

Manhattan High School
Health Education – Mr. Verde & Ms. Watson
(PHSHQQM) 2022-2023 – Term I

Vision

Students will gain knowledge and develop skills pertaining to various health topics so that they may take responsibility for their health and make healthy choices. **Specific focus will be placed on National Health Education Standard 7 – Practicing Health-Enhancing Behaviors.**

Objectives

- Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks
- Students will develop their decision making and goal-setting skills
- Students will use proper communication to enhance their health and the health of others
- Students will begin to utilize resources in their community for healthy purposes

Expectations

- Be on time
- Be prepared (pen/pencil, notebook, packet)
- Check board for daily assignments and instructions
- You are responsible for missing work and assignments when absent

Grading Policy

Class Work & Participation (30%)

-It is very important that you attend class and take an active role in learning. Your thoughts, questions, and comments will help make this class successful.

Behavior (20%)

Tests & Quizzes (20%)

Projects & Writing Assignments (20%)

Current Events/Homework (10%)

-Each assignment will be graded on a ten point scale.

Daily Points – Punctuality (1), Behavior (2), Classwork/Participation (2)

5 points per day – 25 points per week – 100 points per month

Instructional Materials

A class textbook and workbook will be utilized throughout the semester, as well as other packets, handouts, Power Point presentations, videos, etc.

Topics to be Covered

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|-----------------------------------|---------------------------|
| -Physical/social/emotional health | -Medicines & Drugs |
| -Wellness | -Tobacco/Vaping |
| -Hygiene | -Relationships |
| -Fitness | -Male/Female Reproduction |
| -Personality | -Contraception |
| -Decision Making | -STDs |
| -Goal Setting | -HIV/AIDS |
| -Alcohol | -First Aid |

NEGATIVE STUDENT BEHAVIOR

Fighting, threatening students, inappropriate sexual behavior, destruction of school property, cursing staff and disruption of class are all examples of this type of behavior.

Threatening and/or physical violence against staff or other students will result in severe consequences.

CONSEQUENCES

The consequence for “negative” student behavior can result in any or all of the following:

- Written up – letter is sent to the principal, parent/guardian, and a copy placed in the student file.
- Phone call to parent/guardian
- Conference with the parent or guardian
- Alternative outcomes/procedures set in place by administration

Extra Help

If you are having any difficulties, concerns, or thoughts, please arrange time to see me so we can work everything out.

Contact Information: Email: cverde@schools.nyc.gov Phone: (212) 247-4307

I am looking forward to an exciting semester with you. This class can be very fun and beneficial for you and your life as you continue to grow and mature into a young adult. The material you will learn can help keep you fit and well and enable you to maintain a healthy lifestyle.