

Fall 2019

Parents and Students,

The purpose of Health Education is to help students develop skills and acquire knowledge needed to maintain personal wellness. In this course we will be discussing many real-life issues which I hope you will find interesting and relevant. Regular class discussions will provide opportunities to share your thoughts and experiences and to learn from your peers. I believe you will enjoy the conversational nature of this course.

I will do my best to create a classroom environment in which you feel safe and comfortable discussing a range of issues. However, I cannot do this on my own. As a member of our classroom community I ask that you treat everyone with respect and be respectful of different points of view. My hope is that all students will contribute positively to a class environment that is open and accepting of our differences. Often the most interesting and relevant discussions are initiated by students' questions or comments.

If you require special classroom accommodations, please let me know. I will do my best to accommodate your needs and make this course a positive experience for you. Feel free to e-mail me anytime during the semester with questions or concerns. If for any reason you feel a topic or assignment in this course will be difficult or upsetting for you, please let me know. If I am aware of the issue I can take steps to make you more comfortable in class.

We will be reading and working with the Sean Covey book [The 7 Habits for Highly Effective Teens](#). The book is based on principals of effective human behavior. I think you will find the book relevant, enjoyable and easy to read. You will be assigned a book to take home and expected to return it in good condition.

Successful completion of Health 10 is required for graduation. All assigned work must be satisfactorily completed to receive a passing mark. Students who do not complete all of their work by the end of the semester will receive an incomplete.

Please talk with me in person or through email if you have concerns during the semester. I believe it is best to resolve issues as soon as possible. I am available for help periods 2,6, and 9 most days.

I am looking forward to great semester,

Mr. Hedler

267-3294

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(Over)

<b>Health Knowledge and Skills</b>	
<b><u>Wellness</u></b>	
Stress Management	Sleep Hygiene
Goal Setting	Time Management
Nutrition	Physical Exercise Recommendations
Lifestyle Disease	
<b><u>Alcohol and Other Drugs</u></b>	
Social Norms Theory	Drinking and Driving
Addiction and the Brain	Drug Category Overview
Marijuana	Alcohol
Alcohol Poisoning	Tobacco
Advocacy	Decision Making
<b><u>Relationships</u></b>	
Health and Unhealthy Relationship	Dating Expectation and Limitations
Effective Communication	Reproductive Systems (review)
Abstinence	Condoms and other forms of Contraception
Pregnancy	STDs including HIV/AIDS
Components of Sexual Identity	Date Rape and consent
<b><u>Mental Health Issues</u></b>	
Depression	Anxiety disorders
Suicide Prevention	Eating Disorders
<b><u>The 7 Habits of Highly Effective Teens</u></b>	
Be Proactive	Think Win-Win
Begin with the End in Mind	Seek First to Understand and then be Understood
Put First Things First	Synergize
	Sharpen the Saw

### Course Information

1. **Be Kind:** Follow the Golden Rule, Be accepting of individual differences, Remember, nobody is perfect, Speak your mind and let others do the same, Listen and learn from others, you are responsible for your actions, choose to be kind.
2. **Class Materials:** Students are required to have and bring to class daily a folder, notebook, and planner.
3. **Late Work:** 15 points will be deducted from work that is turned in after I collect/check the assignment.
4. **Be On Time:** If a student is late to class three times, he/she will receive a referral.
5. **Phones:** Phones must be silenced and put in a pocket or bag during class or the student will risk having their phone taken from them by the teacher.
6. **Grading:** 60% projects, 20% homework, 20% participation
7. **Guest Speakers:** Guest speakers may include, Willow Domestic Violence Center, The Out Alliance The American Red Cross, as well as other health service organizations.

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### Parent Contact Information

Student's Name \_\_\_\_\_ Class Period \_\_\_\_\_

Parent's Name \_\_\_\_\_ Parent's Signature \_\_\_\_\_

Is there anything I should know about your child to help them feel supported and be successful in my class?