

# Health Education Expectations

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Welcome to the class that is fun and exciting. I am glad you are here! I believe that you make RUHS the finest high school in America and possibly the world! The following are a few guidelines and expectations that you need to know in order for our semester to ROCK.

## COURSE DESCRIPTION:

- Personal Health: Wellness, Past & future, Self-Assessment, Decision Making Prediction, Athletic Injury Prevention.
- Mental and Emotional Wellness: Emotions and Behavior, Communication Skills, Stress Management, Suicide Prevention and Intervention, Conflict Resolution, Personality Development, and Anger Management.
- ATOD: Alcohol, Tobacco, Club Drugs, Chemical Dependency, Alcohol Poisoning, Intervention, OWI, Marijuana, Illegal drugs and the Teen Brain.
- Sexuality and Healthy Relationships: Reproduction, Abstinence, Teen Pregnancy and Prevention, STD's (STI's), Sexual Assault and Harassment Prevention, Love and Infatuation, HIV/AIDS, Influences, Eliminating/Reducing Risks, Contraceptives, Birth Control and Healthy Relationships.
- Emergency First Aid and CPR: Triage, CPR, Artificial Respiration and Obstructed Airways.

# Health Education Expectations

- No put downs allowed, cursing, profanity, swearing...do not dehumanize others.
- No cell phones, hats/hoodies, drinks, or food...will be taken until end of hour.
- You must be in your seat with course materials when the bell rings.
- Use of rest room must be done before the tardy bell rings in the PE locker rooms.
- **No Standing in the hallway outside Room 174 or 173.**
- Each time you walk into the health room late you have a signed pass. KNOCK SOFTLY.
- Each time Tardy = documentation and calls home or go to tardy room.
- No hall passes 10 minutes at start and 10 minutes at end of class. Only 2 hall passes per class. One hall pass every 9 weeks per student. No hall passes seventh hour.

# Discipline Policy

1. Class Reminders
2. Personal conference/reminders
3. Family conference
4. Meeting with administrators
5. Referral to guidance for assistance
6. Behavior referral based on inability to control yourself.

### **EXCUSED ABSENCE POLICY:**

- I follow the RUHS handbook policy on absences effects on grades.

### **LATE PROJECTS & ASSIGNMENTS: REVIEW, REVISE, REDO!!**

- Tests and assignments can be made up for excused absences and with a PERSONAL CONFERENCE with your health teacher (Amnesty days are 9-25 and 12-18).
- **Check for days and hours set for make ups**

**Tuesday's and Thursday's from 2:45 TO 3:25**

### **GRADES:**

- You will have many practice opportunities to work towards becoming proficient in all 8 of the National Standards for Health Education.
- Each unit you will have a study guide.
- Do not lose study guides
- Two assessments per unit and responsibility/participation grade.
- Service Learning Requirement in the community for graduation

### **Grades are rewarded for the work you do following the MPS & National levels:**

- Advanced:** Evidence shows you are at least one grade level above the standard.  
**Proficient:** Evidence shows you are performing at grade level for the standard.  
**Basic:** Evidence shows you are performing below grade level for the standard.  
**Minimal:** Evidence shows you are performing one or more grade levels below the standard.

All students will be taking the course final assessments at the end of semesters 1 and 2. Students that have demonstrated proficiency (letter grade of 'B' or higher) in a course and have met the following criteria will be exempt from the final assessment for the course.

The criteria for students to exempt from the Course Final Assessment are:

1. Must demonstrate proficiency (Letter grade of 'B' or higher)
2. Have 95% attendance or higher in the course (No more than 4 excused absences)
3. No unexcused absences
4. Off the Unfinished Business List (fees and fines)

### **Health Bucks**

- Earned by taking on responsibilities
- Earned by Giving well-thought out answers
- Earned by being responsible, and respectful
- Must be brought in after school

**I have the right not to accept your health bucks if you cannot abide by the Riverside Citizenship Rubric.**

**SCHOOL WIDE READING & WRITING STRATEGIES** that are expected to be used by students this school year.

1. School-Wide Reading Strategy = **Close Reading with Annotation.**
2. School-Wide Writing Strategy = **Claim, Evidence, Reasoning/Explanation.**

# National Standards for Health Education

Wisconsin and the Milwaukee Public School connect all lessons taught to the national health standards so that our youth will acquire the knowledge and health life style habits to help them take initiative for their future life happiness, health and success.

<b>1 Core Concepts</b> CC	Students will comprehend concepts related to health promotion and Disease prevention to enhance health.
<b>2 Analyzing Influences</b> INF	Students will analyze the influence of family, peers, culture, media, Technology and other factors on health behaviors.
<b>3 Accessing information</b> AZ	Students will demonstrate the ability to access valid health information and services to enhance health.
<b>4 Interpersonal Communication</b> IC	Students will demonstrate the ability to use interpersonal communication skill to enhance health and avoid or reduce health risks.
<b>5 Decision Making</b> DM	Students will demonstrate the ability to use decision-making skills To enhance health.
<b>6 Goal Setting</b> GS	Students will demonstrate the ability to use goal-setting skills to enhance health.
<b>7 Self-Management</b> SM	Students will demonstrate the ability to practice health - enhancing behaviors and avoid or reduce health risks.
<b>8 Advocacy</b> CC	Students will demonstrate the ability to advocate for personal, family and community health.

“No other knowledge is more crucial, than knowledge about health.  
Without it no life goal can be successfully achieved.”

The Carnegie Foundation and DT


Welcome to the most important class at Riverside University High School.  
Health Education class is a class that can change your life.

Mr. Wolf, Mrs. G and Mr. Zettel

# RUHS Citizenship Rubric

“Try your hardest, do your best and give your all.”

To earn a RESPECT CITIZENSHIP grade you must meet 3 or more criteria in one number band.

	Be <u>R</u> esponsible	Be <u>R</u> espect <u>U</u>	<u>H</u> onorAcademics	Be <u>S</u> afe
4	<p><i>Always</i></p> <ul style="list-style-type: none"> <li>on time to class</li> <li>phones, electronics are off and unseen</li> <li>food and drinks are not present during class (except water)</li> </ul>	<p><i>Always</i></p> <ul style="list-style-type: none"> <li>respectful of staff, students and school property</li> <li>uses appropriate language</li> <li>demonstrates appropriate school behavior</li> </ul>	<p><i>Always</i></p> <ul style="list-style-type: none"> <li>prepared for class</li> <li>participates</li> <li>on task</li> <li>works to potential</li> <li>demonstrates academic integrity</li> </ul>	<p><i>Always</i></p> <ul style="list-style-type: none"> <li>follows school and classroom rules</li> <li>follows staff directives</li> <li>secures personal belongings</li> <li>follows dress code</li> </ul>
3	<p><i>Consistently</i></p> <ul style="list-style-type: none"> <li>on time to class</li> <li>phones, electronics are off and unseen</li> <li>food and drinks are not present during class (except water)</li> </ul>	<p><i>Consistently</i></p> <ul style="list-style-type: none"> <li>respectful of staff, students and school property</li> <li>uses appropriate language</li> <li>demonstrates appropriate school behavior</li> </ul>	<p><i>Consistently</i></p> <ul style="list-style-type: none"> <li>prepared for class</li> <li>participates</li> <li>on task</li> <li>works to potential</li> <li>demonstrates academic integrity</li> </ul>	<p><i>Consistently</i></p> <ul style="list-style-type: none"> <li>follows school and classroom rules</li> <li>follows staff directives</li> <li>secures personal belongings</li> <li>follows dress code</li> </ul>
2	<p><i>Occasionally</i></p> <ul style="list-style-type: none"> <li>on time to class</li> <li>phones, electronics are off and unseen</li> <li>food and drinks are not present during class (except water)</li> </ul>	<p><i>Occasionally</i></p> <ul style="list-style-type: none"> <li>respectful of staff, students and school property</li> <li>uses appropriate language</li> <li>demonstrates appropriate school behavior</li> </ul>	<p><i>Occasionally</i></p> <ul style="list-style-type: none"> <li>prepared for class</li> <li>participates</li> <li>on task</li> <li>works to potential</li> <li>demonstrates academic integrity</li> </ul>	<p><i>Occasionally</i></p> <ul style="list-style-type: none"> <li>follows school and classroom rules</li> <li>follows staff directives</li> <li>secures personal belongings</li> <li>follows dress code</li> </ul>
1	<p><i>Rarely</i></p> <ul style="list-style-type: none"> <li>on time to class</li> <li>phones, electronics are off and unseen</li> <li>food and drinks are not present during class (except water)</li> </ul>	<p><i>Rarely</i></p> <ul style="list-style-type: none"> <li>respectful of staff, students and school property</li> <li>uses appropriate language</li> <li>demonstrates appropriate school behavior</li> </ul>	<p><i>Rarely</i></p> <ul style="list-style-type: none"> <li>prepared for class</li> <li>participates</li> <li>on task</li> <li>works to potential</li> <li>demonstrates academic integrity</li> </ul>	<p><i>Rarely</i></p> <ul style="list-style-type: none"> <li>follows school and classroom rules</li> <li>follows staff directives</li> <li>secures personal belongings</li> <li>follows dress code</li> </ul>

