

Health Education-Grade 12

Mrs. Kerry Figueiredo

Welcome to 12th grade health! This year we will be covering numerous topics such as:

- Overall Health and Wellness
- Support Systems
- Mental Health: Personality development, emotions, self-esteem, media and social influence, college experience
- Bio-psychological Issues in Health: Social/family values and their influence on health in our society and individual health, peer violence, refusal skills and decision making
- Nutrition: My plate, categories and essentials, eating disorders and body image, related health conditions
- Diseases and Disease Transmission: Definitions, communicable diseases, first aid, CPR/AED

ATTENDANCE IS VITAL! All tests/quizzes will be based on class discussion and notes. Please refer to eBackpack in the event of an absence and complete all work in a timely manner. All PowerPoint presentations and class notes will be on eBackpack. If a student is legally absent from class, he/she will have a one-class grace period to check eBackpack to get caught up on work. Ultimately, students are responsible for all work missed.

MATERIALS NEEDED: All students are required to have their iPads charged and present each day. All students will be required to bring a health specific folder and binder with loose-leaf paper. These materials must be brought to class by the third day of the semester. There is no textbook for Health 12.

OFFICE HOURS: Are offered zero period on Monday, Wednesday, Thursday and Friday, and during period one on odd days and period two on even days in room 2310. I can be reached by email at kfigueiredo@rvcschools.org and phone number is 516-255-8827. Please allow up to 24 hours for correspondence.

GRADING POLICY:

- 20% Notebook/folder
- 20% Tests/quizzes
- 20% Participation (as per self-assessment on rubric)
- 20% Projects (1 per quarter)
- 20% Homework (4 per quarter)

I look forward to a great semester filled with self-discovery, awareness, education, and growth. Please have all materials mentioned above, along with page 2 of this syllabus on by the third day of class. By signing page two of this syllabus, the student and parent/guardian both acknowledge and understand the expectations for Health 12.

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ACKNOWLEDGEMENT BY STUDENT AND PARENT/GUARDIAN OF HEALTH 12 RULES AND EXPECTATIONS

Student's Name: _____

Signature: _____

Parent/Guardian's Name: _____

Parent/Guardian's Signature: _____

Parent/Guardian's Phone #: _____

Parent/Guardian's Email: _____

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Parent/Guardian's Email: _____