRADES

Good behavior is expected and includes:

- Being prepared
- Respectful in class
- On time
- Displaying a winning attitude
- Being ready to listen & learn

These are school-wide rules. Your participation, behavior, and attitude will be reflected on your citizenship grade.

MOVIES

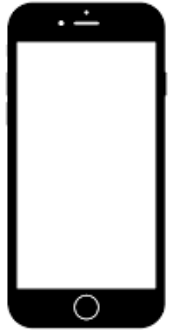
We may watch the educational versions of either *Supersize Me*, *In Defense of Food*, or *Fed-Up* during our study of nutrition.

These award-winning movies explore issues related to healthy eating and provide valuable discussion points. The documentaries have been edited and enhanced for use in the classroom and are rated PG.

Parents, please contact me directly if you prefer your student to not watch these movies with the class and an alternative activity will be provided.

ELECTRONIC DEVICES AND HEADPHONES

Electronic devices should be kept in student's pocket. Devices should not be out during class, unless otherwise instructed by the teacher or with permission.



First offense: Student will turn the phone into the teacher until the end of class.

Second offense: Student will turn the phone into the teacher until the end of day.

Third offense: Phone will be turned into office and parents will have to pick up the device from the office.

THIS APPLIES TO AIRPODS AND HEADPHONES

Disclosure Acceptance

By signing this disclosure you have read and agree to abide by this disclosure.

Student Signature

Date

Parent Signature

Date

Parent Email



Parent Phone Number