



COURSE DESCRIPTION and INTRODUCTION

Welcome to **HEALTH and WELLNESS!** This very well might be the most important class you will ever take. During the next semester you will learn about the many facets of health and wellness. A sound understanding of the topics we discuss will assist you in making educated choices that will benefit you today and for the rest of your life. The subjects you will study are:

Self-Management Topics

Communication
Goal Setting and Planning
Decision Making
Stress Management
Advocacy
Sexual Risk (Abstinence, Std's)
Miscellaneous Health Related

Relationship Management Topics

Sexual Reproduction and Anatomy
Safe Plutonic and Intimate Relationships
Gender Roles and Types
Violence Prevention
Nicotine (Tobacco Use & Vaping), Alcohol,
Prescription Medications, Other Drugs
Physical Activity and Nutrition
Unintentional Injury

It is expected that all students to come fully prepared for class with a positive attitude, the utmost respect for others, and a contagious enthusiasm. Likewise, I promise to offer you all of the same plus meaningful lessons and complete and accurate information. Let us all work together to make this a successful semester.

MATERIALS NEEDED

- Pens and Pencils
- 1-2 subject notebook with pockets and easily removable sheets of paper
- Highlighter

GENERAL CLASS AGENDA

- Attendance
- Brief overview of previous days lesson
- Do/Review Activity
- Content instruction
- Group discussion or activity
- Debriefing and closing remarks

TEACHER WEBSITE

Please visit: <https://www.arlingtonschools.org/Domain/7384>
OR get there through the *UVMS home page* via the *faculty link*

MOSTLY, we will be using GOOGLE CLASSROOM. Visit it regularly to stay updated on assignments, quizzes, projects, and tests.

The class codes are as follows: Period 5 - 9xo8eq Period 8 - dns8xfm Period 9 - 293xkpb

ASSESSMENTS AND GRADING

• Tests/Quizzes and Projects (70-75%)

- There will be approximately 4-6 exams (multiple-choice, short-answer, matching, true/false) and a few quizzes in between. The values of these assessments will vary.

- You will be required to complete approximately 5-8 projects that test your knowledge and understanding of a specific subject. A scoring rubric will be provided for each one. The scoring values of the assignments will vary.
- **Class work and Homework (20-25%)**
 - Class work consists of all assignments given in class or at home including, but not limited to, group work, reading and answering, participation in group discussion, video notes, and guest speaker notes, and textbook assignments.

NOTE: The ambiguity in the assessment descriptions are due to new ideas and strategies that regularly arise. The point values assigned to them may change accordingly.

GRADING POLICY

Your quarterly grade will stem from the combined points you have earned over the quarter divided into the total number of points you can earn. For example, if you earn 215 points out of a possible 245, your grade is an 88% ($215/245 = .877$). Your semester grade is the average of the two quarters.

Students are given ample time to complete assignments

- I will accept assignments late up to one week without penalty
- 2 weeks late will incur a late penalty of 10% Anything after 2 weeks will require a written letter from the student fully explaining why they were unable to complete the assignment on-time and what they will do differently in the future to prevent late assignments - signed by guardians.

Please feel free to contact me anytime at:
rsonne@acsdny.org or 845-223-8600 (UVMS)