



HEALTH

Mrs. Leah Swedberg, M. Ed., NBCT

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701-356-2050

Office 115B

Dear Student!

Welcome back to school. I hope you had a great summer! I am excited to be your health teacher! In this class you will work on health concepts, knowledge 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 your tomorrow.

Welcome

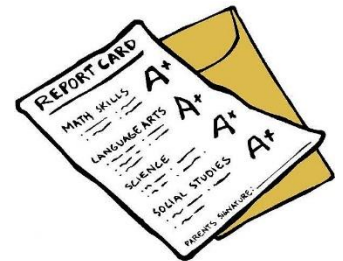
In the words of Bon Jovi [It's My Life!](#)

WHAT DO I NEED FOR CLASS

- iPad
- Writing Utensils
- Writing/Scratch Paper

GRADING

- 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.
- Late or missing work will be graded within 5 school days from the date it was turned in. If you turn in an assignment on Schoology, you MUST notify Mrs. Swedberg. Late or missing work turned in to Schoology will be graded within 5 school days from the date Mrs. Swedberg was notified.
- Basic grading opportunities: assignments, quizzes, projects





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POLICIES

- Cell phone will be **OUT OF SIGHT** and **OUT OF USE** from bell to bell unless otherwise approved by Swedberg. I will follow school protocol for cell phone misuse.
- **Attendance is important.** After 10 absences, students will be dropped from the course and will be required to retake the course at a later date. For further information, please see the [WFPS Attendance Policy](#).
 - If you are absent, you are responsible for any assignments, notes or worktime given that day. Reach out to a classmate or Mrs. Swedberg or Check Schoology.
- Every fifth unexcused tardy will convert to an unexcused absence and the student will be assigned one and a half hours of detention. This is per class period and will adhere to the [attendance policy](#).
- No Food in the classroom
- All drinks must be in a container with non-spill lid



EXTRA CREDIT

Extra Credit is available to any student who wishes to utilize it. There are 10 different books available (several copies of each) in the library for students to check out. These books all relate to the content discussed in class. Students must read the book, complete the review form (found on Schoology) **in their own handwriting** and turn it in to Mrs. Swedberg. It is suggested that students use their own paper, write each question and their answer. Each question requires roughly a paragraph and there is not enough room on the Schoology document to do so.

Extra credit is worth 15 points. Students are only awarded 15 points once each quarter.



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CONTENT

Unit	
Unit 1: Intro to Wellness and Nutrition	<ul style="list-style-type: none">• Health triangle• 6 risk factors• Essential Nutrients• Food Blog Project
Unit 2: Communication and Mental Health	<ul style="list-style-type: none">• Communication Skills and Skits• Self-Esteem• Stress and Stress Management• Break Free from Depression• Giving your Best Advice Video Project
Unit 3: Alcohol, Tobacco and Other Drugs	<ul style="list-style-type: none">• Refusal Skills• Drug Classifications• Socratic Seminar• Chronic State Video• Addiction Podcast Project
Unit 4: Human Sexuality	<ul style="list-style-type: none">• Reproductive Anatomy & Pregnancy• STIs• Contraceptives• Healthy Relationships



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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"> <input type="checkbox"/> follow the rules of the classroom and school <input type="checkbox"/> cooperate and work in partnerships, small, or large groups <input type="checkbox"/> interact respectfully as a team <input type="checkbox"/> listen to ideas, opinions, and skills of others 	Learners: <ul style="list-style-type: none"> <input type="checkbox"/> follow the rules of the classroom and school often <input type="checkbox"/> cooperate and work in partnerships, small, or large groups <input type="checkbox"/> interact respectfully as a team <input type="checkbox"/> listen to ideas, opinions, and skills of others 	Learners: <ul style="list-style-type: none"> <input type="checkbox"/> recognize the value of and follow the rules of the classroom and school <input type="checkbox"/> cooperate and work flexibly in partnerships, small, or large groups <input type="checkbox"/> share responsibility and interact respectfully to be productive both individually and as a team <input type="checkbox"/> understand ideas, opinions, and skills of others 	Learners: <ul style="list-style-type: none"> <input type="checkbox"/> collaborate in the process of creating rules and norms <input type="checkbox"/> accept and give constructive feedback in a positive way <input type="checkbox"/> show leadership and initiative as a contributing global citizen; act on constructive feedback
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"> <input type="checkbox"/> listen to information from different viewpoints with respect <input type="checkbox"/> recognize their own perspectives and values 	Learners: <ul style="list-style-type: none"> <input type="checkbox"/> listen to information from different viewpoints with respect <input type="checkbox"/> recognize their own perspectives and values 	Learners: <ul style="list-style-type: none"> <input type="checkbox"/> show kindness and empathy <input type="checkbox"/> consider information from different viewpoints with respect <input type="checkbox"/> recognize their own and others' perspectives and values 	Learners: <ul style="list-style-type: none"> <input type="checkbox"/> explain the cultural impacts of their decisions, the decisions of others, articulating perspectives and showing empathy <input type="checkbox"/> exhibit character and take-action as a contributing global citizen to improve conditions in our community
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"> <input type="checkbox"/> follow expectations for participation <input type="checkbox"/> complete work 	Learners: <ul style="list-style-type: none"> <input type="checkbox"/> follow expectations for participation <input type="checkbox"/> complete work in a timely manner often 	Learners: <ul style="list-style-type: none"> <input type="checkbox"/> follow expectations for organization and participation <input type="checkbox"/> engage curiosity and collaboration, taking pride in completing work well 	Learners: <ul style="list-style-type: none"> <input type="checkbox"/> actively pursue achievement with a sense of importance and student agency <input type="checkbox"/> find passion and value in a task; persist with resilience and stretch oneself despite difficulties