

HIGH SCHOOL HEALTH

Mr. Rick Engelstad
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I. LEVEL & LENGTH Every day for one semester for grades 10-12 (Required)

II. HEALTH STANDARDS

1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.
2. Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
3. Students will demonstrate the ability to access valid information and products and services to enhance Health.
4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
5. Students will demonstrate the ability to use decision-making skills to enhance health.
6. Students will demonstrate the ability to use goal-setting skills to enhance health.
7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid health risks.
8. Students will demonstrate the ability to advocate for personal, family, and community health.

III. MAJOR TOPICS WE WILL DISCUSS TO TEACH THE STANDARDS:

American Heart CPR and First Aid; Personal Health; Health and Wellness; Drug Education; Mental Health; Suicide Education; Human Sexuality; Communicable Disease; Body Systems

IV. II. Major Learner Outcomes:

- Students will learn and be able to perform CPR and First Aid procedures according to current American Heart Association guidelines.
- Students will understand major body systems and common diseases.
- Students will learn short and long term effects and risk factors associated with mood altering chemicals.
- Students will understand anatomy of the reproductive systems.
- Students will identify ways AIDS and STI's (STD's) are spread.
- Students will understand the principles behind a variety of contraceptive methods, including abstinence.
- Students will understand that sexual expression is normal; there are many ways to express sexual needs. Sexual intercourse has many potentially negative consequences.
- Students will understand how to recognize and react to sexual harassment, sexual abuse, and sexual discrimination.
- Students will learn the causes and potential problems associated with births of multiples, premature births and births to young mothers.
- Students will understand the causes and effects of Fetal Alcohol Spectrum Disorders.
- Students will explore reproductive methods available to women unable to conceive naturally.
- Students will identify current health articles and share them in class.
- Students will increase the probability that when they come into contact with potentially suicidal adolescents:
 - they can more readily identify them.
 - they will know how to respond to them.
 - they will know how to rapidly obtain help for them.
 - they can more readily identify them will be consistently inclined to take such action.
- To make sure youth in need are aware of and have access to helping resources so that they are inclined to seek help as an alternative to suicide

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V. Materials

- 2013 Glencoe Health Curriculum, Online version.
- Pamphlets, videotapes, newspapers, magazines, mannequins
- Computer programs, Internet Web sites, news programs and current event articles that are pertinent to the Health material being covered.
- American Heart Association Curriculum
- Hazelden Lifelines Curriculum

If you have questions regarding any material or subject matter covered in this required class please contact Rick Engelstad 629-4158 to set up a meeting to discuss the curriculum or the use of an alternative assignment.

VI. Procedures:

Combination of note taking, essays, DVDs, discussion, current event articles, & skills demonstrations on mannequins.

VII. Grading:

To successfully complete Health a minimum passing average of 60% must be achieved. The following grading system will be used: PLEASE NOTE: I DO NOT ROUND UP!

Grading is based on total points:

- 100% - 95% A
- 94.9% - 90% A-
- 89.9% - 87% B+
- 86.9% - 84% B
- 83.9% - 80% B-
- 79.9% - 77% C+
- 76.9% - 74% C
- 73.9% - 70% C-
- 69.9% - 67% D+
- 66.9% - 64% D
- 63.9% - 60% D-
- 59.9% - 0 F

DISCLAIMER:

If you have questions regarding any materials used in class, please contact Mr. Engelstad.
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- High School Health is a 1/2 credit required class that is a graduation requirement. The primary objectives of the Pine City High School Health Curriculum are to provide the knowledge that will enable students to make healthy decisions during their lives. The first aid curriculum is based on the American Heart Association First Aid and CPR, units on rescue choking, infant/child/adult CPR and general first aid. Upon successful completion of the curriculum the students will be American Heart Association certified in HeartSaver infant/child/adult CPR and first aid.
 - Additional curriculum includes:
 - A unit on human sexuality including topics on parenting, sexually transmitted infections, reproductive systems, abstinence and contraceptives. This unit relies a great deal on student discussion.
 - A unit on mood altering substances. The substances discussed are both legal and illegal drugs, with emphasis on both the short and long term effects of drug use.
 - Also units on Mental health, suicide education and aging.
- As part of your grade you will be given about 3 projects to do. The due date and more information about the projects will be discussed.
- Your Health grade will be based on points accumulated through tests, quizzes, projects, homework assignments, and class assignments. To receive full credit for an assignment it must be handed in when due.
 - Assignments one day late will receive a maximum of 70% credit
 - Assignments two days late receive a maximum of 50% credit
 - After two days, late assignments will be accepted for 0% credit
 - When absences occur the policy will be one day for each day absent to complete work
- It is my expectation that as High School students you will be in class each day on time, prepared, and cooperative. I also expect you to show respect for each other and myself. It is also my belief that each student has the ability to successfully complete this course. If you choose to pass the course by cheating on any test or assignment you will receive an F for the course and you will have to repeat the class
- If a student misses more than 12 class hours in a semester (excused or unexcused) the course grade will be a NG (no grade). School authorized absences are not counted toward the 12. However, a student who misses more than 12 days with some being school authorized may be required to make up class time as arranged by the teacher. If the time is not made up the student may receive an incomplete for a grade.
- **BATHROOM PASS POLICY** Students will receive two bathroom passes to use each quarter.
 - No locker passes (school policy) Be prepared!!!
 - Cell phones must be left on teachers desk.
 - You MUST fill out the pass completely and correctly.
- **MATERIALS YOU NEED FOR CLASS:** Pencil or Pen (blue or black), Notebook and a Folder Students need to come to class with materials. Should something be forgotten in a locker students will go get it and be marked tardy.
- **NOTE:**
 - NO FIDGETS ALLOWED IN CLASS. KEEP THEM IN YOUR LOCKER!
 - NO pop or food in class. Beverages must have a lid

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HS Classroom Management Plan

Classroom Codes:

- Be Respectful
- Be Responsible
- Be Cooperative
- Be Attentive
- Be Considerate
- Be Prompt

If you Choose to Break a Rule:

First time: Non-verbal (the look)

Second time: Walk and stand by (let student know you are there)

Third time: Look and a verbal reminder

Fourth time: One on One conference (student / teacher) and Detention

Fifth time: Detention, Conference, Contact Parents

***Severe Behavior: Student sent immediately to office

Rewards:

Verbal / Nonverbal; Positive Notes on papers; Treats; Game Days (health appropriate); Call Parents

Procedures and Routines:

1. ENTERING THE CLASSROOM: Students will enter the classroom prepared to begin the warm-up problems/activity. Cell phones and headphones will be removed and put away prior to entering. Students should come to class with their (list specific materials). Students should be in their seat when the bell rings and ready to begin class without being prompted to do so. Only the materials that are needed will be out on the desk. The warm-up activity will be posted on the front board.
 - Check previous class objectives for past work due, any missed work.
 - Will be hanging by the specific classes current objectives
 - Check the whiteboard for any work to be done.
2. ENDING THE CLASS PERIOD
 - Review topics
 - Area Clean
 - Students are expected to stay in their seats until they are dismissed by the teacher, not the bell.
3. TARDINESS (**NOTICE** - no warnings)
 - 1st time = Detention
 - 2nd time = Detention
 - 3rd time = Detention
 - 3rd tardy is a charged day of absence.(school policy)
 - Send out Parent Alert
 - Detention

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Be Responsible:

- Chromebooks must remain under your desk unless you are instructed to take them out.
- Chromebooks must be flat on your desk when in use.
- Chromebooks are only to be used for (your class) related activities (no emailing, messaging, or checking grades unless instructed to do so).
- Teachers have the right to look through your Chromebook.
- If you are using the Chromebook inappropriately, you will be given one warning. If the behavior continues, it will be taken away.

1:1 Device Management Plan

As a member of a 1:1 program, it is your responsibility to bring your device to class each day charged and ready for use. Failure to do so will result in your being sent to the Media Center to receive a violation. If your device is in need of charging it will be kept and charged for the remainder of the class hour or until it reaches 50%. It is your responsibility to pick it up between classes. Loaner devices are available only for devices that are mailed in for repair

- Violation #1 - Warning
- Violation #2 - Detention
- Violation #3 - Detention & loss of privilege to take device home for 20 school days

School Cell Phone Policy

- **All violations are turned into the office**
 - #1- Back at end of day
 - #2- Parent pick up
 - #3- Full day options room and parent pick up

Tardy

3 unexcused tardies = detention assigned, detention given for each tardy thereafter (start fresh each quarter) In your seat when bell rings.

Late Work/Missing Work

Expectation is to turn things in on time, students can arrange time with teachers to make up late work for credit as determined by the teacher.

BATHROOM PASSES

2 per quarter - will keep track on attendance sheet.