

Health Education

Mission

To educate students to be self-directed learners, collaborative workers, complex thinkers, quality producers, and community contributors

Course Description

Health Education is a required course for graduation. It is worth ½ credit and counts in your grade point average. It is to be considered the same as any other academic course that you take toward a diploma from high school.

Classroom Community

- Canvas Navigation
- Online Etiquette
- Growth and Fixed Mindset
- Learning Styles
- District Mission
- Teen Health and Wellness Navigation

UNIT ONE-- Introduction to Health and Wellness

- Areas of Wellness
- Goal Setting
- Decision-Making
- Risk Taking
- Leading Causes of Death

UNIT TWO-- Physical Self-Care and Prevention

- Cardiovascular Disease
- Cancer
- Diabetes
- Nutrition
- Sleep Hygiene

****If there is a topic in this class that makes you uncomfortable in any way, please let your instructor know so other arrangements can be made***

UNIT THREE: Mental, Emotional, and Social Wellness

- Feeling comfortable with one's self (self-esteem, self-talk, identifying and recognizing feelings)
- Feeling comfortable with others (Healthy communication skills, healthy/unhealthy relationships, peer pressure, conflict resolution)
- Meeting the demands of life (Stress Management/Use of defense mechanism, Mental Health Conditions/ACT, Coping with loss).

UNIT FOUR: Drug Awareness

- Drug Route/Pathway to Addiction
- Alcohol/Vaping/Psychoactive Drugs
- Effect of Drugs on the Brain/Relationships
- Enabling/Codependency/Recovery
- Coping/Support/Intervention

UNIT FIVE: Healthy Sexuality

- Male/Female Reproductive System
- Contraceptives/Birth Control
- Sexually Transmitted Infections
- Healthy/Unhealthy Relationships
- Teen Pregnancy Prevention

Course Standards

Essential Standards

- ★ I can identify positive and negative coping strategies.
- ★ I can recognize and identify the relationship of risk factors to disease.
- ★ I can analyze how influences impact my choices, behaviors and habits.
- ★ I can formulate a personal plan for prevention of disease and optimal health

Grading Calculation

At Naperville North we define formative and summative work as follows:

Formative work is used to monitor student's learning to provide ongoing feedback that can be used by students to improve their learning. Examples may include: practice activities, homework, quizzes, etc.

Summative work is used to evaluate student learning at the end of an instructional unit or segment of learning by comparing it against a standard or benchmark.

Grades communicate each student's progress toward mastery of goals/standards for the course. Grades should not be reduced or inflated due to student behaviors outside of the standards.

- ☐ No extra credit will be issued.
- ☐ Formative assignments will be accepted up to the end of each unit.
- ☐ A zero on a summative assessment will only indicate that no attempt was made by the student
 - ☐ Violations of the academic integrity policy will be consequence by administration in collaboration with the IC/teacher.
- ☐ Formative work submitted after the due date cannot be penalized more than a total of 10%.
- ☐ Summative work submitted after the due date cannot be penalized more than a total of 10% and must be submitted prior to the end of the next unit.

Formative =

- **Formative daily classwork and practice assessments (15% of the semester grade)**

Summative =

- **Unit Assessments (50% of the summative semester grade)**
- **Mini and Group Projects/Presentations (35% of the summative semester grade)**

Final Exam =

- **15% of semester grade**

Academic Integrity Code

STATEMENT District 203 students are challenged to address the academic process enthusiastically, diligently, and most importantly, honestly. It is the responsibility of our students, teachers, and administration to uphold the fundamental academic values of honesty, responsibility, fairness, respect and trust. The integrity of our district's academic programs is built upon these principles.

Academic integrity violations include cheating; plagiarism, self-plagiarism or copy infringement; obtaining or providing an unfair advantage; falsification of documents; unauthorized access to records; and inappropriate collaboration, whether intentional or unintentional. The classroom teacher and administration will collaborate and exercise professional judgment in determining academic integrity violations.

Reassessment Policy

Students will be provided multiple and varied opportunities to demonstrate mastery of learning standards.

- ☐ The purpose of reassessment is to allow students to demonstrate mastery of course standards in which they remain deficient.
- ☐ Students will be required to engage in further learning and reassessment when students do not demonstrate sufficient learning of the course essential standards.
- ☐ Students who have demonstrated sufficient learning of the essential standards (but scored below 80%), will be allowed reassessment opportunities on summative assessments if they so choose. To be eligible for reassessment, students must

- ❑ Demonstrate readiness for the summative assessment through completion of formative work.
- ❑ Complete designated learning experiences as assigned by the teacher
- ❑ Reassessments MUST be completed during the next unit of study.
- ❑ Project-based assessments that include multiple opportunities for feedback and improvement in the assessment process will represent multiple attempts and be considered a reassessment
- ❑ Higher reassessment grades will replace the original assessment score (but will not exceed 80%).

Communication

- Encourage your student to communicate with their teacher regarding questions.
- Teachers make every effort to respond to emails and phone calls within 24 hours during the work week.
- The best way to communicate with teachers is through email; however, if you haven't received a response within 48 hours, please resend the email or call their voicemail. Your email may have been filtered.

Additional Resources for Support

HEALTH INSTRUCTORS: Renee Billish, Deanna Nesci, Amie Salter, Erin Colletti

EMAIL: rbillish@naperville203.org ; dnesci@naperville203.org asalter@naperville203.org ecolletti@naperville203.org

Contact your individual teacher via email to arrange individual meetings during office hours.

Parents or Guardians

Naperville North believes in a collective partnership with parents/guardians which provides students the best opportunities for success.

Some ways parents/guardians can support their student's learning are:

- Actively check Infinite Campus for their student's grade.
 - o Infinite Campus is a tool to progress monitor student work until final course grade is posted.
 - o Monthly progress grades are posted and represent the current grade of a student in the course at that moment in time.
- Discuss missing assignments, reiterate due dates, help organize folders, materials, assignment notebooks and review upcoming projects and assessments.