**Healthy Living Syllabus**

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**Course Description:**  
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The Healthyl Living Education program promotes behaviors that contribute to a healthful lifestyle and improved quality of life for all.   
                                       
**Course Topics:**  
1.     ***Emotional Health:*** The learner will develop knowledge and skills to enhance mental and emotional well-being.  
2.     ***Nutrition:*** The learner will apply knowledge and behavior self-management skills to areas of nutrition and physical activity for healthy growth, development, and maintenance.  
3.     ***Substance Abuse:*** The learner will apply knowledge and behavior self-management skills to areas of nutrition and physical activity for healthy growth, development, and maintenance.  
4.     ***Relationships:*** The learner will develop healthy and effective interpersonal communication and relationship skills.  
5.     ***CMS Reproductive Health and Safety Education (RHASE):***  The learner will develop healthy and effective interpersonal communication and relationship skills  
  
**Required Materials:**  
-       1” 3-ring binder  
-       Notebook paper (**NOT spiral bound**, must have clean edges)  
-       Pencils, pens (blue or black only), and highlighters  
-       Dividers  
**Class Rules:**  
**1.**Bring required materials to class every day.  
**2.**Start Warm-Up immediately  
**3.**Cell phones, IPods, hats, sunglasses must be **OFF** and **OUT of SIGHT**  
**4.**No Food or Drinks Allowed  
**5.**Listen and Stay in Your Seats during instruction.  
**6.     Treat everyone with Respect**  
**Consequences:**  
1.     Verbal Warning  
2.     Verbal Warning + Classroom Modification(seat change) Phone call or email to parent or guardian  
3.     Class dismissal + referral + phone call or email to parent or guardian  
  
**Grading:**  
Grades will be based on completed assignments, labs, projects, daily work, quizzes and tests. There will be an exam at the end of each unit.  
**Make-Up Assignments:**  
All missed work is due within **five (5) days** **of return to class**. All previously assigned work is due upon return to class. Missing assignments can be picked up from the teacher the day you return. Late work will **ONLY be accepted for five (5)** days past assigned due date. Late work will be subjected to a reduction in credit.  
**Quiz/Test Re-takes & Make-Ups**  
Student can make up missed quizzes and tests by scheduling a time with the teacher within 1 week of missing the quiz or test.  Students with extenuating circumstances must meet with me at the end of class to discuss alternate arrangements. ***Quizzes and tests cannot be taken during class time.***  
**Extra Credit**  
Opportunities for extra credit will be provided throughout the semester.  It is the student’s responsibility to take advantage of these opportunities as they present themselves. Extra Credit will not be offered at the end of the quarter or semester to improve grades under any circumstances.  
**Student Help & Parent Contact**  
It will be the student’s responsibility to seek additional help if they are having difficulties. Every effort will be made to notify parents--via letter sent home with student, e-mail, postal mail, and/or phone--when there is a consistent change in the quality of a student’s work, or when absences are affecting performance.