



# Health Education



Welcome back to the 2019-20 school year! This is my third year at Exeter Township Jr. High School; it is my seventh year overall. I look forward to meeting and getting to know each and every one of you. Our classes will meet every other day, for thirty class periods. During many of these class periods we will use Schoology in our Chromebooks, have class discussions, work in small and large groups, write in journals, work on projects, among other methods of learning. Please keep your minds open and get ready for an exciting ride this trimester!

## Student Responsibilities:

- Arrive on-time or early for class
- Demonstrate a positive attitude and behavior towards others and their opinions; remember that what we talk about in class may be sensitive and classmates may share stories that are personal. It takes courage to share in front of class; stories that are shared in Health Class stay in Health Class.
- Bring proper materials to class everyday
  - Health folder & journal
  - Pencil or writing utensil
  - CHARGED Chromebook & Headphones/Ear buds
  - Homework/ Assignments

## \*\*Non-Negotiable Writing Rules:

Within all ETSD grade 3-12 classrooms, students are held accountable by following grade-specific rules for basic editing prior to work submission. These simple rules of writing mechanics and grammar build year to year with most basic in grade three. It is at the discretion of each teacher when to assign these Basic Writing Rules to assignments. It is also at the discretion of each teacher to set the time limit for any resubmitted/corrected work.

## **FAMILY COMMUNICATION:**

Parents/guardians can check our online gradebook: **Skyward Informational System** if you wish to keep up-to-date with students' grades and assignments. I welcome any questions that may pertain to your child's progress in my class.

**If you wish to meet one-on-one with me, parent/guardian & teacher conferences are scheduled for the following dates and times (school will communicate this info closer to the dates):**

Wednesday, November 13 from 5:30 pm - 8:30 pm

Wednesday, April 7 from 5:30 pm - 8:30 pm

**\*\*Back-to-School Night & Spring Overview Nights are scheduled for:**

-Wednesday, September 4 from 7 pm - 8:30 pm.

-Tuesday, January 28 from 7 pm - 8:30 pm.

## **Contact Information:**

I check my e-mails and voicemails throughout the day (7:20 AM—3:00 PM) and will respond as quickly as I can. Students may email me via Schoology.

Mrs. Corey Sisk

610-779-3320 Ext. 3352

[cmsisk@exeter.k12.pa.us](mailto:cmsisk@exeter.k12.pa.us)



**Curriculum:**

**Introduction to Health and Wellness**

Five Dimensions of Health

Body Systems

**Mental Health & Emotional Health**

Managing Stress

Decision-Making & Refusal Skills

Building Self-esteem; Body Image & the Media

Eating Disorders

Anti-Bullying

Suicide Awareness/Prevention



**Drugs**

Use, Misuse, Abuse

Alcohol, Tobacco, Marijuana

Opioid & Prescription Pain Killers: Epidemic

Tolerance & Addiction

Other Drugs of Abuse



**Healthy Relationships & Human Reproduction**

Signs of Healthy Relationships

Refusal Skills...What "No" Means

Male & Female Reproductive Systems

Pregnancy & STD prevention



## **GRADING:**

1. Journals (In-Class, 3 points per entry)
2. Tests
3. Quizzes
4. Homework Assignments
5. Projects
6. Class Preparation (prepared with all materials for class)

## **Late Work Policy:**

Students are expected to come to class prepared with completed homework/assignments. Each school day that it is late I will deduct 20% from grade earned; I will not accept work that is more than one week late—will result in a zero (reasonable exceptions can be discussed and accommodated). Weekends will count as one day late. NOTE: Not all assignments will be accepted after due-date.



# \*FIRST HOMEWORK ASSIGNMENT\*

5 points

Due:

**Directions:** Read and review this syllabus with parents or guardians and sign below to acknowledge that you understand your responsibilities this trimester. Please bring in this page with the signatures (keep the syllabus for yourself either at home or in your health folder for reference).

Note: I recommend all parents to attend our Back-to-School Night or Spring Overview Night. I am looking forward to meeting you all and to answering any questions that you may have.



Student Name \_\_\_\_\_

Class Period & Day \_\_\_\_\_

Student Signature \_\_\_\_\_

Parent Name \_\_\_\_\_

Parent Signature \_\_\_\_\_

Parent contact preference: Email

Phone call

Letter home