

Cosumnes Oaks High School



Home of the Wolfpack Health

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Course Syllabus

School Core Values & Three School Rules

The three school core values that are: academic excellence, personal character, and civic responsibility will be upheld in my classes. There will be an emphasis on the three school rules: be safe, be respectful and be responsible throughout each term. These items add to the foundation of all classes.

Cosumnes Oaks High School ESLRs (Expected Schoolwide Learning Results) – Be the **PACK**:

Prepared Scholars who...

- demonstrate mastery in all subject areas
- exhibit an ability to make interdisciplinary connections

Accomplished communicators who...

- demonstrate expertise in written, spoken and artistic expression
- exhibit literacy in information media and technology

Continuing Learners who...

- display creativity and practice collaboration
- utilize critical thinking and problem solving skills
- make informed decisions to maintain healthy mind and bodies

Knowledgeable Global Citizens who...

- Display social and cross-cultural competency
- Demonstrate initiative and accountability

Course Description

Health is a term long course required for graduation from an Elk Grove Unified School District comprehensive high school. The primary focus in each unit will be decision-making and personal responsibility. Learning skills such as critical thinking, note taking, organization and group participation will be emphasized. Successful completion of the course earns the student 5 units towards graduation. Lesson and activities incorporated into each unit:

- ⇒ **Introduction to Health/Mental Health** – wellness, decision-making, healthy lifestyles, disease prevention, life expectancy, self-esteem, stress, defense mechanisms, depression, teen suicide.
- ⇒ **Nutrition** – healthy eating habits, 6 essential nutrients, diet cycle, metabolism, eating disorders, diet analysis.
- ⇒ **Substance Use and Abuse** – states of dependence and addiction, tobacco, alcohol, other drugs: cannabis, narcotics, hallucinogens, stimulants, depressants and inhalants.
- ⇒ **Family Life** – healthy relationships, female and male anatomy and physiology, contraception, pregnancy, childbirth, sexually transmitted diseases.

Class Expectations and Requirements

1. Attendance and participation in this class are crucial to your success
2. The school attendance policy will be followed.
3. Be on time, in your assigned desk and ready to begin class when the bell rings
4. Assignments are due at the beginning of the period unless otherwise instructed.
5. Late work will be given partial credit. You have the same number of days you were absent to make up your work. When absent you are responsible for finding out what assignments you missed.
6. Write the daily agenda and homework (if assigned) *neatly* each day on binder paper or the daily agenda handout and keep it in the front of your notebook.
7. Bring notebook, binder paper, textbook, pen and/or pencil, highlighter daily.
8. No food or drinks are allowed in the classroom with the exception of water.
9. No headwear allowed on head inside of the classroom during class time.
10. Be courteous to everyone.

Grading Policy

Grades are based upon the total points earned. There are 3 percentage-weighted categories.

Percentage	Grade
97-100+	A+
90-96	A- to A
80-89	B- to B+
70-79	C- to C+
60-69	D- to D+
Below 60	F

Categories	Percentage
Class work & Homework	60
Tests	30
Work Habits	10

Class work & Homework

This includes all non-test items that are worth points such as: textbook assignments, supplement assignments, journal entries, etc. Stay up with your work!

Tests

This includes unit exams, tests covering part of a unit, or any other type of test that may be given.

Work Habit

Chapin: Each class day there are 10 work habits points to be earned.

Bettencourt: Every student will start with 100 points at the beginning of the term and points will be deducted when necessary.

Part of your work habits grade refers to how **“well prepared”** you come to class.

Everyone starts out with "full credit" or an "A" in work habits. You can choose to keep it that way by coming to class prepared (on time, books, paper, pen, homework, etc.) and working (reading, writing, discussing, etc.) when it is time to work.

Sample items that can cause a student to lose their work habit points: 1) Being tardy, 2) Not having required class materials (students must have their book every day in class), 3) Off task behavior during class, 4) Being disrespectful

District Course Standards

1. Student demonstrates ways in which they can enhance and maintain their own health and well-being.
2. Student demonstrates behaviors that prevent disease and speed recovery from illness.
3. Student practices behaviors that reduce the risk of becoming involved in dangerous situations and react to potential dangerous situations in ways that help to protect their health.
4. Student will play a positive, active role in promoting the health of their families.
5. Student promotes positive health practices within the school and the community, including positive relationships with peers.
6. Student understands the variety of physical, mental, emotional, and social changes that occur throughout life.
7. Student understands and accepts individual differences in growth and development.
8. Student understands their developing sexuality, and will choose to abstain from sexual activity, and will treat the sexuality of others with respect.
9. Student identifies products, services, and information that may be helpful or harmful to their health.

Parent or Guardian Teacher Contact

School Loop is a communication tool that allows parents/guardians/students to access student grades. Parents/guardians are welcome to contact me about your child's progress and you are invited to come to my class and observe at any time. The school phone number is 683-7670. Mr. Chapin's extension is 3216 & Mrs. Bettencourt's extension is 3215.