

**Manhattan High School**  
**Health Education – Mr. Verde & Ms. Watson**  
**(PHSHQQM) 2022-2023 – Term I**

**Vision**

Students will gain knowledge and develop skills pertaining to various health topics so that they may take responsibility for their health and make healthy choices. **Specific focus will be placed on National Health Education Standard 7 – Practicing Health-Enhancing Behaviors.**

**Objectives**

- Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks
- Students will develop their decision making and goal-setting skills
- Students will use proper communication to enhance their health and the health of others
- Students will begin to utilize resources in their community for healthy purposes

**Expectations**

- Be on time
- Be prepared (pen/pencil, notebook, packet)
- Check board for daily assignments and instructions
- You are responsible for missing work and assignments when absent

**Grading Policy**

Class Work & Participation (30%)

-It is very important that you attend class and take an active role in learning. Your thoughts, questions, and comments will help make this class successful.

Behavior (20%)

Tests & Quizzes (20%)

Projects & Writing Assignments (20%)

Current Events/Homework (10%)

-Each assignment will be graded on a ten point scale.

**Daily Points** – Punctuality (1), Behavior (2), Classwork/Participation (2)

*5 points per day – 25 points per week – 100 points per month*

### **Instructional Materials**

A class textbook and workbook will be utilized throughout the semester, as well as other packets, handouts, Power Point presentations, videos, etc.

### **Topics to be Covered**

- |                                   |                           |
|-----------------------------------|---------------------------|
| -Physical/social/emotional health | -Medicines & Drugs        |
| -Wellness                         | -Tobacco/Vaping           |
| -Hygiene                          | -Relationships            |
| -Fitness                          | -Male/Female Reproduction |
| -Personality                      | -Contraception            |
| -Decision Making                  | -STDs                     |
| -Goal Setting                     | -HIV/AIDS                 |
| -Alcohol                          | -First Aid                |

### **NEGATIVE STUDENT BEHAVIOR**

Fighting, threatening students, inappropriate sexual behavior, destruction of school property, cursing staff and disruption of class are all examples of this type of behavior.

**Threatening and/or physical violence against staff or other students will result in severe consequences.**

### **CONSEQUENCES**

The consequence for “negative” student behavior can result in any or all of the following:

- Written up – letter is sent to the principal, parent/guardian, and a copy placed in the student file.
- Phone call to parent/guardian
- Conference with the parent or guardian
- Alternative outcomes/procedures set in place by administration

### **Extra Help**

If you are having any difficulties, concerns, or thoughts, please arrange time to see me so we can work everything out.

Contact Information: **Email:** [cverde@schools.nyc.gov](mailto:cverde@schools.nyc.gov) **Phone:** (212) 247-4307

**I am looking forward to an exciting semester with you. This class can be very fun and beneficial for you and your life as you continue to grow and mature into a young adult. The material you will learn can help keep you fit and well and enable you to maintain a healthy lifestyle.**