

## Health & Wellness

In this class we will explore a variety of health-related topics, including relationships, mental health, sexual health, self-esteem, conflict resolution, suicide prevention, drugs and alcohol, and nutrition. Many of these topics are sensitive and may cause some discomfort. However, everything we cover is important to your overall wellbeing - physical, emotional, social, and mental.

It is imperative that you treat your fellow students, guest speakers, and teacher with respect during class discussions and presentations. Everyone's ideas, questions, and concerns must be taken seriously. Thank you in advance for your understanding and cooperation in this area.

In this class, we will be using the Project Wellness, Fourth R, and Mindful Schools curricula, but we will also rely on recently published articles and materials so that I can provide you with the most up-to-date health information possible. We will also have health professionals who are experts in their field as guests.

### Classroom Procedures

It is important that everyone follow the classroom procedures to ensure a smooth, productive trimester. Please read them carefully and ask if you have questions.

1. **Homework** – This class is focused primarily on class activities and discussion. Most of the work will be done in class. You will have minimal homework as long as you are engaged in class.
2. **Make-up work** – Because so much of our learning takes place through class discussion and activities, it is important to be in class. Daily work will be posted on Google Classroom after class. Make-up work for extended absences may differ from what we do in class. All make-up work is expected to be turned in according to student handbook guidelines. It is your responsibility to make up all missed work. If you need an explanation from me concerning make-up work, see me before school or at lunch to maximize class time.
3. **Tardy policy** – You are tardy if you are not in class on time. If you need additional time for any reason, please come drop off your things and tell me before class starts. When you come in, check the board. Most days you will have a question related to our unit to prompt thinking and discussion. Three unexcused tardies will result in detention.
4. **Food and drink** – Healthy snacks are permitted in class, as long as it does not disrupt learning. Water bottles are encouraged. No energy drinks.

5. **Cell phones** – I should not see your cell phone unless I have explicitly said it is okay to use. If I see your cell phone, I will ask you to put it away. If it is a problem a second time, I will confiscate it (see student handbook for guidelines). No ear buds.

### **Classroom Expectations**

1. **Mutual respect and kindness** – Give teacher, guests, and fellow students respect. Cultivate empathy. Value differences.
2. **Be engaged** - Listen carefully. Participate in class activities. Ask questions of teacher and each other. Stay on topic.
3. **Share your ideas** – We all have something to learn from one another. Your ideas are important.
4. **Have fun!** – We learn more when we are enjoying ourselves. Laugh often – just not at each other.

**Grading Breakdown** - I will be using “total points” to calculate your grade. That means all of your points are added together. Some assignments will be worth more points than others, but there are no categories or weighting of assignments.

Participation in classroom discussion and activities - You will receive 0-10 points most weeks for being an **engaged and respectful participant** in the classroom. This means you are sharing your ideas

Quizzes, projects, and assignments – Quizzes will be short and designed to understand what you have learned rather than what you haven’t. We will have a variety of other ways to show your learning – through class discussion, written work, and projects.

Final assessment – I am hopeful that your final will consist of a community service project we develop together.

**Questions?** Don’t hesitate to come speak with me! I’m happy to talk with you.

**\*\*Syllabus is subject to change depending on class needs.\*\***