

FAST FORWARD CHARTER HIGH SCHOOL 9-12

Promoting success, respect, and responsibility in a safe environment



HEALTHY LIFESTYLES

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Health Education is an integral part of a student's success in life. It provides opportunity for students to acquire knowledge, skills and attitudes necessary for lifelong learning and gaining a balance of health and wellness.

Topics Discussed

Health and wellness, refusal skills, decision making skills, stress management, drugs and alcohol, nutrition and healthy eating patterns, violence prevention, communicable and non-communicable diseases, healthy relationships, and human sexuality.

Text and Supplies

1. Glencoe *Health* textbook
2. Pencil / Pen (blue or black ink only)
3. Notebook paper

Expectations

Students are expected to come to class on time, be ready, be respectful and be responsible. Assignments will be handed in on time at the expected due date. Late assignments will be given half credit. Students are responsible for any work missed due to absences. The student will have 1 week after returning from an absence to turn in make-up work. There will be occasional deadlines after which work will no longer be accepted (i.e. **midterm deadlines**).

Evaluation

The student's grade will be based on the Fast Forward Charter High School grading guidelines. Students will be graded on daily class participation and preparation (10 points per day), assignments, and unit quizzes and tests.

Grade Breakdown:

A	93-100	C	74-76
A-	90-92	C-	70-73
B+	87-89	D+	67-69
B	84-86	D	64-66
B-	80-83	D-	60-63
C+	77-79	F	0-59



Classroom Rules

1. **BE READY**
Come to class prepared and on time.
2. **BE RESPECTFUL**
Respect self, respect others, and respect the class.
3. **BE RESPONSIBLE**
Take care of yourself and be accountable for your work and your actions.
4. **If you can't remember what to do, go back to rule #2.**

Tests and Quizzes

Throughout the term, tests and quizzes will be given. Tests will be announced 5 days in advance. Reading quizzes may be unannounced.