

HEALTH EDUCATION EXPECTATIONS

The following is a list of expectations that I have of each and every one of you. There have been a number of different issues that have come up in the past. This is an attempt to make you consciously aware of those issues that have made health education an unpleasant experience for others. My hope is that you will meet these expectations and we will all have a fabulous experience!

- There are two ways to take this class...SERIOUSLY or AGAIN!!! You must pass health ed in order to graduate from high school. Give 100% of yourself while you are here.
- Arrive to class on time and be prepared. Prepared means: notebook, paper, tabs, index cards, your agenda AND something to write with.
- Keep your notebook and homework neat and organized. You WILL be graded.
- If you do not do your homework in health ed., you WILL fail this class.
- STUDY! People who do poorly on tests, quizzes & exams do not study. If you don't know how to study effectively, please ask for help.
- Take neat and organized notes. In order to do this you need to have an organized notebook, a writing utensil and paper! Sounds like common sense, but you would not believe the number of students who are unprepared! Notes will help you remember the information, so please don't moan & groan about them.
- Pump up your energy! Please be alert, active and ready to learn and participate. There will be things we do that may be new to you... please have a positive mental attitude (PMA) and an open mind. Be receptive to all that comes your way!
- Be responsible for your own grade! You are a young adult, so you need to understand that you ARE in 100% control of your grade. You may not realize it, but you ARE. In order for you to be responsible for your grade, you must be aware of how you are doing. If you are not doing well or have missed assignments or quizzes, you are expected to set a time to meet with me so we can figure out what to do about your grade. YOU need to do the work here. If you don't check in about your grade, then you will be sending me a clear message that you don't care about it. You will not be chased down. If on the other hand you do show that you care and are willing to turn things around, we'll work together to turn your grade around.
- If you do not do your homework in health ed., you WILL fail this class.
- You will receive late work passes. This is for use when you are unable to hand an assignment in on time. You may only use the pass for two weeks after the assignment is due. After that you will receive a 0 for the assignment. This applies to ALL health

education students. The only exception is if you have worked out an alternate plan with me. Work will not be accepted after a quarter has closed.

- About 10% of health education students fail...you can easily avoid being in that category.
- If you do not do your homework in health ed., you WILL fail this class.

Now, here are other things that are expected from you ... non-grade related:

- Follow the MTA Dress Code (which I have included)

MT. ARARAT DRESS CODE
(copied from the MTA Student Handbook)

The way we dress sets the tone for how we perceive ourselves and how others perceive us. However, the clothing we wear in school is not strictly about self-expression as distracting clothing can interfere with teaching and learning. It is the school's expectation that attire for both students and staff will be appropriate for a workplace setting and consistent with an orderly process of education. The school administration will make the final determination as to what constitutes acceptable school attire.

The following items do NOT constitute acceptable school attire and are not allowed:

1. Articles displaying indecent or suggestive writing, picture, or slogans
2. Articles that advertise or promote drugs, alcohol, tobacco, or sex
3. Articles that depict or suggest violence
4. Articles that contain or suggest language or depictions derogatory to a person or group
5. Articles that could cause damage to school property or that may be used as a weapon, i.e. chains, spiked collars and wristbands, cleats
6. Headwear such as caps, bandanas, hats, hoods, and other head coverings*
7. Clothing with tears or holes which inappropriately expose flesh or underwear
8. Mesh or see-through clothing
9. No open-back tops, halter tops or tube tops. No sleeveless tops with straps less than two inches wide
10. No exposed midriff or cleavage
11. Skirts and shorts that are less than "fingertip" length
12. Open-sided tee shirts or sweatshirts
13. Underwear that is visible
14. Sunglasses
15. Bare feet are not permitted and shoes must be worn at all times

*Exceptions would be headwear serving religious purposes or worn for medical reasons. Hats are to be put away in lockers or bags at the beginning of school day and not carried around or worn in hoods.

The school dress code will be in effect during school hours unless students are given permission by the school administration to wear something different.

Students who do not comply with the dress code will be asked to cover up with a jacket or may call home for suitable clothing. If suitable clothes cannot be found, SAO will provide them. Students who refuse to change or are repeat offenders will be regarded as insubordinate and face consequences as such under the MAHS Discipline Code.

Appreciate the space we have to use... do not write on the desks or mark them up.

- If you spill any water or anything else, please clean it up completely.
- If you use any of the "stuff" at the student center area, put it all back.

- Place your empty bottles in the “BOTTLE RECYCLE CAN”. PLEASE MAKE SURE THEY ARE EMPTY.
- If you break anything in this room, tell me about it so we can fix the situation.
- Throw away all of your personal garbage before you leave class (crumpled papers, wrappers, broken pencils, etc...).
- Put any work due in the “IN” box at the student center... NEVER lay anything on my desk unless I ask you to! It will get lost and you’ll lose credit for your work.
- Check your classes “OUT” box at the beginning of class to pick up any work.
- Please respect the room.
- Please push your chairs in before you leave class.
- Make it a point to get to know the names of the people in your class.
- Fully participate in group work. Do not let others carry you.
- Enjoy the journey of health education you about to embark on...it’s a wild ride!

Thank you. I appreciate all of the hard work you are about to do!

-Mrs. Vannah

I have read the health education expectations, and will comply with them.

Student Signature _____ Date _____

Parent Signature _____ Date _____

Parents,

Thank you for signing this document. By signing above it indicates to me that you have read all of the information and expectations for your child. I feel that it is important for you to understand the seriousness of health education and that it is necessary for graduation. When parents are involved in their child’s academic life, the results are positive. I am hoping that you and I can work together to help your child have a successful health education experience. It would be helpful to initially get your child prepared with appropriate class supplies. Additionally, homework is given regularly in this course, so please ask to see their finished work...it may make the difference between passing and failing.

Sincerely,

Stacey Vannah

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