**FCS Health Education**

**Overview of High School Curriculum**

**Ms. Chiu 2020-2021**

**C-123**

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Fillmore Central School provides health education class in tenth grade. This is a mandated course by the New York State Department of Education. The goal of the program is to have students apply the knowledge they have gained over the course of their education toward living a healthy lifestyle, and to empower them to use the skills they have learned to make informed decisions.

The curriculum encompasses seven developmental personal and social skills which when mastered, enable students to enhance personal, family and community health and safety. These health education skills include:

1. Self-management
2. Relationship management
3. Stress Management
4. Communication
5. Decision making
6. Planning and goal setting
7. Advocacy

The curriculum focuses on nine content areas that convey essential information for students to know and be able to use in order to be safe, healthy and achieve academically. These knowledge areas were determined by the Centers for Disease Control. They are:

1. Physical activity and nutrition
2. HIV/AIDS, STI's
3. Sexual risk
4. Tobacco
5. Alcohol and other drugs
6. Family Life/Sexual Health
7. Unintentional injury
8. Violence Prevention
9. Other related health areas

Skills and knowledge areas are integrated throughout the curriculum.

**Self Management:** Assess and analyze one's current health and safety status; apply appropriate knowledge and skills; monitor, evaluate and adjust one's behavior to enhance personal health and safety; learn the history of mental health science and treatment

**Decision Making**: Make well-informed choices

**Planning and Goal Setting**: Develop health-enhancing short-term and long-term goals

**Stress Management**: Manage positive and negative change in health enhancing ways, including resilience skills

**Relationship Management:** Assess and analyze interpersonal and intra-personal knowledge and skills, and then monitor, evaluate and adjust behavior to enhance personal, family and community health and safety

**Communication:** Verbal and non-verbal communication, assertiveness, refusal, negotiation, conflict management and collaboration; Avoidance and prevention of sexual risk, HIV/AIDS, STI's, violence

**Family Life Education**: Family life/sexual health; parenting education; human reproduction; sexual orientation

**Advocacy:** Persuade others to promote, support or behave in ways that enhance personal, family and community health, such as tobacco free community parks and public spaces, food selection and other related health areas

**Communication**: Listen, understand and express oneself in respectful, safe and health enhancing ways; Use communication skills to avoid use of tobacco, alcohol and other drugs, prescription drug use, misuse, abuse, and inhalants and steroids.

**Class Participation: 20%**

Participation is vital in every health education class. Each student is expected to participate when called upon by the teacher or fellow classmate. Failure to participate will result in loss of points for class participation. This includes bringing your laptop every day and having it charged.

**Homework: 10%**

Homework is not given daily and may be given occasionally. Students are responsible to hand in all homework on the day it is due***. Homework will be accepted late. Late homework assignments will be reduced by 5 points for every day it is late. Homework will be accepted up to the 5 week (comments) or 10 weeks (end of quarter). Legal school absences will not be affected.***

**Tests 20%**

Unit tests will cover ALL information presented either by the teacher, movie, or students. **If a student is absent the day of a test, they will take the test on the next day that they have health.**

**Projects 50%**

Projects are an important component of Health class. Several will be assigned throughout the year.

**Mid-Term and Final Exams:**

The midterm and final exam are cumulative exams, in which questions from all other tests may be used in creating the final exam.

**Late and Tardy:**

Students are responsible for arriving to class on time. If a student is late, they must come to class with a pass. Chronic tardiness will be dealt with on a case by case basis.

**Cell Phones:**

Cell Phone usage during class is strictly prohibited. Cell phones must be turned off and placed on your workspace face down. In accordance with the student’s handbook, the following actions will be issued…

1st Offense- Warning

2nd +3rd Offense- Phone removed from student and sent down to the office.

Left up to the discretion of the main office.

**Discipline Policy:**

Step 1: Verbal Warning

Step 2: Personal Conference (Pulled Aside)

Step 3: Phone Call Home, Referral

Step 4: Dismissal from class and referral

I have looked over the Health syllabus and hereby signing on the lines below understands what is expected of me and choose to abide by the rules of the class. Please print and sign below and return this section the teacher.

Student Name (Print)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_