

# Miss Stevens: Health Class Syllabus

Great Falls High School

<b>Instructor Name:</b>	Miss Samantha Stevens	
<b>Contact Information:</b>	Room 102 (2 <sup>nd</sup> period), 122 (3 <sup>rd</sup> period), South Campus Girls Locker Room (Periods 0,4,5,6) Phone Extension: 268-6282 Email: <a href="mailto:samantha_stevens@gfps.k12.mt.us">samantha_stevens@gfps.k12.mt.us</a>	
<b>Schedule:</b>	Period 0 Weight Training Period 1 Female Weight Training Period 2 Freshman Health Period 3 Freshman Health Training	Period 4A Lunch Period 4B Lunch Duty Period 5 Prep Period 6 Female Weight

## Required Text and Supplies:

Glencoe Health (classroom set ONLY)  
Online Book: [gfhhealthenhancement.com](http://gfhhealthenhancement.com)  
3-ring Binder/Folder with notebook paper  
Pens/Pencils

## Course Description:

During this class you will examine the importance of making healthy choices in order to achieve health and wellness through self-responsibility and decision making. These courses will include an introduction to safe living, body systems, nutrition and body image, substance abuse, mental health, human development, and disease prevention and treatments.

## Course Units of Study:

Freshman:

Health & Wellness  
Relationships  
Nutrition  
Substance Use & Abuse  
Reproduction & Adolescence  
Personal Health Care  
Body Systems

## Supplemental Help:

Remind 101: To sign up for Freshman Health, text @h78bef to 81010  
or go to [www.remind.com/join/h78bef](http://www.remind.com/join/h78bef)

Online book: [thecoacho.com/freshmancurriculumchapters.htm](http://thecoacho.com/freshmancurriculumchapters.htm)

## Grading Scale:

<b>A</b>	<b>90-100%</b>
<b>B</b>	<b>80-89%</b>
<b>C</b>	<b>70-79%</b>
<b>D</b>	<b>60-69%</b>
<b>F</b>	<b>59% and below</b>

**Class Etiquette:**

- ❖ *Participation:* Participation is mandatory. Participation includes completion of in and out of class work, adding to class discussions, and answering questions.
- ❖ *Instructor's Expectations:* This is a high school course. As such I expect that you will take the course seriously and behave in a mature manner. This means you are expected to:
  1. Be prepared. Complete the readings/assignments. If you are unprepared to participate your grade will be negatively impacted.
  2. Participate. Ask questions and participate in activities to be successful.
  3. Be respectful. At times our discussions may find people disagreeing over views. Please make sure to maintain a respectful tone.
- ❖ *Behavior Policy:* As high school students I expect you to require very little redirection with regard to behavior. If you are violating any of the above expectations or creating an environment that is distracting to others you will be given a warning. If your behavior continues you will be asked to go to the office. Your parents will be notified of significant behavior issues. I sincerely hope I can focus all communication on positives rather than behavior issues.
- ❖ *Late Work Policy:* If you have an excused absence the day an assignment is due you are expected to turn in the assignment the next day. Major papers or projects can be turned in late but will lose 10% for every day that they are late. Something is considered late if it is not turned in with the rest of the class when it is asked for. If you turn it in later the same day it will lose 5%. Quizzes and tests should be made up the day that you return. You should contact me to figure out when you can come in. Please come on your lunch, free period, or before school.

**Final Thoughts:**

You will notice there is an emphasis on personal responsibility in this course. Pay attention to due dates and consistently attend class in order to be successful. My goal for this class is for everyone to be successful. Please do not hesitate to ask for help if you need it. I'm excited to get to know you and to have a fun and engaging year.

Samantha Stevens  
GFHS Health Enhancement

Parent Signature & Date: \_\_\_\_\_

Student Signature & Date: \_\_\_\_\_