

**WELCOME TO HEALTH EDUCATION**  
**Mrs. Hoernig- khoernig@seaford.k12.ny.us**



1. Attendance
  - a. You need to be here to learn! Limit your absences.
  - b. Make up the work you miss. It is important that you don't fall behind.
  - c. Be on time!!
2. Participation
  - a. An important part of this class is staying involved in discussions and activities.
  - b. Speak up and act appropriately!
3. Grading
  - a. Your overall grade is based on a point system (Points earned out of possible points given).
  - b. Example - In quarter 1, you earn 720 of 800 possible points making your grade a 90.
  - c. Roughly 50%-60% of points will be in the form of tests and quizzes, about 20%-25% will be group/individual projects, and 20%-25% will be assignments given for classwork and homework.
4. Behavior
  - a. Respect each other's differences and time to speak. Be understanding and empathetic towards your peers.
  - b. Be mature and appropriate while staying involved.
  - c. Rude, hurtful, or inappropriate remarks or behavior will not be tolerated.
5. Personal Responsibility
  - a. If you miss a lesson, you are responsible to make up the work.
  - b. Extra notes can be found in your class folder and the class website will be upgraded with assignments and due dates.
6. Class Procedures
  - a. Homework will be handed in to your class bin at the start of each class day.
  - b. Earn Hoernig Hundos for various things which can be cashed in for points or prizes.
7. Extra Help
  - a. If you ever need more time or help with any work, I will always be available after school during Extra Help hours. Please feel free to come and see me! My door is always open
8. Cell Phones
  - a. Cell phones should not be taken out during class unless you're asked you to use it for an assignment.
  - b. If you are seen using your phone during a non-designated time, the proper consequences will follow.
9. Bathroom/Drink Breaks
  - a. Limit your use of the bathroom and leaving class for water breaks.
  - b. Go before class or during independent work unless it is an emergency.
10. Extra Help
  - a. If you ever need more time or help with any work, I will always be available after school during Extra Help Hours. Please feel free to come see me! My door is always open.
11. Controversial Material
  - a. Some topics may be difficult for some people to talk about. Please see me ahead of time if you have any concerns about upcoming lessons and we can figure something out.
  - b. Never be afraid to come to me for anything you need help with.
12. Confidentiality
  - a. Any personal answers you give to me will be kept private. However, if something you say or write shows you are in a potentially harmful or unsafe position, I must report it.
  - b. If someone opens up in class, please be respectful by not discussing their personal stories with others.

Please sign the bottom and return the entire sheet agreeing that you understand what is expected in this health class.

\_\_\_\_\_  
(Student)

\_\_\_\_\_  
(Parent/Guardian)

**ALL UNITS WILL REFER BACK TO AN ONGOING THEME  
OF:  
*EDUCATED PERSONAL CHOICE***

<b>Sequence:</b>	<b>Skill:</b>	<b>Functional Knowledge:</b>
Unit 1	PLANNING & GOAL SETTING	PHYSICAL ACTIVITY & NUTRITION
Unit 2	STRESS MANAGEMENT	VIOLENCE PREVENTION/BULLYING
Unit 3	DECISION MAKING	ATOD
Unit 4	ADVOCACY	UNINTENTIONAL INJURY PREVENTION
Unit 5	COMMUNICATION	HIV/AIDS, SEXUAL RISK, FAMILY LIFE/SEXUAL HEALTH

*Participate, practice, have fun, and WE WILL LEARN!!!!*