

9th Health Syllabus (2014/2015)

7th Grade Health Education

Mrs. Suing

Bennington Junior High School

Welcome to 9th Grade Health! Students should start the 12 weeks with an open mind and ready to learn new ideas and concepts about Health. Below is the information necessary for you to perform at your highest abilities!

Course Description:

This course is designed to provide information needed to make important decisions about health, wellness, and individual lifestyle. Emphasis will be placed on the student's acquiring knowledge and assuming responsibility for one's own health. The overall goal of this course is for students to learn about a wide variety of health topics and be able make positive health decisions for themselves in the future based on the information that is presented to them.

Health Units: (we will not get to all the units)

1. A Healthy Foundation
2. Mental and Emotional Health
3. Healthy and Safe Relationships
4. Nutrition and Physical Activity
5. Personal Care and Body Systems
6. Growth and Development
7. Drugs
8. Diseases and Disorders
9. Safety and Environmental Health

Assessment:

The assessments will include worksheets, reviews, projects, and quizzes. Each student will need access to the internet. A lot of the homework and quizzes will be available on the online site that the book offers. All PowerPoint presentations will be online along with supplemental resources of each chapter.

Classroom Expectations and Procedures:

Students need to come prepared each day with their text book, pencil, paper, and any daily assignments. Each student must stay on task and focus on the topic being discussed. If a student finishes early with his/her daily assignments, they are expected to read or work on any other homework. Students will be respectful to school property and to others in this classroom.

Rules

1. **Be on time!!**
2. **Turn in homework on time.**
3. **Be respectful and considerate to their peers and teacher.**
4. **Bring all required material to class.**
5. **NO phone out until the teacher says so.**
6. **Use electronic devices appropriately.**
7. **No food or drink in the classroom unless approved by the teacher.**

Recommended/Required Materials for Class:

1. 3 Ring Binder or Folder with pockets
2. Loose leaf paper (approx 30 pieces)
3. Pen/Pencil (**red, black or blue! No other colors**)
4. Homework / Daily Assignments
5. Textbook

Grading Procedures:

All assignments should be completed on time. However, if a student does not complete assignments on time, the grade will have a 25% reduction. Students who have assignments that are two or more days late will receive a grade no higher than a 50%. All students must complete their assignments. Receiving a zero is not an option. This grading procedure is in accordance with the Bennington High School Handbook.

All the points in health are weighted the same no matter what the assignment is. The final grade will be based on total points. For example, if you have 150 out of 200 possible points at the end of the 6 weeks, you would receive a 75%. Homework assignments will be worth fewer points than a quiz. A quiz will be worth less than a test/project.

Absences:

If you are absent from class, it is your responsibility to make up missed work. Students are to report to the teacher the day they come back to pick up missed work. It is very important to do this immediately upon returning to school. If a student knows that they will be gone ahead of time, please notify me so I can get the homework to them as soon as possible.

Teacher Contact Information:

Before school my office is downstairs by the girl's locker rooms. After school you can find me in room 140. My door is always open. If you need extra help, I am at school at 7:30 AM and I stay at school till 3:45. I can come earlier or stay later if I need to. I am always available by email. My email address is jsuing@bennps.org.