

Health Education

Ms. Gates



C.W. Baker High School
(315) 638-6001 EXT. 1507
www.bville.org
JGates@bville.org

Parents and Students: Please go over this guide together. It is designed to provide the structure for us to experience maximum learning and safety. Together we can make this a wonderful and successful year!

September , 2013

Dear Parents,

Your child will be taking health education this semester. I look forward to working with you and your child. I ask that each student work hard as we prepare for a rewarding school year. Your son or daughter will be challenged to meet and exceed not only my expectations but yours as well. Together we will all work towards the common goal to achieve!

The purpose of this course is to provide your child with the comprehensive knowledge and skills necessary to assist in achieving desirable attitudes and practices related to critical health issues. This course consists of planned learning experiences that allow students to authentically apply learned skills, which are stated by New York State and National Health Education Learning Standards.

Communication between home and school is extremely important. We will be in contact via phone, e-mail and through my website which can be found on our school website. You will be able to find assignments in your child's agenda as well as on my website. Please feel free to contact me whenever you have a question or concern regarding your child's progress or the requirements for health education. I am here to be an aid in your child's success.

On the next page you will find the guidelines, grading scale, and supply list.

Best Regards,

Mrs. Gates

JGates@bville.org

638-6000 Ext. 1507

Health Education

Mrs. Gates

JGates@bville.org

Room 1507



Expectations and Procedures:

Your Resource Binder will be a comprehensive collection of all your journal entries, community involvement, guest speaker reflections, projects, notes, mini quizzes and unit reflections for the entire semester. This portfolio will serve as your end of the year grade. You will be responsible for keeping ALL work organized and neat in your binder for it is a reflection of you and a tool for grading. There is a designated shelf in the classroom for you to leave your binder on a daily basis.

While you were out:

Each student will be assigned a partner for absence purposes. Directions and forms are located at the “While you were out” center in the classroom. This will keep you up to date with information that you have missed if you were absent and will ultimately reduce any anxiety of what you may owe.

Testing Center Room 1210:

Missed or make up tests/quizzes will be completed in the **Testing Center** unless you and I agree on other arrangements.

Community Outreach:

Our goal is to foster your involvement in the community. We would like you to learn about what your community has to offer and how you can contribute to making it a safe and fun environment. You will have two community outreach activities (as well as reflections for each) to complete. We will provide you with some opportunities but we strongly encourage you to find your OWN outlet for involvement in order to best suit your passion and/or needs. For each event you will hand in a permission slip and six question reflection.

Grading:

Health is a 20 week course and is required for high school graduation. Organization is a large component of your portfolio grade, you are responsible for keeping your personal portfolio in tact.

Supply List:

1. 3 Ring Binder- (& loose leaf paper)
2. 6 Divider tabs
3. Writing Utensils (blue or black pen, pencil, highlighter)
4. An open mind!

Guidelines for Success:

1. Arrive On Time (four late arrivals = ISP)
2. Be Prepared
3. Respect Yourself and Others

Community Outreach Permission Form



In order to verify your attendance and to keep your parents informed please fill out the form below.

Event:
Location:
Date and Time:
E-mail of your parent/guardian:
Brief description of your involvement:

In order to participate in the event request above I will need your parent's signature as well as the signature of the event coordinator **or an adult in charge** at the event. **Please attach this sheet to your typed reflection!**

Parent Signature: _____

The person signing below may be contacted for verification purposes so make sure it is accurate!

Event Coordinator Signature: _____

Contact Phone Number and/or E-mail: _____





You will be completing 2 Community Outreach services this semester. Each has a due date that allows you to space them out over 20 weeks (10 weeks for each). The dates will remain on the board for the semester. You can finish your service before the due date; however it will only be collected **on** the due date.

Due Date #1 _____

Due Date #2 _____

Community service: a donated service or activity that is performed by someone or a group of people for the benefit of the public. **Community Outreach** is an opportunity for you to volunteer **your time** to a cause of your choice. In this class, you have to show a variety of activities, therefore you cannot do the same service more than once. Explore your community resources and find a cause that you would like to volunteer for based on your passions and interests. Use the list provided to get you started. **You may have to call and make contact and/or do some research on the internet to set up your service so plan ahead!**

Directions: Please type your reflection by answering the questions below. You may number your sections or space your sections in this fashion (you do not have to answer in essay form).

Title Page:

Name

Period

Date

Community Service # _____

Picture

1. Description of your involvement in this community service event.
2. Why did you choose this particular service activity?
3. What other activities took place at this event?
4. Approximately how many participants were at this event? Does this number reflect the importance of the cause? Why or why not
5. How did your participation in this activity make you feel about your role in the community? **Explain thoroughly in detail. This should be the longest section**
6. Did any of your thoughts or opinions change due to your involvement in this activity?
7. Would you consider participating in this activity again? Why or why not
8. What improvements would you suggest to make it better/more successful?

You will hand in 3 pages stapled: title page, typed reflection, signed permission slip

Community Outreach Ideas

You may have to call and make contact and/or do some research on the internet to set up your service so plan ahead!

1. Baldwinsville Volunteer Center (44 Oswego Street)
2. Maureen's Hope
3. Syracuse Home Volunteer Center
4. YMCA
5. Vera House
6. Local Church (i.e. youth group activities)
7. Local Library
8. Local Hospitals
9. Meals on Wheels
10. Animal Rescue
11. The Samaritan Center
12. The Baldwinsville Community Food Pantry
13. PEACE County West Family Resource Center
14. Holiday gift wrapping/home decorating/Card making/Gift basket events (find an organization/club)
15. American Cancer Society
16. American Heart Association
17. American Diabetes Association
18. American Foundation for Suicide Prevention
19. Alzheimer's Association of Central NY
20. Epilepsy Foundation
21. Taste of B'ville (work/set up)
22. Baker Wellness Fair (work/set up)
23. Local Walk/Run's (Lupus, HIV/AIDS, Cancer, Suicide Prevention etc.)
24. Team/club community fundraisers
25. Blood Drive (age restrictions)
26. Phone-A-Thon by Dollars for Scholars
27. Relay for Life
28. Jenna's Mentors activities
29. Key Club activities
30. Environmental Club activities (**Garlic Pull at Beaver Lake, Earth Day Clean Up**)
31. Enrichment Days at Palmer(work/set up)

AND MORE.....

This is just a handful of local ideas...find something that suits your passions and interests! It's up TO YOU to find out how to make a difference in your community. Have fun and feel the reward of giving back and getting connected ☺

