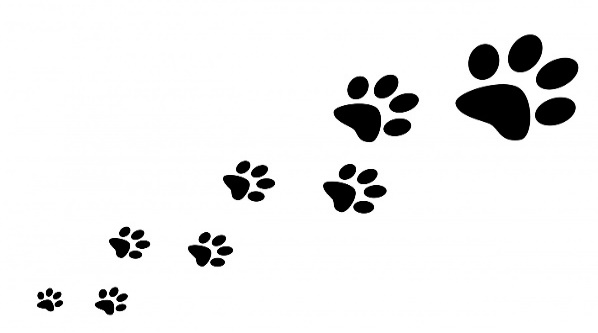
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**Edwards-Knox Central School**

**High School Heath Education**

**Vanessa Ross**

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**Phone: 315-562-8130 ext:25707**

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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! |
| **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. |
| **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!! ☺*** |