

## TEEN HEALTH

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This class is designed to follow the State Core Curriculum. Wellness, fitness, self-concept, emotional needs, decision making skills, stress, friends, relationships, dating, marriage, parenthood, nutrition, balanced diets, eating disorders, Refusal Skills, drug prevention (alcohol, tobacco, etc.), HIV/AIDS, peer pressure, communicable and non-communicable diseases, first aid, consumer health, shaken baby, bullying, child abuse, internet safety and how the body functions are topics that will be covered.

There will also be a week ABSTINENCE based unit called, Sex Can Wait. This will cover relationships, dating, emotional and mental aspects of waiting till marriage compared to having sex at an early age, freedom of choice, roles of parenting, the costs of premarital sex (physical, mental, emotional and social), sexually transmitted infections and ways to avoid situations the student is not quite prepared to handle. A letter will be sent home 2 weeks before this unit is taught so any questions may be answered regarding the material. State law requires parental or guardian permission for the student to receive this information. Attached is the State permission slip.

Items needed for class:

1. A loose-leaf paper with folder.
2. Pen or Pencil.
3. Planner (school)
4. Book Cover

Classroom rules:

1. Be PREPARED every day (have folder, pen/pencil and book with you)
2. School Rules: S.O.A.R—Safe, On time, Act respectful, Responsible --NO CELL PHONES (unless teacher approved for assignment), candy, pop, sports drinks or other food items. Water is great!
3. Pay attention, be respectful and do not bother others

\*\*Failure to abide by the rules (classroom, school, or district) will result in one or more of the following consequences: verbal warning, conference with teacher, contact with parents and referral to administration.

Daily Agenda: Students will write journal entries every day. Journal entries will be kept in 3-ring binders and will be turned in approximately every 2 weeks.

Grading: Grading scale is posted on the wall in the room. Progress reports will be printed twice a quarter. This must be done before or after class. Grades can be accessed any time at: <http://weber.k12.ut.us/myweber/> Assignments and grades will be entered at least once a week, always by Friday afternoon.

Homework: All assignments are due on the assigned date, with 5 points loss for each day it is late. You have 2 weeks to make up any assignments/tests if you are sick or absent.

Assessment: Grades will be determined through participation, journal entries, current event articles, projects, quizzes and tests.

Extra Credit: Extra credit will be given once a quarter or at my discretion. To receive instant extra credit during the first week of school, your parent or yourself may log on to the portal and send me a email through the portal telling me something you do that keeps you well or healthy.

Problems/concerns: If problems arise, I strongly encourage contact through e-mail, phone calls or a personal conference. I am here at 7:15 am and until 3:15 pm every school day. My planning period is 9:24-10:30 am and I am available during this time also.

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I have read, understand and accept the guidelines Mrs. Tippets has outlined in this disclosure statement.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_ Period \_\_\_\_\_

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