



# Health Education II

**Teacher:** Felicia Kucharski

**Hours available:** Everyday 3:20-4:00. It is best to let me know you would like to meet so I am sure to be available.

**School Front Office Phone:** (801) 731-9859

**Email:** [fkucharski@questac.org](mailto:fkucharski@questac.org)

**Course Description:** The goal of *Health Education II* is to establish patterns of behavior that will assist students in achieving complete health. Complete health is accomplished by having a balance of physical, mental, social, and emotional well-being. This course is designed to offer students the opportunity to acquire knowledge and develop positive life skills relating to overall health.

## **Course Objectives:**

- Comprehend concepts related to health promotion and disease prevention.
- Access valid health information and health-promoting products and services.
- Practice both health-enhancing and risk-reducing behaviors.
- Develop understanding and respect for SELF and OTHERS.
- Analyze the influences of society, culture, media, technology, and physical environment on health.
- Utilize interpersonal communication skills to improve health and relationships.
- Practice and apply goal-setting, decision-making, problem-solving, and stress management skills to promote healthy behaviors.

## **Behavior Expectations:**

There are three school wide rules in which *all students* must follow. These rules are be taught in the classroom, rehearsed, and reinforced throughout the year.

1. **Respectful Movement**-Students are expected to use non-disruptive, respectful behavior in the hallway before school, after school, and during class transitions. Running, pushing, slamming lockers and other disruptive behavior may result in a deduction in citizenship points or a detention referral.
2. **Self Start** – Students will start on regular daily assignments or tasks without being prompted.
3. **Follow Directions** – Students must follow directions the first time given.

*\*Please be familiar with the dress code policy as I will be enforcing it.*

## **Absent Students:**

Students are responsible to ask for their own missing work. Students have as many days as they missed to get the work completed and turned in to me. For example, if they were absent two days, they have two days (after returning) to complete the missed assignments. *I will not call for them.* Getting and completing missed work is the **student's** responsibility. Most of my assignments will be posted on Schoology. Students may access Schoology and complete any work possible while they are absent. If there are extenuating circumstances, please contact me to make

**Grading and Late Work:**

The student's scores and grades may be accessed at any time online via ASPIRE, which can be accessed through the link on the Quest webpage ([www.questac.org](http://www.questac.org)) under the "Get Involved" tab. I will update grades *at least* once a week.

If your student has an "M", then the assignment is missing and can still be turned in for points. Once it turns to a "0", I will no longer accept the assignment for points. If you have any questions about your student's grades, feel free to contact me.

Missing/late work: Students will have **one day** (A-day to A-day/B-day to B-day) after the due date to get an assignment turned in for 75% of the points earned. After that, the assignment will not be accepted.

**Tardy Policy:**

A student is considered tardy if they are not sitting, *not in the process of sitting*, in their assigned seat when the tardy bell rings. Extensive tardiness will result in further action.

**Extra Credit:**

I occasionally offer extra credit. When I do, I expect students who are struggling to take advantage of the opportunity!

**\*\*Please print and return the Human Sexuality Parent Consent form in addition to the page below. This unit will be taught in April. If you have any questions or concerns, please don't hesitate to contact me.**

*Print, sign and turn in this page.*

**I have read and understand the syllabus provided by Ms. Kucharski regarding Health Education II. I agree to abide by the rules, procedures, and expectations for this Health Education class.**

**Student Name (Print):** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Student Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian (print):** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_