

# **Health Management Course Syllabus**

*Ms. Karen Cornelius*

*Room 11*

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**Course Description:** In this class students will learn to use many skills to help them make healthy decisions, while maintaining or improving their current health status. These skills include self- management, relationship management, stress management, communication, decision making, goal setting and advocacy. Our students will be exposed to a variety of topics. The goal of this course is for students to develop the skills necessary to live healthy, active lives, and to empower students to use the skills they have gained to make informed decisions that will enhance the quality of their personal, family, and community life. Health Education is a state-mandated course that is required for graduation.

## **The Essential Health Skills that will be taught and reinforced are:**

Core Concepts, Accessing Information, Analyzing Influences, Goal Setting, Decision Making, Interpersonal Communication, Self Management, Advocacy

## **Curriculum Focus:**

The curriculum will follow the Michigan Model for Health in no particular order:

Unit 1- Skills: Building A Strong Foundation

Unit 2- Social and Emotional Health

Unit 3- Nutrition and Physical Education

Unit 4- Safety

Unit 5- Alcohol, Tobacco and Other Drugs

Unit 6- Personal Health and Wellness

Healthy and Responsible Relationships

## **Semester Grading:**

**Tests and Quizzes-** Unit Tests, Quizzes at teacher's discretion.

Missed tests/quizzes: It is the student's responsibility to schedule a make-up time.

Students must make up a missed test or quiz within 2 days of returning to school. No makeup=no credit!

**Enrichment-** Homework assignments, projects, class assignments, other assigned activities.

Late work handed in after initial collection = 5 points off per day. Anything not in by 1 week can result in a loss of credit.

**Class Participation-** Class discussion, dialogue, Q & A, and active involvement in group activities will be graded.

Punctuality will be part of this grade. Be on time, be here physically, be here mentally.

**Materials Needed:**

*\*These materials are expected to be brought to every Health class\**

Please bring a pen, pencil, a Health notebook, and a folder to class to keep your work organized. A set of colored pencils or markers are also nice to have for this class but not required.

**Bellwork:**

Class begins when you walk in the door. You should find your seat and immediately read over the Health Tasks and then begin copying down the “I CAN” statements on the right hand side of the board. Use a notebook to do this everyday when you come in to class. There will be *Bellwork Checks* for credit to ensure you are copying down the “I CAN” statements for the day in an organized notebook that you can turn in for grading.

**Expectations:**

1. Be prepared
2. Show your best effort
3. Show respect for others in class
4. Be engaged
5. Ask intelligent, applicable questions
6. Cell phones are NOT ALLOWED during active class time. The handbook policy will be followed regarding cell phones.
7. Remain in your seat and working until the bell rings. Students are not allowed to loiter by the doorways to wait for the bell.
8. The restroom pass is by the classroom door. If the pass is gone, you may not leave until it returns. Students need to ask for permission before leaving the classroom. Students are not allowed to leave class the first 10 and last 10 minutes of the hour.

**Student Behavior Policy:**

The Responsible Thinking Process will be implemented in class. Let's avoid having to use this by being respectful to the teacher, peers and yourself, listening when the teacher is talking, staying in your seat and on task, and having active participation in the class activities.

Dear Parent or Family Member:

August 26, 2019

Our school is using a health curriculum called the *Michigan Model for Health: Healthy and Responsible Relationships: HIV, Other STI's, and Pregnancy Prevention, A Module for Grades 9-12*. Your child will be participating in this curriculum during Health Management class. Per the school policy, the class will be following the lessons designed for the teaching of the abstinence-only curriculum.

Your child will have the opportunity to learn many things in this unit, including:

- Skills for having positive relationships with friends and family
- Facts about sexually transmitted infections
- How to communicate with family members and other trusted adults about sexual decisions and potential consequences
- Possible legal, financial, health, social, and emotional consequences of sexual activity
- How to set personal limits and communicate them to peers
- How to identify risky sexual situations and avoid or escape them
- Abstinence skills, goal-setting skills

The lessons will give your child information and opportunities to build health skills that will prevent sexually transmitted infections and pregnancy. However, we need your help! You are your child's first and most important teacher! Your child will be encouraged to talk to you about relationships and ask you questions. By working together, schools and families can more effectively equip children to develop healthy habits and avoid health risks.

You may make an appointment to review the curriculum materials if you wish. Your child also needs to return the signed permission slip below by 9/3/19 at the latest to participate in this important curriculum. Please contact me if you have any questions or need any clarification. We are looking forward to working together to keep our youth healthy.

Sincerely,

Karen Cornelius, Teacher

Stephen Williams, Principal

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Please check one and return to Ms. Cornelius by Monday!

CLASS HOUR: \_\_\_\_\_

\_\_\_\_\_ I give my permission for my student to participate in the *Michigan Model for Health: Healthy and Responsible Relationships: HIV, Other STI's, and Pregnancy Prevention, A Module for Grades 9-12* curriculum.

\_\_\_\_\_ I DO NOT give my permission for my student to participate in the *Michigan Model for Health: Healthy and Responsible Relationships: HIV, Other STI's, and Pregnancy Prevention, A Module for Grades 9-12* curriculum and realize my student will be assigned alternative assignments to work on independently during class time and at home.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_ Student Name: \_\_\_\_\_

(Parent or Guardian)

(PRINT First and Last)