

## Healthful Living Course Guidelines & Syllabus

Dear Parents & Students,

All students must successfully complete 1 semester unit of Healthful Living to meet their graduation requirement. The North Carolina Standard Course of Study and the Wake County Curriculum are followed. Since this is a state required course for high school graduation, I encourage students who are having difficulty in either Health or Physical Education to speak with me individually.

**Healthful Living** is a combination of Health Education & Physical Education (PE). The Health curriculum includes Making Healthy Choices, Overall Wellness (including mental, emotional, social and physical wellness), Fitness and Nutrition, Alcohol and Tobacco, Grief and Loss, Family Life, and Reproductive Health & Safety. The Physical Education Curriculum includes a combination of Individual and Team Sports with a daily emphasis on Fitness. The overall Healthful Living grade is determined by 80% Health Education and Physical Education - 20% Final Exam.

Parents & students please review the information in this letter and contact your Healthful Living teacher if you have questions or concerns. You may call Apex High School at 387-2208 or send an email. The Healthful Living Staff is committed to excellence and making this a successful and rewarding year. With a team effort and attitude we will have a positive year.

### Health

The objective of the Health portion of Healthful Living is to help the students gain a better understanding of the importance of health and wellness in their lives. We will cover Making Healthy Choices, Overall Wellness (including mental, emotional, social and physical wellness), Fitness and Nutrition, Alcohol and Tobacco, Grief & Loss, Family Life, and Reproductive Health & Safety (which will include HIV/AIDS and various STDs). The topics discussed in this class can be sensitive in nature, but are not in anyway intended to interfere with a student's personal or religious beliefs. Only facts that have been scientifically proven and approved for discussion are used in class. If a student feels uncomfortable with a topic, he or she should talk to their HL teacher immediately, so the issue can be resolved.

The textbook we are using is Glencoe Health. It is available in the traditional hard copy format, as well as online. Students have 24-hour access to the online textbook. The traditional hardcopy textbooks will not be removed from the classroom. It is **IMPERATIVE** that students take excellent notes during class lectures and presentations, as that is what you will use to study for your tests.

Students are responsible for: being on time to class, having health binder, bringing their binder to each Health day, all class work, being prepared for class every day, showing respect for self and others, doing their own work, and making up missed work. It is the **responsibility** of the **student** to get any work they have missed!!

In Health, students will be graded on their notebook, class work, quizzes, assessments/tests and the research project. Although attendance is not graded, if students fails to attend class on a regular basis, valuable work and information will be missed, which may result in a failing grade for the class.

**Physical Education:** Students are required to dress-out and participate each day for PE.

Reporting on Time:

1. Students must be in their locker room hallway before the tardy bell rings.
2. Students must be dressed-out and in their designated area 5 minutes after the tardy bell.

Proper Dress for Class:

1. Students are **REQUIRED** to wear a change of clothing.
2. Students must wear appropriate athletic shorts or pants, which adhere to the school-wide dress code (no jeans, cargo or casual shorts), a full t-shirt with hemmed sleeves (no tank tops for males or females) and athletic shoes. Rubber-soled, casual shoes will not be accepted. **NO STUDENT WILL BE PERMITTED TO PARTICIPATE AND EARN CREDIT WITHOUT BEING DRESSED-OUT.**
3. Students should not wear jewelry during class as a safety measure.
4. **ITEMS OF VALUE SHOULD NOT BE LEFT IN THE LOCKER!** You may place these items in the teacher's office. However, teachers are **NOT** responsible for lost or stolen items. Lockers will not be assigned. You are encouraged to bring a lock and use a locker during your assigned class time. All personal belongings and locks must be removed upon leaving class each day! Large amounts of money should never be brought to school.
5. No hats or electronic devices (cell phones, iPods, mp3's, PS2, etc) will be allowed in any classroom, which includes both the main and auxiliary gyms.

Class Participation:

1. Students are required to dress-out and participate each PE day
2. **Students not dressed-out, will NOT be allowed to participate.**
3. Students who are absent (excused or unexcused) will be given the opportunity to earn back missed credit. Excused absences will be permitted to earn back 100% while Unexcused absences can only earn back 70% of daily performance grades. A student who does not dress-out during the class period is **NOT** eligible to earn back missed credit.
4. Make-up days will be offered after school - on Tuesdays and Thursdays for 30 minutes. Students must arrive at 2:30pm, be dress-out, sign-in, and actively participate to earn credit.
5. Medical concerns and conditions need to be discussed with the teacher on a one-on-one basis prior to the first day of class.
6. We do not need or want letters from parents stating that students are unable to participate. We are encouraging student accountability and request that the student **PERSONALLY** talk with the teacher. If students come to school, come prepared to dress-out. If you have a problem that may interfere with participation, discuss it with your teacher. **TOGETHER**, a decision will be made.
7. Written excuses from a medical doctor are required for extended medical problems that would affect participation. The teacher may consult the parent and doctor to prescribe an adapted program.

Evaluation:

1. Physical Education grades are influenced by attendance, dressing-out, active participation, effort, sportsmanship, promptness to roll call, knowledge of subject matter, and skill attainment. Students will receive PE Performance grades and Written Test grades.

Miscellaneous:

1. At the end of class, students are to remain in the gym hallway until the bell rings. Leaving early will be considered skipping and an administrative referral will be made.

\*\*\*\*\* Please Complete & Return this sheet to your HL teacher \*\*\*\*\*

We, both student and parent, acknowledge that we have read and understand the Healthful Living syllabus and guidelines.

It was reviewed in class and a copy is available on BlackBoard.

We agree to abide by all the guidelines set forth.

We understand that this sheet will be kept on file.

\_\_\_\_\_ Student Name (print)

\_\_\_\_\_ Student Signature

\_\_\_\_\_ Parent/Guardian Name(s)

\_\_\_\_\_ Parent/Guardian Signature(s)

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Use of SPAN for Progress Reports/Grades in Healthful Living Class

We do not print interims, send interims home, or send interim emails - all grades for HL class are accessed via SPAN only!

Students are assigned and have been given a SPAN username & ID for access to SPAN.

If they do not know it or forgotten it, they should go to Student Services to have it reset.

Parents need to fill out the "Parent Application for Access to Student/Parent Access Network".

It can be downloaded from the WCPSS website at [www.wcpss.net/span/](http://www.wcpss.net/span/) OR a copy of the application can be picked up at the Student Services office at school.

The completed application should be returned to the Student Services office.

To facilitate this, please answer the following:

	Parent - Yes	Student - Yes
I am able to access Healthful Living grades using SPAN.		

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Instructions for viewing the Progress Report via SPAN (once you have successfully logged in):

1. From the menu along the left, select 'Academic Progress' (NOT 'Grades', for this)
2. Select the class you want to view (mine might be the only one available to select)
3. Click 'View Progress Report'
4. A list of the assignments and grades, for the selected class, will be viewable.