

Health Education
Mrs. Parson

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What is Health Education?

Health Education is an important part of the school curriculum that focuses on prevention, health problems and the development of behaviors that lead to improved health. The goal of this class is to provide a safe environment to learn facts about various topics, make good decisions, and develop positive attitudes that will improve the quality of your health.

Units of Study:

Howard County's Health curriculum has been divided into seven units. Each year, students will receive instruction in a minimum of four of the following units:

- Social and Emotional Health
- Tobacco, Alcohol, and Other Drugs
- Personal and Consumer Health
- Nutrition and Fitness
- Safety, First Aid and Injury Prevention
- Family Life and Human Sexuality
- Disease Prevention and Control

Suggested Materials:

All students must come to class prepared daily. No permission is given to retrieve items from lockers. Material recommended included:

- Writing utensil
- Folder
- Lined paper
- MVMS agenda book

Grading Policy

Grades will be determined based on a point system. Assignments will include class work, homework, quizzes, projects and tests, participation, folder check, and Howard County course assessment. Work that is not turned in will receive a zero. There will be no test make up due to poor grades. Teacher Ease is available to access grades. Grade sheets will be provided twice during the quarter to students unable to access Teacher Ease. **Students must keep ALL work, in their health folder.**

Extra Credit

Participation in extra credit is voluntary and is offered to all students. A total of 5 points each quarter will be offered. All extra credit must be turned in to the teacher by its assigned date.

Classroom Expectations

1. Be on time. Students are late if arrival is 4 minutes after class has begun. Students with a pass from a teacher are not considered late. Penalties for lateness include the following: lunch/recess detention, MIR, parental contact and office referral.
2. Be prepared. Please bring MVMS agenda, health folder, lined paper, writing utensil and positive attitude.
3. Make up all missed assignments. On the day you return, check the crate and double check with a classmate for any work you may need to make up. Students are responsible to make up all missed work to be completed by the end of the unit.
THIS YOUR RESPONSIBILITY!!
4. Show respect to your peers, teachers, guests and the building.

I am looking forward to an exciting quarter!! If you have any questions feel free to call or email.

We have reviewed, discussed and agree with the expectations of health class. Please sign and return this portion to Mrs. Parson. Students will store the guidelines in their health notebook.

Students Signature _____

Parent/Guardian Signature _____

Email _____