**Health I Mrs. McCormack 20012-13**

**Course Description:**

This class meets 2 days per 8 day cycle for 2 terms and is a requirement for graduation. It is designed to provide basic wellness concepts necessary for the achievement of optimal health.

**Massachusetts Comprehensive Health Curriculum Standards addressed:**

* Components of Health
* Decision Making
* Reproduction/Sexuality
* Mental Health
* Violence prevention
* Harassment

**SBRHS Expectations**

4. Students will solve problems and complete tasks by reasoning critically and creatively.

5. Students will process information critically to become capable researchers.

**Classroom Rules**

* Arrive to class on time
* Be prepared for class-this means with a notebook and a writing utensil.
* No Gum in class please
* Respect the cleanliness of the room. Please throw all trash in the barrel.
* **NOTHING** short of complete respect will be tolerated.

**NO CELL PHONES OR ELECTRONICS WILL BE TOLERATED.** If you insist on using them in class you can expect to have them taken away and deposited in the main office….discipline will be taken care of by the administration.

**Grading policy:** Class attendance is very important, many of the activities are classroom centered and cannot be made up!

Term grades will be based upon the following criteria:

* 30% Attendance and attitude
* 40% Classroom participation & homework

30% Tests, quizzes and projects

**Topics covered in Health I**

We will be emphasizing violence prevention/bullying for most of the first quarter. We will also be exploring many different aspects of your personality trying to figure out just “what makes you tick”!

Other topics to be covered:

* Relationship violence
* Mental illness
* Human sexuality including reproduction and birth control methods
* Sexually transmitted infections
* suicide