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**Edwards-Knox Central School**

**High School Heath Education**

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| **Course Description**Health Education course is designed to emphasize the awareness and knowledge to enhance and maintain a healthy lifestyle. Health skills are developed and/or enhanced while we discuss a variety of health topics. For example: wellness, mental health, nutrition, physical fitness, consumer health, growth and development, and eating disorders. |
|  **Required Class Materials*** Pen/Pencil
* Notebook paper
* Folder & Binder
* Chromebook
 | **Your Responsibilities*** completing all assigned work in class and online!
* staying organized
* keeping up with all your tests and projects
* don’t be afraid to ask for help, we are all in this new “normal” together!
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|  **Grading Procedure*** Homework/Class Work- 20%
* Quizzes- 20%
* Tests/Projects- 60%
 | **Attendance/Absences*** You are responsible for making up any missed work. There will be a 5pt reduction for late assignments. It will be accepted up **until** 1 full week after the due date.
* If you have an excused absence you need to make prompt arrangements to complete the missed work.
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|  **Units of Study*** Health/Wellness
* Mental and Emotional Health
* Social Health
* Nutrition
* Physical Activity
* Body Composition/Eating Disorders
* Personal Health
* Safety
* Alcohol & Other Drugs
* Tobacco
* Body Systems
* Human Sexuality
 | **Classroom Procedures*** Bring all materials you will need for class (writing utensil, paper, homework, ect.)
* Be respectful of yourself and others
* Be on time!
* Use appropriate language at all time!

**Online Procedures*** When you are not in class and are at home during class time, you will need to log in at the **beginning** of our class time and send me a message via Schoology so I can take your attendance.

***Message example: I’m here Mrs. Ross! I hope you have a great day!! ☺*** |