

Instructor: Erik Cross (D-135) 873-6331 ext. 3814 / Email: cross_erik@silverfalls.k12.or.us
Offices Hours: 7:00-7:45am M-F / RIE and 2nd Lunch by appointment only.

Health I is a required class for graduation. If you receive an F or NP on your transcript, you will need to work with your counselor to recover the .5 Health credit by spring semester of your senior year.

Expectations:

- Be on time and prepared
 - Unexcused Tardy/Late Arrival = Lunch Detention
- Be respectful
 - ...of classmates, staff members and guests
 - ...of school & personal property
 - **Cell Phones/Tablets/Electronic Devices** will ONLY be used for an academic purpose.
 - Clean up your area before leaving the classroom.
- Safety
 - Follow emergency procedures as directed.
 - Do not leave the classroom without instructor approval and a written hall pass.

Supplies needed for class:

- Spiral notebook
- Paper, pencils, pens and notecards (suggested)

Grading Policy (75/25 policy)

- Your grade is based on a combination of **academic proficiency (75%)** and **personal management (25%)**. Personal management includes but is not limited to arriving to class on time, turning in assignments on or before due dates, treating others appropriately, being prepared for class, and participating in class activities. Some assignments are graded as personal management.
- A=90-100%, B=80-89%, C=70-79%, D=60-69%, **F= below 60% (no credit received)**
- Most assignments & assessments will be graded on a 5 point scale.
 - **5 = Exemplary**
 - **4-4.9 = Proficient**
 - **3-3.9 = Nearly proficient**
 - **2-2.9 = In progress**
 - **1-1.9 = Beginning or little effort made**
- Late assignment/assessment cut-offs:
 - Assignments and assessments are due on the date posted.
 - Excused absences and special circumstances will be dealt with individually.
 - Assignments will not be accepted beyond each grading period, unless approved by the instructor.

I have read the above information

Student Signature

Parent Signature

PARENT'S EMAIL

*In compliance with SB2220, all Silver Falls School District classrooms will be recording academic achievement and personal management skills combined. Please refer to this syllabus for more details on how your student's grade is calculated. **To view your student's progress, please use the Parent Links button on the top of the SHS homepage to access the link to Pinnacle (a password-restricted website).** A letter will be mailed home during the 1st semester with instructions for using the website including a log-in and password. For further assistance with your log-in or password, please contact Debbie Valoff in the Silverton High School Counseling Center (503-873-6331 ext. 3799). Silverton HS homepage can be found at: <http://silvertonhigh.silverfalls.orvsd.or>*

Course Outline:

The order of the following units is not necessarily the order in which they will be taught.

Introduction activities: Course guidelines & GoogleClassroom

Alcohol, Tobacco & Other Drugs Prevention (ATOD): *Acquire knowledge and skills to understand the physical, social, and emotional effects of alcohol, tobacco, and other drugs use and abuse.*

Unintentional Injury Prevention: First Aid & CPR Basics: *Acquire knowledge and skills needed to get and provide help in case of injury or illness. (American Red Cross Certification Course).*

Promotion of Healthy Eating: *Acquire knowledge and skills to understand and practice healthful nutrition that contributes to growth and energy and helps prevent chronic diseases.*

Promotion of Physical Activity: *Acquire knowledge and skills to understand the role physical activity has in promoting health.*

Promotion of Healthy & Responsible Relationships: *Acquire knowledge and skills that emphasize the importance of safe behaviors in maintaining sexual health.*

Prevention & Control of Disease: *Acquire knowledge and skills to understand and practice health habits that can prevent and/or control disease.*

Wellness Article Review Project (Submitted for consideration for "The Crossword Newsletter"): *Acquire knowledge and skills to be critical of online health sources of information, identify an author's main idea and supportive evidence, and formulate a position to advocate for a healthy lifestyle based on evidence gathered.*

If you would like greater detail on our Health Standards or specific units please provide your email so that we can coordinate a time to discuss your concerns.

Best Regards,

Erik Cross

Health & Physical Education
Head Cross Country/Track & Field Coach
Silverton High School