



Be Safe.
Be Respectful.
Be Responsible.
Be a Graduate.
Be a KNIGHT!

Hellgate Health Enhancement Policy

High school health education provides the basis for continued methods of developing knowledge, concepts, skills, behavior, and attitudes related to student health and well-being. This semester course includes the major content areas (fitness and nutrition, mental health and wellness, drug and alcohol education and sexual health and relationships) in a planned, sequential comprehensive health education curriculum as expressed in the Montana State Standards. Students are provided with opportunities to explore the effect of health behaviors on their own quality of life. This course assists students in understanding that health is a lifetime commitment by analyzing individual risk factors and health decisions. A variety of instructional strategies are used to develop the following skills:

- Analyzing influences
- Accessing valid and reliable information, products, and services
- Interpersonal communication
- Decision-making
- Goal setting
- Self-management
- Advocacy for self and other

CLASSROOM EXPECTATIONS:

Expectations of students:

- Arrive on time and be prepared for class.
- Participate and contribute to class discussions and activities.
- Invest in topics and be a critical thinker.
- Respect diverse attitudes and beliefs about class topics.
- Keep your cell phone off and away unless otherwise directed.
- Stay on top of missing work; adhere to the Hellgate make-up policy.
 - Daily points are often awarded for attendance. Excused, school sponsored activities are the only absences allowed to recover the daily points. If you are ill you must contact me for a solution to the missed points.



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What you can expect from me:

- A variety of assessments including individual and group assignments, activities, and projects.
- Engaging curriculum that is current, meaningful, and relevant.
- Timely turnaround on assignment grading and posting to IC.

Assignments:

- During the course of the semester both in-class and online assignments will be given.
 - If you are not present in class when an assignment is assigned/posted, you will not have access. To gain access you must:
 - Email me prior to class explaining your circumstances.
 - Contact me when you return to class to be granted access to an alternative assignment.
 - You are responsible for material when you miss class for any reason.
 - Adhere to the missing work deadline; be aware that full credit for a late assignment is not available.

Daily Requirements:

- Something to write with, something to write on.
- Charged chromebooks (bring chargers)
- Headphones

Phone Policy

- Points lost if I see the phone when not prompted as appropriate use time