



Family Health (HEALTH) CLASS

Mr. Dan Montzingo P4

Jackson High: (425) 385-7034 Email: dmontzingo@everettsd.org

OUR CLASS: Health is a required course for graduation at Jackson High School and is one semester in length. This class is designed to create a better understanding of how to make good choices so that one may live healthy for a lifetime. Over the duration of the course, students will engage in a variety of activities and will take a more active role in maintaining their own physical, mental, and social growth and development as healthy citizens of our community.

Primary Subject Area: Health and Fitness

Integrated Subjects: Reading, Science, Writing, Technology

THE TEACHER: My name is Dan Montzingo. Along with my passion for teaching, I love hanging out with my family and exploring the outdoors. I am crazy about teaching and love this subject...Health!

MATERIALS NEEDED: Students will need to have a **separate composition book/binder** for class. This will serve as the student's daily journal and notes book and will be graded periodically throughout the semester.

COURSE OBJECTIVES: This course offers various learning techniques. Students will be able to:

- Understand the meaning of what is read
- Write clearly and effectively
- Communicate ideas clearly and effectively
- Acquire the knowledge and skills necessary to maintain a healthy life; recognizing the patterns of growth and development; reduce health risks and live safely

COURSE TOPICS:

Unit 1- Introduction to Health

- What is Health?
- Evaluating your Own Health

Unit 2- Mental Health

- Self-Esteem
- Managing Stress
- Mental Illness and Suicide

Unit 3- Nutrition

- Food and Nutrition
- Making Healthy Food Choices

Unit 4- Substance Abuse

- Alcohol
- Tobacco and other Drugs
- Preventing Drug Abuse

Unit 5- Human Development and Sexuality

- Healthy Relationships
- Reproduction
- Birth Control
- Pregnancy and Birth
- Sexually Transmitted Infections

Unit - Safety and Prevention

- CPR / First Aid

Amongst other course topics:

CPR- We are fortunate to have a partnership with **MEDIC ONE** and **EVERETT FIRE DEPT.** to certify our students in CPR and AED training. After students go through the required two-day training in class they are eligible for a CPR card. **CPR cards can be purchased for \$5.00 at the School Treasurer’s Office.** CPR cards are through the American Red Cross. CPR cards are not required but can help students be more marketable with trying to get a job.

CLASSROOM EXPECTATIONS:

- **Respect everyone and everything** in the classroom. This means listening without talking while others are speaking and avoid all put-downs.
- **Come to class prepared and ready to learn.** This means you are equipped with a positive attitude and the required daily materials: paper, pencil or pen, and other supplies necessary for learning.
- **Electronic devices** of any kind **should remain in your backpack** unless teacher permission is given
- **WATER ONLY AT DESKS**, food should be put away and all other beverages should remain in backpack or at sink counter for class.
- **Clean-up your area** before leaving the room.

If the above guidelines and expectations are not followed and a student’s behavior interferes with the learning process the teacher will adhere to Jackson High School’s Discipline Policy found in the Student Handbook.

ACADEMIC INTEGRITY PHILOSOPHY

Honesty is a value that holds each person to tell the truth and to defend the truth. Honesty supports intellectual growth and creates a fair learning environment. Integrity is firm adherence to our values with or without the presence of others. In an environment of honesty and integrity, the work we turn in as our own is our own.

Teachers and administrators at JHS understand that pressure to get good grades can sometimes create the incentive to cheat. However, we firmly believe that cheating denies the value of education, damages the ethical character of the individual student, and undermines the integrity of our school community. The **Academic Integrity Code of Conduct** (The Entire Code of Conduct can be in the JHS homepage) affirms that we value learning for its own sake, and that we therefore demand personal integrity and intellectual honesty in all academic work.

DEFINITION

Having academic integrity means valuing and demonstrating positive regard for:

Intellectual honesty

Personal truthfulness

Learning for its own sake

The creations and opinions of others (i.e., intellectual property)

Disciplinary action will be taken commensurate with any violations. Please refer to the JHS Code of Conduct at the JHS homepage.

GRADING AND ASSESSMENTS: This class will be using a standards based scale of 4.0 grading scale. The student’s grade is based off meeting criteria at standard. The student will be given rubrics for each assessment well in advance so that they know what criteria they must meet at standard.

Summative Assessments: 70% (Test/Quizzes/Projects)
Formative Assessments: 30% (Classwork//Composition Notes/Journal)

4.0 Grading Scale:

3.6 - 4.0	A
3 - 3.5	B
2 - 2.9	C
1 - 1.9	D
0 - 0.9	F

All assignments and work need to be turned in on the correct due dates. **Waiting for the last minute to try to pass this class will be very difficult and stressful.** All projects and assignments need to be done on time in order to do well in this class. Missing group work, projects, presentations, and tests will greatly affect your grade and how well you will do in this course. **DO ASSIGNMENTS ON TIME!!!**

QUIZZES: Students will be expected to take quizzes in class. If a student is absent on the quiz date it is up to the student to schedule the make-up with the teacher.

ABSENCE/MAKE-UP/LATE WORK: School rules regarding tardies, absences and excessive absences will be enforced and can be found in the student handbook. Students are expected to make up all work missed due to absences. It is the student's responsibility to check on missing assignments upon return. He/she will have equal number of school days to make up the work as for which they are absent. Make-up work will need to be given directly to the teacher and turned in by the appropriate dates.

LATE WORK: The classroom schedule allows ample time for completion of all work during class. If a student is absent from class, or has fallen behind, it is his/her responsibility to obtain make-up work from the teacher and make arrangements for its completion. **Late work must be turned in by late work due dates for credit. Unless arranged with the teach, late work will be reduced credit.**

Parents may help by: Checking grades online and check progress reports carefully for mistakes, missing assignments and attendance problems. If you have any questions or concerns, please contact me at Jackson High School at (425) 385-7034 or via email at dmontzingo@everettsd.org

Thank you!

Mr. Dan Montzingo

Jackson High School, Room P4 (425) 385-7034

**Syllabus Acknowledgement (Please Return for Points)
Jackson High School HEALTH**

RETURN THIS PAGE COMPLETED TO MR. MONTZINGO

Print Student Name _____ **Period:** _____

Dear Parents: I am excited and looking forward to working with your student. Please read the Course Syllabus, posted on Google Classroom, including classroom expectations and grading policies with your student. During the semester, students **may** be viewing the following movies if time permits (The Ratings for each movie is below). Please mark with an X in the Yes or No box to whether or not you would like your student to view the videos. If not, students will be provided a supplemental assignment.

	YES	NO
Rudy (Mental Health Unit) PG		
Inside Out (Emotions- Mental Health) PG		
Wonder (PG) Mental Health		
The Sugar Film- Documentary (Nutrition Unit)		
Food Incorporated (Nutrition Unit) PG		
Homeless to Harvard or 28 Days (Drug and Alcohol Unit) Lifetime Movie		
Bloodlines (Documentary) HIV/AIDS education)		
Life's Greatest Miracle (NOVA) (Human Growth)		
Gender Revolution – Katie Couric special (Human Growth/Identity)		
The Pursuit of Happyness (end of the year-Goal Setting, Determination, Perseverance) PG-13		
We also watch video clips from Oprah, Discovery Health, Prime Time's What Would You Do?, National Geographic, Drugged		

**Thank you and best regards,
Dan Montzingo 425-385-7034 or dmontzingo@everettsd.org**

My son or daughter learns best when:

Course topics from the course topic list that may be sensitive for my son or daughter could be:

Communication: My Phone number/email address is:

We have read and understand this invitation to learn as described in the syllabus. Our signatures show that we are setting a course for success in this class.

Parent/Guardian Signature: _____ **Date** _____

Parent/Guardian Name Printed: _____

Student Signature: _____ **Student Name Clearly Printed** _____ **Date** _____