**URBANA MIDDLE SCHOOL** **Health 7th Grade**

**Instructor: Mr. Wilkerson**

**Email: brandyn.wilkerson@fcps.org Phone: 240-566-9231**

**Student Handbook:** <https://drive.google.com/open?id=132OUseo_twK5uiaHeTGYWiqRJX773wVU>

Course Description:

The health education curriculum includes physical, intellectual, social, and emotional aspects of health, and encourages you to develop the knowledge, skills, attitudes, and behaviors that enable you to make responsible decisions regarding health. This curriculum focuses on the following units; decision making, peer pressure and conflict resolution, substance use/abuse, and family life.

Core Learning Goals/Skills for Success

* Assist students in the development of healthy behaviors that are based on

accurate, factual information, healthy attitudes and practical skills

Develop a plan for the prevention of health problems and the development of

behaviors that lead to a quality lifestyle.

* Evaluate physical, intellectual, social, emotional and spiritual well being and

initiate a process of life-long learning designed to promote health and prevent

disease

* Develop skills, attitudes and behaviors that enable one to make responsible

decisions about health and avoid health-related crises

Course Objectives:

HE.700.10 Mental and Emotional Health – Students will demonstrate the ability

to use mental and emotional health knowledge, skills, and strategies to

enhance wellness.

HE.700.20 Alcohol, Tobacco, and Other Drugs – Students will demonstrate the

ability to use drug knowledge, decision-making skills, and health-

enhancing strategies to address the non-use, use, and abuse of

medications, alcohol, tobacco, and other drugs.

HE.700.30 Personal and Consumer Health - Students will demonstrate the ability

to use consumer knowledge, skills, and strategies to develop sound

personal health practices involving the use of health care products,

services, and community resources.

HE.700.40 Family Life and Human Sexuality - Students will demonstrate the

ability to use human development knowledge, social skills, and health

enhancing strategies to promote positive relationships and health

growth and development throughout the life cycle.

HE.700.50 Safety and Injury Prevention - Students will demonstrate the ability

to apply prevention and intervention knowledge, skills, and processes

to promote safe living in the home, school, and community.

HE.700.60 Nutrition and Fitness - Students will demonstrate the ability to use

nutrition and fitness knowledge, skills, and strategies to promote a

healthy lifestyle.

HE.700.70 Disease Prevention and Control - Students will demonstrate the

ability to apply prevention and treatment knowledge, skills, and

strategies to reduce susceptibility and manage disease.

Class Expectations

Students:

● Are on time, seated at your ASSIGNED SEAT before the bell stops ringing.

● Listen to and follow directions.

● Raise your hand and wait to be called upon.

● Keep hands, feet, and objects to yourself.

● Make only positive comments to classmates, substitutes, and teacher.

● Will refrain from sleeping in class or writing notes.

PBIS Info

We will follow the Urbana Middle School follows the PBIS (Positive Behavior Intervention and Supports) program, which is a school-wide approach to discipline. Our goal is to change behaviors that are disruptive to the learning environment. In accordance with the PBIS program, students will be rewarded with “talons” for positive behavior and there will be consequences for failure to follow behavior guidelines and expectations. For the 2018-2019 school year consequences are accumulated PER STUDENT and not within each classroom. Therefore, you may hear from different teachers regarding your child’s progression through the steps. The progression is as follows:

#1 Verbal Warning, #2 Redirect and parent contact, #3 First classroom reflection with parent contact #4 Lunch Detention and parent contact, #5 Lunch detention with parent contact, #6 After school detention with parent contact, #7 After school detention with parent contact, #8 Administration conference with parent contact.

Schoology:

The student’s grades will no longer be accessed through HAC for my Health/PE class this year. You can locate student’s grades, assignments, homework, and updates all on schoology.

Homework:

Students will be provided homework opportunities throughout the term course. Homework information can be found on my staff webpage at - http://education.fcps.org/ums/.

Late Work Policy: School Policy

On time- Credit given is 100% of grade earned

1 Day Late- Credit given is 90% of earned grade

2 Days Late- Credit given is 80% of earned grade

3 Days Late- Credit given is 70% of earned grade

4 Days Late- Credit given is 60% of earned grade

5 Days or more Late- Credit given is 50% of earned grade

* If a student handed in an assignment three days late and met all the criteria for the assignment that would have earned them a 100%, but now they lost 30 points because it is three days late and it is marked down to a 70%, teachers will enter the grade as a 70.1. The .1 added to the end of a grade will indicate to parents, counselors, PPW, etc. that this grade represents an organization deficiency and not a hole in the understanding of the content assessed.

E.L.T Extended Learning Time

Tutoring times will be most days after period 2. D’s and F’s will be pulled with no exceptions. Students may request tutoring by asking the teacher.

Grading Policy and Make Up Work

* It is the student’s responsibility to request missed assignments from the teacher when absent or going on vacation.
* UMS will be following the FCPS grading guidelines (excused absences = 1 day out with 2 days to make up work; 2 days out with 4 days to make up work, etc.)
* Students will be graded on a point system.

Grading Scale Materials Required:

A = 90% - 100% 1. Two Pocket Folder (1)

B = 80% - 89% 2. Notebook Paper

C = 70% - 79% 3. Pencil and Pen (blue/black ink)

D = 60%-69%

F = 59% - below

Each unit will include the following items with the points totaled and graded on a cumulative scale:

* Formative Assessments (60% of grade)
  + Worksheets, Quizzes, Class Work
  + Warm Ups (should be dated, entire question written down and answered)
* Summative Assessments (40% of grade)
  + Tests
  + Alternative: Pamphlets/Brochures/Posters/Performance Assessments

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Dear Parents or Guardian,

Please be aware that this is a 9 week course. Please sign below to indicate that you have read this paper. A permission slip for Family Life will be distributed when we get closer to that unit. If you have any questions about my expectations, consequences, grading, or course content, please feel free to contact me any time. My contact information is at the beginning of this syllabus. Thank you.

Mr. Wilkerson

Phone: 240-566-9231

brandyn.wilkerson@fcps.org

Students Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade: \_\_\_\_\_\_ Period: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_