

Health 2 Syllabus
Reynolds High School – School Year (2024-2025)



Instructor: **Kate Evans (Room 123)**

Master of Arts in Teaching, Western Governor's University
Bachelor of Science Biology, Portland State University
Associate of Arts, Portland Community College

Contact: Email is kevans@rsd7.net or send a message through StudentVue/ParentVue or Schoology.

Course Description: Health 2 is a required 1 semester class.

Health is the study of the physical, mental/emotional, and social well-being of people. This course is designed to help students make healthy choices now and later in life. Being healthy today can be extremely difficult and can sometimes feel impossible! Hopefully you will leave this class with a greater appreciation for yourself and the want to take care of yourself. The following skills are embedded into our standards and will be practiced and demonstrated through our units:

Decision Making	Analyze Influences	Access Information	Self-Management	Goal Setting	Advocacy	Communication Skills	Concepts
-----------------	--------------------	--------------------	-----------------	--------------	----------	----------------------	----------

Materials Needed for Class

1. Chromebook and charger
2. Folder or pocket in your binder
3. Pencil
4. RHS Planner or an organizational tool

In-Class Expectations

If you are here and present in class, you will have very little or no homework in this class! Yay! I do not like to work when I go home for the day, and I don't want you to have to either. This means that when you are in class, I ask that you are here, fully present, and ready to participate 😊

Grading will be based on the following:

1. Classwork: 30%
2. Mastery (Tests/Projects): = 70%

100-90%	A	Student fully understands the content & course objectives have been mastered
89-80%	B	Student understands content & course objectives are above average level.
79 -70%	C	Students understand content & course objectives are at an average level.
69-60%	D	Student did not display understanding of content & minimum course objectives are met.
59% Below	F	Student did not display understanding of content & course objectives were not met receiving no credit

Expectations: POWER (Prepared & Punctual, Organized, Writers, Engaged, Respectful)

P = Be in class on time, prepared, and ready to learn.

O = Have your Chromebook, notebook, and be ready for classes!

W = We are ready to write, that could be reflection in personal notebook or class activities.

E = Listen to directions and actively participate in class; sharing ideas, working with others, and hearing others thoughts.

R = Respect our class environment for fellow students. Follow the Class Norms established together to create a safe learning environment for everyone.

Other important things to know...

1. Yes, you can retake tests, quizzes and fix projects!
2. If you miss class, check Schoology to see what you missed and ask Mrs. Evans for materials you need.
3. Late work will be accepted with a penalty
4. Missing assignments or projects will hurt your grade
5. Please always bring your Chromebook, planner, and a pencil to class

Theme:	Aspects of Health and Accessing Information
Topic:	What is Health? What does it mean to be healthy?
Building Health Skills:	Making Decisions, Accessing Information, Concepts, Analyzing and Reflecting
Mastery Assessment:	Healthy Living Poster
Unit 1:	Nutrition
Topics:	Nutrients, Making Healthy Food Choices, Connecting Diet and Lifestyle Disease
Building Health Skills:	Advocacy, Accessing Information, Concepts, Self-Management, Goal setting
Mastery Assessment:	Quiz, Meal Plan Project (Create a Goal)
Unit 2:	Mental and Emotional Health
Topics:	Emotions, personality, managing stress, mental disorders, violence/suicide prevention
Building Health Skills:	Access Info, Concepts, Goal Setting, Analyze Influence, & Advocate
Mastery Assessment:	Mental Disorder Poster/Mental Health Advocacy Project
Unit 3:	Drug and Alcohol Abuse Prevention
Topics:	Drug categories, short-term and long-term effects of drugs, cycle of addiction, refusal skills
Building Health Skills:	Concepts, decision making, Self -Management, Advocacy, Analyzing Influences
Mastery Assessment:	Quiz, Dope Rhymes Project
Unit 4:	Human Sexuality
Topics:	Reproductive Systems, Fertilization, Fetal Development, Healthy Relationships, Communication
Building Health Skills:	Concepts, self-management, accessing information, analyzing influences
Mastery Assessment:	Script on healthy communication, boundaries, consent, or protection