

# **Roy C. Ketcham Health Education**

## *Remote/Hybrid Learning Course Expectations*

**Health Education is a New York State graduation requirement.**

**You must pass this course in order to graduate high school in this state.**

This curriculum empowers the students with knowledge, understanding, and skills needed to examine and make health-related decisions and maintain healthy behaviors. Leading a healthy lifestyle is ultimately a matter of personal choice and personal responsibility. Knowledge in the areas of environmental, social, physical and medical sciences assist students in making responsible and informed decisions regarding healthy behaviors. The overall focus is to minimize disease, injury, and the risks of death, while maximizing your quality of life

### **Online Attendance Policy**

Students are required and expected to log on and physically participate in synchronous learning each day for their scheduled class period. The attendance policy has been determined by the Wappingers Central School District and we will be following that strictly. ANY concerns, conflicts or questions should be IMMEDIATELY addressed to me. Email is the best way to contact me.

In the event there is a computer issue and we can not meet, refer to the google class for the daily assignment.

### **Assignments**

**Assignments will have posted due dates on google classroom.**

If there are any circumstances that interfere with your ability to complete assignments by the due date posted you will need to be in contact with me immediately for discussion and review of flexibility. Email is the best way to contact me.

### **Grading Policy**

**TOTAL POINT SYSTEMS:** How many points you receive out of the total points allotted.

Points are earned from

1. Exams and quizzes – taken directly from assignments, and classroom discussion.
2. Google Classroom projects and assignments.
3. Independent projects and assignments
4. Participation and effort
5. Extra Credit. Extra credit assignment is posted in google classroom. Extra credit will be available to those who have completed all assignments. Extra credit is NOT guaranteed and left entirely up to the teacher's discretion based on the progress, circumstances and workload for the course.

Note: A **FINAL Exam** has not yet been determined. Therefore plan and prepare as if one will be required at the end of the course. If a **Final Exam** is given it will be worth 20% of your final average.

## **Areas of Study:**

- Decision Making and Safety
- Wellness
- Personality Development
- Mental Health
- Stress Management
- Eating Disorders
- Nutrition and Exercise
- Heart Disease/Cancer
- Infectious Disease
- STD & HIV Education
- Human Growth and Development
- Relationships/Dating Safety
- Abstinence & Reproductive Health
- Contraceptives & Barriers
- Drug Awareness/Prevention
- Alcohol Education
- Vaping/Tobacco Education

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## **Teacher Information:**

Ms. Kristie Meyer  
B.S. Athletic Training, Exercise Science, Coaching Concentration  
M.S. Ed. Health  
All degrees and certifications obtained from SUNY Cortland.

Email Address: [kristie.meyer@wcsdny.org](mailto:kristie.meyer@wcsdny.org) (best way to contact me)

**WELCOME TO HEALTH!**