

Welcome to 9th Grade Health

Ms. Eimers

Holmes Jr. High, Room P-2

Please read BOTH sides of this paper and complete contact information section, below.

Due date: _____

This one-semester course fulfills the high school health graduation requirement. Students must pass this class in order to graduate. Students who do not pass will be enrolled in the summer school program. Please refer to the attached course outline to review topics that will be covered. The overall goal of this course is to help you gain knowledge and skills that will support your efforts to create and maintain healthy practices throughout your life.

Grading

- Health Notebook of class notes, materials, responses
- Class assignments and projects
- Occasional homework
- Tests and quizzes

I post regularly in **School Loop** so parents and students can track assignments and scores, generally within 1 week of due dates. If an assignment grade is **blank** I've not yet posted grades. If there is a **zero** it means that I did not receive the assignment. When completed the grade will be entered. If not made up in time allowed you can see how the zero will affect your grade.

Progress reports are sent home by the school mid-quarter and grade reports are sent out quarterly.

90-100% = A; 80-89% = B; 70-79% = C; 60-69% = D; below 60% = F

The Health Notebook students keep contains daily notes, worksheets and other writings, all done in class. I collect notebooks every 2 to 3 weeks, and may do spot checks without notice. Absence is the only excuse for not having the notebook up to date at all times. Choosing to not do the class work during class may result in no credit. If you'd like help see me during lunch or after school.

Expectations of Students

1. Be in class on time with a pen or pencil and your health notebook. (No red, pink, yellow, or orange ink, please.)
2. Write legibly. This may seem obvious, but if I can't read it I can't give credit for it.
3. Use class time wisely. I give very little homework so I expect you to give 100% in class!
4. Complete assignments and turn them in when due.
5. Participate respectfully in class discussions and activities, contributing to a positive classroom learning environment.
6. **Check School Loop at least three times weekly. Click on Progress Report to get the full picture of your grade, including teacher notes. You are responsible for this information whether you read it or not!**

Absences/Late Work

When you return from an absence, ask for the make-up work the day you return to class. I allow one day per day absent to turn in missed work, eligible for full credit. Be sure to make up missed notes and any notebook writings. I am generally in the classroom during 9th grade lunch and after school to assist students. Late work may result in loss of points. If you are having difficulty completing work, please see me so we can develop a plan that helps you complete work successfully. I post most notes, worksheets and video links in the School Loop Calendar and Locker so be sure to check these if absent.

How to reach me

The best way to reach me is by e-mail via School Loop which you can get to from the Holmes website: <http://www.hol-djUSD-ca.schoolloop.com/>. If not on School Loop email peimers@djUSD.net. School phone number is 757-5445 Ext. 292. I am also happy to meet with you at school.

✂*****

Student Name: _____ Period: _____

I have Internet access I do not have Internet access

Parent/Guardian Contact Information

Name(s): _____ My email is in School Loop **OR**
 contact me at this email: _____ I do not have email to share

Home Phone: _____ Work phone: _____

I prefer to be contacted by: Home phone Work phone Email

Parent/guardian signature

Date

OVER→

9th Grade Health

Course Syllabus

Ms. Eimers

Holmes website: <http://www.hol-djUSD-ca.schoolloop.com/>

Textbook: Glencoe Health (McGraw-Hill, 2007)

Unit 1: Health and Wellness

- Making healthy choices and decisions
- Setting goals
- Self assessment
- Accepting personal responsibility
- Advertising and consumer education
- Sleep – science of sleep and strategies for getting adequate sleep
- Stress and stress management

Unit 2: Tobacco, Alcohol and Other Drugs

- Over-the-counter, prescription, controlled, and street substances
- Changing laws regulating marijuana
- Risks—physical, emotional/mental, social
- Peer pressure and prevention of drug use
- Tobacco, alcohol and drug use during pregnancy

Unit 3: Infectious Disease

- Causes of disease
- How the immune system works
- Common communicable diseases
- Vaccinations
- STIs and HIV/AIDS

Unit 4: Non-infectious Disease

- Prevention and early detection of non-infectious diseases including cancers, cardiovascular disease and diabetes.
- Self-screening for skin, breast, and testicular cancers.

Unit 5: First Aid & CPR

- Hands-only CPR and use of AED
- ARC Standard First Aid skills incorporated but no certification
- Use of Epi-Pen and emergency inhaler

Unit 6: Mental Health

- Suicide prevention
- Understanding when, how and where to seek help for self or others
- Common mental health challenges of teens/young adults

Unit 6: Sexual Health

- Male/female reproductive systems
- Abstinence & pregnancy prevention
- Pregnancy & fetal development
- Gender topics & sexual orientation
- Sexual exploitation
- Affirmative consent & bystander awareness

Unit 4: Relationships

- Developing healthy relationships
- Breaking up
- Understanding emotions
- Sexual harassment and sexual assault prevention
- Violence prevention

Unit 7: Nutrition and Fitness

- Types of nutrients
- Eating a balanced diet
- Diet analysis/goals
- Body image and eating disorders
- Nutrition for athletes
- Bones and muscles
- Components of fitness