

**P.S. 035 Manhattan High School**  
**Syllabus for: Health**  
**Teacher Name: Ellie Gerdes**  
**Year: 2019-2020**

**Learning standards:**

Standard 1 Health and Fitness

Standard 2 A Safe and Healthy Environment

Standard 3 Resource Management

Students will demonstrate the use of I-messages to communicate emotions in healthy ways.

Students will demonstrate effective communication skills to enhance emotional health.

Students will describe strategies for maintaining an optimistic outlook.

Students will change negative self-talk to positive self-talk to promote emotional health.

**Course Description:**

This course will give the students the knowledge and skills to practice healthy behaviors and reduce their health risks. The teacher will cover six major risk areas faced by teens. This is a skills based course that promotes health literacy.

**Course Objectives:**

The goal is to “promote the healthy growth and development of youth and give them skills for making healthy Choices that will effect life long behavior patterns and the quality of their lives.” (Health Smart Associates Scotts Valley, California)

**Units:**

Emotional & Mental Health

Violence & Injury Prevention

Nutrition & Physical Activity

Abstinence, Personal & Sexual Health,

HIV/AIDS

Tobacco, Alcohol & Other Drug Prevention/(Alternative Health Project)

**Course Materials:**

- Note Book or Section in binder
- A pencil or pen
- Health Smart Work Book (stays in class)

**Grading Policy:**

Assessments (30%) Assignments in Workbook

Homework (20%) Pages in your workbook will be graded.

(If you do not turn them in you get a 0)

Participation (20%)

Projects/Presentations (25%)

(You may be assigned a project per unit.)

Exit Pass (5%) Exit passes are done at the end of class.

**Attendance Policy/ Expectations:**

Please make sure you are on time to class. If you have an excused absence check in with me for homework. You will have a week to get the homework back to me if you are out. Assignments must be handed in on time. If they are not handed in on time they will be a 0. If they are handed in late, they will be an L, which may lower your grade.

I expect to find the do now written in your notebook every day, and that you will make up missing notes and assignments for the days you are absent.

You can contact me if you have any questions about anything. My email is egerdes@schools.nyc.gov. If you ever need anything, feel free to see me during a free period, or during lunch and I will do whatever I can.

Room 226

Email egerdes@schools.nyc.gov