

# Health

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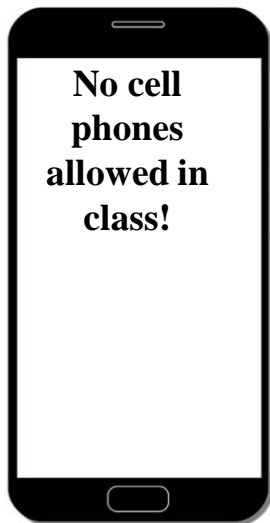
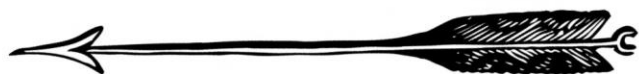
Phone: 701-356-2050 Office 127B



Welcome back to school. I am excited to have you in class! In this class we will work on health concepts and skills...and I think we will have some fun along the way. This class is about YOUR LIFE! The choices you make today, impact tomorrow!

If you miss class (includes doctor/medical and school activities), assignments and notes can be found on Schoology.

If you have questions or want help, the best way to get ahold of me is to message through Schoology or the email address listed above. I will work hard to get back to you within 24 hours.



Cell phones and headphones are not allowed in-class.

Violating the cell phone policy of our classroom will result in consequences.

## Reoccurring Assignments

Worksheets/In-class assignments

Discussions

Assessments

Projects



## Work Ethic Expectations

BE RESPECTFUL

BE RESPONSIBLE

BE RIGOROUS

- Health is a required class for graduation in the state of North Dakota.
- Each Quarter counts as 50% of your overall grade. Assignments are considered late once a 0 has been entered in the gradebook. Students are then eligible to turn in work at half credit (unless otherwise stated). Once the unit is over, late work will not be accepted.



Unit	Topics
Wellness and Nutrition	Health Triangle Essential Nutrients Fed Up documentary Food Blog Project
Mental Health	Communication Skills Self-Esteem Depression Suicide Awareness Prevention Giving Your Best Advice Video Project
Alcohol and Other Drugs	Drug Classifications Refusal Skills Chronic State Video Socratic Seminar Sharehouse Speakers
Human Sexuality	Reproductive Anatomy Pregnancy STI Contraceptives Healthy Relationships

DISPOSITION	Novice	Approaching	Proficient	Advanced
Collaboration	<i>Learners work together, resolving controversy and conflict through respectful negotiation.</i>			
	Learners need frequent reminders to: <ul style="list-style-type: none"> <li><input type="checkbox"/> follow the rules of the classroom and school</li> <li><input type="checkbox"/> cooperate and work in partnerships, small, or large groups</li> <li><input type="checkbox"/> interact respectfully as a team</li> <li><input type="checkbox"/> listen to ideas, opinions, and skills of others</li> </ul>	Learners: <ul style="list-style-type: none"> <li><input type="checkbox"/> follow the rules of the classroom and school often</li> <li><input type="checkbox"/> cooperate and work in partnerships, small, or large groups</li> <li><input type="checkbox"/> interact respectfully as a team</li> <li><input type="checkbox"/> listen to ideas, opinions, and skills of others</li> </ul>	Learners: <ul style="list-style-type: none"> <li><input type="checkbox"/> recognize the value of and follow the rules of the classroom and school</li> <li><input type="checkbox"/> cooperate and work flexibly in partnerships, small, or large groups</li> <li><input type="checkbox"/> share responsibility and interact respectfully to be productive both individually and as a team</li> <li><input type="checkbox"/> understand ideas, opinions, and skills of others</li> </ul>	Learners: <ul style="list-style-type: none"> <li><input type="checkbox"/> collaborate in the process of creating rules and norms</li> <li><input type="checkbox"/> accept and give constructive feedback in a positive way</li> <li><input type="checkbox"/> show leadership and initiative as a contributing global citizen; act on constructive feedback</li> </ul>
Compassion	<i>Learners demonstrate their understandings of the complexities of cultures and global issues and see viewpoints beyond their own in order to positively impact the world around them.</i>			
	Learners need frequent reminders to: <ul style="list-style-type: none"> <li><input type="checkbox"/> listen to information from different viewpoints with respect</li> <li><input type="checkbox"/> recognize their own perspectives and values</li> </ul>	Learners: <ul style="list-style-type: none"> <li><input type="checkbox"/> listen to information from different viewpoints with respect</li> <li><input type="checkbox"/> recognize their own perspectives and values</li> </ul>	Learners: <ul style="list-style-type: none"> <li><input type="checkbox"/> show kindness and empathy</li> <li><input type="checkbox"/> consider information from different viewpoints with respect</li> <li><input type="checkbox"/> recognize their own and others' perspectives and values</li> </ul>	Learners: <ul style="list-style-type: none"> <li><input type="checkbox"/> explain the cultural impacts of their decisions, the decisions of others, articulating perspectives and showing empathy</li> <li><input type="checkbox"/> exhibit character and take-action as a contributing global citizen to improve conditions in our community</li> </ul>
Responsibility	<i>Learners actively engaged in their learning and demonstrate responsibility, organization, and perseverance.</i>			
	Learners need frequent reminders to: <ul style="list-style-type: none"> <li><input type="checkbox"/> follow expectations for participation</li> <li><input type="checkbox"/> complete work</li> </ul>	Learners: <ul style="list-style-type: none"> <li><input type="checkbox"/> follow expectations for participation</li> <li><input type="checkbox"/> complete work in a timely manner often</li> </ul>	Learners: <ul style="list-style-type: none"> <li><input type="checkbox"/> follow expectations for organization and participation</li> <li><input type="checkbox"/> engage curiosity and collaboration, taking pride in completing work well</li> </ul>	Learners: <ul style="list-style-type: none"> <li><input type="checkbox"/> actively pursue achievement with a sense of importance and student agency</li> <li><input type="checkbox"/> find passion and value in a task; persist with resilience and stretch oneself despite difficulties</li> </ul>

CCR'S