**8th Grade Health**

**Ms. Gnat**

**Dgnat@winsidewildcats.org**

**Classroom Expectations**

* Respect yourself, your classmates, your classroom and your teacher.
* You are required to participate and engage every day. This is the only way you will get anything out of the class.
* You get what you earn and you lose what you don’t.
* You dictate the classroom environment.
* Come to class prepared every day. (Pen, pencil, notebook, chromebook, folder, homework, etc.)

**Course Description**

* This will be an introductory health course that covers various basic health topics. After completing this course you should have more tools and knowledge to keep yourself, others and your environment safe. This course will only meet twice a week on Monday and Wednesdays during 6th Period.

**Grading Policy**

A 100-93

B 92-85

C 84-77

D 76-70

F 69-0

**Throughout this class you will be graded on**

* Tests
* Quizzes
* Homework assignments
* Projects

**Cell Phone Policy**

* I don’t want to see any cell phones in class. If I do I will give you one warning, and then after that I will keep the phone until the end of class.

**Food and Drink Policy**

* No food will be allowed in the classroom, unless already okayed by me. You may have a water bottle, but it needs to be water only. If I see food I will ask you to put it away, or I will take it.

**Topics covered in this class**

* Health & Wellness
* Mental & Emotional Health / Stress
* Alcohol / Tobacco / Other Drugs
* Non communicable & communicable diseases
* General Safety
* Adolescence, Relationships & Love
* Healthy relationships & choices
* Environmental Health
* Healthy Lifestyles
* First Aid & CPR

**Cheating Policy**

* If you are caught cheating you will automatically receive a zero, your parents will be notified, and the administration will be notified, so don’t risk it!

**Absences**

* If you are absent from class it is YOUR responsibility to find out what you missed, or better yet contact me before your absence to find out what you will miss.
* If you know you will be absent because of a school activity please let me know ahead of time. COMMUNICATION IS KEY!
* If you are absent, it is YOUR responsibility to find out what you missed BEFORE the next class period.

**Incomplete / Missing Work**

* Incomplete or missing work should be completed within 1 week (7 days / weekend days included) or the course grade will be changed to an F. You are being given an EXTRA 7 DAYS to complete work that YOU did not finish on time. The seven extra days you get to turn in missing work include weekend days (Sat/Sun) and if you are absent on the 7th day and still don’t have something turned in it will be a zero. NO EXCEPTIONS.
* Turn your assignments in on time. **For every day your assignment is late, you will be docked FIVE percentage points. (Weekend days included / Sat & Sun)**
* Saturdays and Sundays are included in both of the above policies because with every assignment we complete in class, students can use their resources to take a picture of the late assignment and email it to me. It is to the benefit of the student to turn in late work ASAP.
* Extenuating circumstances such as extended illness, family emergencies etc. happen and I will work with you, but you have to communicate with me early and often regarding the situation.

\*\*\*As the instructor of this course, i reserve the right to alter any of the above policies with or without notice as I see fit \*\*\*

I acknowledge that I have read the Winside Public Schools Health syllabus and will abide by all rules and procedures. (2023-2024)

Student Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_

Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_