

7006 W. HWY. 53  
Rathdrum, ID 83858  
208-687-0181  
lhs.sd272.org

# Lakeland High School



Mrs. Heacock  
e-mail: [shanda.heacock@lakeland272.org](mailto:shanda.heacock@lakeland272.org)  
Website: [mrsheacock.weebly.com](http://mrsheacock.weebly.com)

## HEALTH COURSE SYLLABUS

**MISSION STATEMENT-** The mission of Lakeland High School is to empower students to develop their individual potential by acquiring the knowledge, skills, and values needed to contribute to a healthy, productive community.

**COURSE DESCRIPTION** -This class considers the life long process of developing and maintaining a positive healthy person. Course content includes: appearance, emotions, drug abuse, sports and recreation, nutrition, body systems, and other subjects which pertain to the emotional and physical development of the individual.

**CONTENT STANDARDS:** <https://www.sde.idaho.gov/academic/health-ed/>

**SKYWARD-** SKYWARD helps parents/guardians stay informed and connected by providing day-to-day insight into the academic experience with access to important information, please make sure you are checking it regularly. SKYWARD can be accessed at <https://skyward.iscorp.com/scripts/wsisa.dll/WService=wseidulakelandid/fwemnu01.w>.

### GRADING INFORMATION-

Letter Grades/Percentage Breakdown	
Percent in Class	Letter Grade
90.00 – 100.00	A
80.00 – 89.99	B
70.00-79.99	C
60.00-69.99	D
0.00-59.99	F



\*\*GRADES ARE NOT ROUNDED\*\*



**BRIEF COURSE OUTLINE-** Passing with a D or better is required to meet graduation requirements. If you plan to attend an ISU or U of I, you must also have a cumulative GPA of 2.5 or better. (Schedule of lessons subject to change dependent on class and/or instructor needs or interests)

1. A Healthy Foundation (CH 1, 2)
2. Mental and Emotional Health (CH 3, 4, 5)
3. Healthy and Safe Relationships (CH 6, 7, 8, 9)
4. Nutrition and Physical Activity (CH 10, 11, 12)
5. Personal Care and Body Systems (CH 13, 14, 15, 16)
6. Growth and Development (CH 17, 18)
7. Drugs (CH 19, 20, 21, 22)
8. Diseases and Disorders (CH 23, 24, 25)

### ESSENTIAL LEARNING OBJECTIVES

1. Comprehend core concepts related to health promotion and disease prevention to enhance health.
2. Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
3. Demonstrate the ability to access valid information and products and services to enhance health.
4. Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
5. Demonstrate the ability to use decision-making skills to enhance health.
6. Demonstrate the ability to use goal-setting skills to enhance health.
7. Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce risks.
8. Demonstrate the ability to advocate for personal, family, and community health.

**DISCIPLINE** - if students are impeding my right to teach and fellow students' right to learn, the following steps of discipline protocol go into effect: 1) Conference (may involve parent call) 2) Student time-out (may involve parent call) 3) Referral to administration. The order of steps may change depending on the situation.

- ↳ Failure to follow electronic expectations and teacher directions will result in the device(s) being sent directly to administration as well as other disciplinary consequences in accordance with the Student Handbook. No warnings will be given.
- ↳ Substitute – Students are expected to show respect and follow directions when a substitute teacher visits. Students will be issued an automatic detention if their name is written down while a substitute teacher is visiting the classroom.

\*PLEASE KEEP THIS SYLLABUS IN YOUR BINDER\*

**ELECTRONIC DEVICE ETIQUETTE & EXPECTATIONS**— *Electronic devices may not be visible during class at all and will be transported to the office with no warning. Students must leave their electronic device in their backpack or with Mrs. Heacock when they leave the room during class for any reason.*

**NO ELECTRONIC DEVICES MAY BE ON YOUR PERSON DURING THE ENTIRE TESTING PERIOD.** Your electronic device must be placed in your backpack at the front of the room. If you have an electronic device on your person while anyone is testing, your device will be sent to administration and you will receive a zero on the entire test. There are no warnings for this policy.

### **CLASS REQUIREMENTS**

- ↳ **Class Participation** – Listening/participating in class activities/discussions is expected.
- ↳ **Class Supplies:** All supplies are required in class every day (Chromebook, paper, pen/pencil, sticky notes, etc.).
- ↳ **Digital Notebooks:** The majority of classwork will be completed in google classroom. Students are expected to pay close attention to their digital notebooks as information within the notebook may be updated at any time. Students should not work ahead as they may lose future work they have completed when an update to the digital notebook occurs.
- ↳ **Homework:** Homework is always an individual assignment and is assigned most nights; always includes unfinished classwork. Due at the beginning of the period.
- ↳ **Projects:** A variety of projects will be assigned during the course, including group & individual projects, research projects, essays, & oral presentations. Projects and essays are DUE on the ORIGINAL DUE DATE. If absent on the due date the assignments need to be submitted electronically, emailed to Mrs. Heacock, or have it dropped off at the school. Failure to do so will result in half credit (with the use of a pass).
- ↳ **Make-Up Work:** Students will have two days to make up work missed for every EXCUSED absence. The student is responsible to turn in their work. Some things cannot be made-up. Students are expected to access google classroom to see what they missed.
- ↳ **Late Work:** Students are responsible for knowing when assignments and Unit checks are due and turning them in on time. Any late work must be turned in by the end of the Unit for 50% off with the use of a star on your pass.
- ↳ **Quizzes/Tests:** Students will be quizzed on material discussed in class, homework, videos, and from your textbook. You will have advance notice of unit tests.
- ↳ **Finals:** There will be a semester final and end of term final worth 20% of each semester's grade. The final cannot be exempt with a green or gold card unless you have an A. The finals are comprehensive and will cover all the information from the first day to the last.
- ↳ **Making-up a Unit Test:** If you have an excused absence on the day of the test, you may make-up the test on a Thursday before or after school. A schedule of make-up times will be made available to the class. If you do not make it up, you will earn a zero on the test.
- ↳ **Videos:** Throughout the quarter a variety of videos will be shown. They include documentaries & movies rated PG-13 or below. The district movie policy will be followed.

- ↳ **Passes:** Students receive one pass per semester that includes 6 stars that may be used to use the restroom, as a tardy pass up to 5 minutes late, or to turn in an assignment late prior to the end of the unit. It is the student's responsibility to keep track of their pass. Lost passes will not be replaced.
- ↳ **Academic Honesty:** Academic honesty is expected of all students. Plagiarism, copying, or cheating is NEVER allowed. Plagiarism is when you take ideas, words, or writings and claim them as your own. This applies to the textbook as well as any other source you use to get information. Any time you get ideas that did not come from your brain or is not common knowledge, a citation is required.
  - Copying from another student, a book, magazine, the Internet, or any other source is considered cheating and will not be allowed. This includes looking at a picture of someone else's work on your phone.
  - **Allowing someone to copy your work is also considered cheating and will receive the same consequences as the person who copied the work.** This includes texting pictures of your work to another student and applies to any assignment, which includes but is not limited to: homework assignments, projects, & essays.
  - **Violation of this class policy will result in a zero on the entire assignment, a referral to administration, as well as the consequences outlined in the LHS Student Handbook.**
- ↳ **TARDY POLICY:** The policy in the student handbook will be followed. Students may use a star from their pass if they are less than 5 minutes late.
- ↳ **ATTENDANCE:** Excessive absences may result in a failing grade and loss of credit for the class.
- ↳ **TEXTBOOKS:** The district has adopted *Health* by Glencoe. Students will have access to a digital copy of the book while the physical copy of the book will remain in the classroom.

**THINGS YOU WILL NEED**—please have all your supplies by **Thursday, 9/9/2021**

- ↳ Binder, glue sticks, highlighters (pink, orange, yellow, blue, and purple), #2 Pencils with Erasers, blue or black pens, color pencils, sticky notes.



#### STUDENT AND PARENT SIGNATURE

I have read, understand, and agree to support Mrs. Heacock's policies & class procedures as listed in her Health syllabus for the entire course. DUE: 9/8/2021

\_\_\_\_\_  
Print Student Name

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

\_\_\_\_\_  
Print Guardian Name

\_\_\_\_\_  
Guardian Signature & Date