

Dear Students,

2020-2021 School Year

Welcome to health. Health is a one-semester class filled with great learning. We'll be studying the following state standards:

***Health Foundations and Protective Factors of Healthy Self**

***Mental and Emotional Health**

***Safety and Disease Prevention**

***Substance Abuse Prevention**

***Nutrition**

***Human Development**

Within each of these general areas are many topics. We will be busy. You don't need any special supplies for health. Make sure you have a pencil or pen each day and a section in your binder or folder. You may also want to bring a small bottle of hand sanitizer. The school also provides this at various locations. Become familiar with Canvas as this will be our online learning tool throughout the school. We will be doing a variety of both online and hard copy assignments, and coursework will be posted on Canvas as we progress through the class. It is important to bring your Chromebook computer charged with you each day to class. You will also have a thin green booklet called *Lifeskills Training* that you will need to bring with you daily.

Fridays will be a chance to come in for extra help or relearning if you need it. There will also be an assignment to complete each Friday at home.

In this time of a pandemic, please stay home if you are sick or if you have had a known Covid exposure. I will help you get caught up. You are REQUIRED to wear a face covering in this class and throughout the school. Masks should cover both nose and mouth. This is uncomfortable for all, but together we can do our best to keep one another healthy. The key word this year is flexible. We can work together to make this a great year despite the unique challenges.

Our maturation and diseases portions of the class are Jordan District approved and abstinence-based programs for learning about maturation and other healthy lifestyle decisions. Attached to this letter is a parent permission slip regarding this curriculum. You'll also be taking home *Parents In The Know* notes during the semester. This will give you and your parents many opportunities to discuss health-related topics together. These require a parent discussion and signature.

We may take the opportunity to watch the educational versions of either the movie *Supersize Me* 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 email me directly at kimberly.player@jordandistrict.org if you prefer your student not watch these movies. An alternative activity will be provided.

Good behavior is expected and will help ensure a positive learning environment. Good behavior includes being prepared, respectful in class, on time, displaying a winning attitude, and being ready to listen and learn. These are school-wide rules. Cell phones and other electronics are not allowed in class and should be out of sight. Of course, your behavior will be reflected in your citizenship grade.

You are expected to turn assignments in on time, and staying current with assignments is the best way to know the material well. You will need to turn in a late assignment voucher with assignments that are not completed on time. Assignments that are late will be accepted for up to two weeks after a unit ends. No late or absent work will be accepted the last week of the quarter. Students may retake assessments to ensure mastery. However, it is always best to prepare and do your best the first time. Students who wish to retake an assessment need to complete the requirements before retaking a test or quiz. Grades will be based on 80% assessments and 20% assignments.

As we move towards standards-based grading this year, I am learning along with you. We will really focus on topics that are most important and seek to learn them well. Come to me if anything is unclear or feels unfair. Health is a fun class full of interesting and important learning. I know we'll have a great time together. I'm excited to be your teacher!

Mrs. Kimberly Player
Health