Spring 2013

Dear Parent/Guardian and Student:

The purpose of Health Education is to teach students the value of total life wellness. The units covered comprise of the various units: Nutrition and Physical Activity, Safety, Social and Emotional, Personal Health and Wellness, Alcohol, Tobacco, and other drugs, and Sexual Education. I will try to instill proper habits that will lead to lifelong wellness. This is done by informing students and providing educational materials that supplement healthy choices. My directive is to have each student be able to live productive and healthy lives. The following is a list of expectations and course policy of students in my classroom during a health education class.

**Earning your Grade**: Grades will be based upon total points earned. Points will be earned on a daily basis by completing assignments, participating in class activities, quizzes and tests. Homework is reviewing what you learned from the previous class, prior to coming to class. Late work will be accepted, however, there will be points deducted for each day the assignment is late. Work missed due to being absent from class may be made up only if the absence is **excused.**  Generally, two days will be given for each day missed. I will be available for extra help anytime before school or after. I will need two days advanced notice so I can plan the time accordingly.

**Rules to Follow:**

1. BE KIND

2. BE RESPECTFUL (To People and Property)

3. SHOW SELF-DISCIPLINE (Actions and Words)

4. BRING REQUIRED MATERIALS

5. NO CELL PHONES unless teach says they may be used for the activity

**Consequences of Actions:** (\*Reserve right to skip first two consequences depending upon severity of action)

1. Verbal Warning

2. Asked to move to different location (Physical Warning)

3. Call Home

4. Meeting with Parents and Student

5. Send to Principals Office

## REQUIRED MATERIALS TO BRING TO CLASS

1. A NOTEBOOK. The notes you take will become your textbook.
2. A folder/binder for the many handouts you will receive
3. A pen/pencil
4. APPROPRIATE BEHAVIOR!

If you have any questions or concerns please contact me at WPuvalowski@lsps.org

Thank You,

William Puvalowski

Human Health Teacher

Lake Shore High School

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**\*\*\*\*\*\*Parent/Guardian complete and return bottom portion\*\*\*\*\*\***

Student’s Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Hour\_\_\_\_\_\_\_\_

Parent/Guardian Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Telephone Number and Best Time to Call:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Class Syllabus**

**Human Health**

**Teacher:** William Puvalowski

**Email:** Wpuvalowski@lsps.org

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**Grading Scale**

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A = 93-100, A- = 90-92

B+ = 87-89, B = 83-86, B- = 80-82

C+ = 77-79, C = 73-76, C- = 70-72

D+ = 67-69, D = 63-66, D- = 60-62

F = 0-59

\*\* Grades are based on percentages \*\*

**Grading**

The grading percentages are rough estimates and may change slightly as the trimester moves along. As the teacher I reserve the right to make adjustments to the grading as I see fit.

Unit Breakdown

Participation 25%

In Class Assignments 25%

Homework Assignments 20%

Cognitive Test 30%

Total 100%

Example Unit of Grading

*Category Available points*

Participation

2/22 5 points

2/25 5 points

2/27 5 points

2/28 5 points

In-class Assignment

Fitness Section 1 questions 1-5 5 points

Fitness Section 2 questions 1-5 5 points

Fitness Worksheet Packet 10 points

Homework

Fitness Section 1 questions 6-10 5 points

Fitness Section 2 questions 6-10 5 points

Test

Fitness unit test 30 points

**Grading Rationale**

As outlined in the course letter to parents, the students are required to earn their grade through various requirements that meet the Michigan Content standards. They will be meeting these standards through activities planned in class through participation in group activities or lecture interaction. In other words if the student is paying attention and is making an attempt to learn they will be receiving their five points for participation. If a person is absent and it’s excused, they will be excused from this component and will receive a prorated grading scale minus the excused absence. Homework and in class work will be graded upon the content knowledge exemplified. Each unit of instruction, like the fitness example, is going to be either multiple choice, true or false, essay or fill in the blank. Students will be given this information previous to the test date to ensure adequate studying time.

**Procedures**

The class will begin with the students entering the class and starting to do the bell work that will be written on the board or placed on the project. The bell work will count as part of the participation grade in the course. The teacher will collect the bell work from the students. Once the bell work is done (usually 5-10 minutes into the class) the class will move on to the day’s activities and lecture.