**HEALTH & SAFETY**

Mr. Craddock’s Class Expectations

COURSE DESCRIPTION:  This 18 week class will teach several healthy lifestyle habits as well as the consequences of unhealthy lifestyle choices.  Health literacy includes an understanding of how the body functions as well as behaviors and decisions that will foster life-long wellness. It is assuming responsibility for personal wellness throughout the life cycle and fostering behaviors and practices that will enhance wellness.  According to Kentucky education standards, topics will include:

 1. Mental Health (PL-HS 1.1.1, 2, 9, 11) –explain positive social interaction, strategies for stress, conflict, peer pressure, & bullying, mental illnesses, and other health skills

2. Substance Abuse (PL-HS 1.1.8, 16, 7)–explain effects of tobacco, alcohol, prescriptions, illegal drugs

3. Sex Education (PL-HS 1.1.8, 16, 7, 1) – explain positive relationships, risks of sexual activity, reproduction, STIs

4. Nutrition – (PL-HS 1.1.2, 8, 7) explain Dietary Guidelines for Americans, risks of unhealthy behaviors, & food related diseases

5. Safety – (PL-HS 1.1.6) respond to emergency situations using first aid & CPR

CLASS RULES:

* Do your best & be your best!

 SCHOOL RULES:

* Be safe, responsible, & respectful

 COURSE REQUIREMENTS:

* Attendance
* Daily Bell Question/flashback (Section A)
* Vocabulary (Section B)
* Notes/Outlines (Section C)
* Exit slips & Journals (Section D)
  + A midterm notebook quiz will reflect participation points in the previous sections
* Quizzes/Tests (Section E)
  + Required to do alternative assignments for any non-mastered sections
* Projects: powerpoint, brochures, & posters
* Various writing pieces
* Cumulative final exam (20% of final grade)

MATERIALS NEEDED:

* Notebook with 6 dividers
* Pen or pencil
* Textbooks remain in the classroom unless signed out after 6th block class

 ATTENDANCE POLICY: It is your responsibility to check with Mr. Craddock for assignments, handouts, bell questions, and exit slips on the days you are absent.  If you are absent the day of a test, you may need to arrange a time to come early or stay after school in the library.  All work should be completed in a timely manner or it becomes a zero.

 PARENT OR GAURDIAN,

Feel free to e-mail me at: [korey.craddock@bullitt.kyschools.us](mailto:korey.craddock@bullitt.kyschools.us) if you have any questions or concerns and check grades/comments on infinite campus frequently.

Returning this syllabus signed will assure your child their first homework grade of 25 points.

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Student signature

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Parent signature