

**Health Course Outline**  
**Vista del Lago HS**  
**Mr. Reed**

**COURSE DESCRIPTION:**

Health is a nine week class. This course includes health goals and wellness, promotion of self-esteem and consumer awareness. Units covered include human physiology, nutrition, tobacco, alcohol, drugs, and mental health. The family life unit includes male/female reproductive systems, STD's, human growth and development, birth defects, and parenting. Responsible decision making will be stressed.

**Evaluation:** Grades are based on a straight percentage point system. Points are given for tests, quizzes, in-class and outside-class assignments, notebook checks per unit.

**Attendance/Tardy Policy:** Tardiness is not acceptable. It disrupts class, is unfair to students who are on time, reflects negative attitude toward the instructor and develops a habit which could make future employment and academic success difficult. Students who are not in their assigned seat when the bell rings are considered late (tardy). Any tardy students will be staying after the bell rings to leave. Detentions start upon the 3rd tardy in addition to parent contact from 3rd on until it stops. 4th tardy detention 15 min minimum, 5th tardy detention 30 min minimum, 6th tardy detention 50 minute minimum, 7th tardy Saturday School-lowered citizenship grade/student/parent conference with administrator, 8th tardy is the same, 9th tardy Referral to Student Attendance Review Team (SART) parent and student contract. No shows to detention, lunch, or classroom work service will increase penalty to the next level.

**Citizenship:** Citizenship (School wide policy): Citizenship is reported separately from academic grades. Course citizenship includes both work habits, attitude/behavior, and positive participation. Good citizenship is vital to a positive school environment. Because of this, students who receive two or more unsatisfactory citizenship marks on a grade report may not be allowed to participate in extracurricular activities including athletics, dances, rallies, nonacademic music and theater performances, and club activities.

**Absences and Make-up Policy:** Students with excused absences are responsible for meeting with the teacher and making arrangements to make up assignments. Any work assigned before the student's absence and due on the day of the absence is due the first day the student returns to school unless other arrangements have been made. For any new work assigned, the teacher will allow the student a minimum of one day for each day missed to make up any work assigned during a student's absence. Regardless, it is the student's responsibility to meet with the teacher to arrange for make-up work

**Homework Policy:** At Vista del Lago, homework is defined as academic work which requires time and effort outside the classroom. The purpose of homework shall be to provide independent practice, preparation and extended learning opportunities necessary to successfully master course content. Homework also supports the development of regular study habits, time management, responsibility and self-discipline – all skills essential for success in high school and beyond. Consequently, it is imperative that parents set guidelines and expectations that insure homework completion. When homework is used to provide practice, preparation and extended learning opportunities, it may be included in the student's formative assessment grade. Homework completion is part of a student's work habits and reported in his/her citizenship grade.

**PowerSchool Parent Portal:** Link can be found from the school website or my webpage containing grades and attendance. My website can be found from [www.fcusd.org/vdlhs](http://www.fcusd.org/vdlhs) concerning assignments and calendar information.

**Academic Dishonesty Policy:** for information (school wide policy) See website for a copy of the Integrity Contract.

**Academic Dishonesty Policy. Materials:** Any materials used in class stay in class. Books used are a class set and will be assigned by numbers to each student. If a book is taken home and lost then the cost of that book will be the responsibility of that student

**Final Exam** (school wide policy): Final examinations are mandatory at Vista del Lago High School and will not be scheduled early for any reason. Students who miss their final exam will be issued a grade of incomplete for the semester. Students are required to make up missed final exams in the first 2 weeks of the following semester to replace the ( I ) or incomplete with a letter grade. Failure to do so will result in a failing semester grade or of a grade calculated without the final exam included.

**Extra Credit:** In order to insure accurate, fair, and consistent grades, extra credit will only be offered to students who have completed all assignments at a proficient level and only for standards-based work.

**Office Hours:** are from 7:30 a.m. to 3:30p.m. 916-294-2410 extension: 410332. Email Address: is reed@fcusd.org

**Classroom Rules:**

These rules are an aid to a positive learning environment. Disruption of class interferes with the learning of all students.

1. Be in class on time, seated with notebook open, pen or pencil out when the bell rings.
2. Raise your hand to be recognized and please demonstrate courtesy always.
3. Be courteous and respectful to everyone in the classroom at all times.
4. Respect school property. Do not write on the desks or in the textbooks.
5. NO FOOD or DRINKS, except water.
6. At the end of the period I will dismiss you.
7. No profanity in or out of class.
8. CELL PHONES, or any other electronic equipment are to be put away when the bell rings.

Parent/ Student Signature Form- Mr. Reed

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

Period#: \_\_\_\_\_

**I have read and understand the course expectations in Mr. Reed's Health class.**

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

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

### **Parent Contact Information**

Parent Name:

\_\_\_\_\_

Phone # - please circle and provide one that you can be reached at.

(Work, cell, home) \_\_\_\_\_

Email address: \_\_\_\_\_

Parent Notes: