



2020-21 Healthy Choices Syllabus

Course Name		Healthy Choices	
Course Description		Healthy Choices is a class designed to promote healthy lifestyle choices. Students are instructed in age-appropriate components of the school district's approved comprehensive curriculum.	
Unit of Study	Content Standards/Grade Level Expectations	Approximate Time Spent or Percent of time Spent	Targeted Date of Assessment
Nutrition	<ul style="list-style-type: none"> ● Physical and Personal Wellness <ul style="list-style-type: none"> ○ Analyze the benefits of a healthy diet and the consequences of an unhealthy diet. ○ Analyze how family, peers, media, culture, and technology influence healthy eating choices. ○ Demonstrate ways to take responsibility for healthy eating. ○ Develop and maintain the ongoing evaluation of factors that impact health, and modify lifestyle accordingly. 	2 Weeks	Week 2
Alcohol, Tobacco and Other Drugs	<ul style="list-style-type: none"> ● Prevention and Risk Management <ul style="list-style-type: none"> ○ Analyze the impact of individuals' use or nonuse of alcohol and other drugs. ○ Analyze the factors that influence a person's decision to use or not to use alcohol, tobacco and other drugs. ○ Develop interpersonal communication skills to refuse unhealthy behaviors. ○ Develop self-management skills to improve health. <p>Note: This unit includes a guest speaker from ACT ON DRUGS Colorado. She will present virtually on the impact of drug misuse/abuse on brain chemistry and the body.</p>	2-3 Weeks	Week 5
Mental Health	<ul style="list-style-type: none"> ● Emotional and Social Wellness <ul style="list-style-type: none"> ○ Analyze the interrelationship of physical, mental, emotional, and social health. ○ Set goals, and monitor progress on attaining goals for future success. ○ Advocate to improve or maintain positive mental and emotional health for self and others. ○ Analyze the underlying causes of self-harming behavior and harming others, and identify steps involved in seeking help. ○ Advocate to improve or maintain positive mental and emotional health for self and others. <p>Note: This unit includes the District Counselors' mandated Suicide Prevention curriculum "SOS - Signs of Suicide".</p>	3 Weeks	Week 8
Violence	<ul style="list-style-type: none"> ● Prevention and Risk Management <ul style="list-style-type: none"> ○ Analyze the factors that influence community and societal beliefs that underlie violence, and describe relationships, attitudes, behavior, and vulnerability to violence. ○ Identify the emotional and physical consequences of violence, and find strategies to deal with, prevent, and report them. ○ Identify the emotional and physical consequences of violence, and find strategies to deal with, prevent, and report them. 	2 Weeks	Week 10



	<ul style="list-style-type: none"> o Access valid information and resources that provide information about sexual assault and violence. o Demonstrate verbal and nonverbal communication skills and strategies to prevent violence. o Advocate for changes that would increase safety related to personal wellness and the well-being of others. <p><i>Note: This unit includes a video called "Journey to a Hate Free Millennium" which discusses the hate crimes of Matthew Sheppard, Columbine and James Byrd.</i></p>		
Relationships	<ul style="list-style-type: none"> ● Physical and Personal Wellness <ul style="list-style-type: none"> o Use a decision-making process to make healthy decisions about relationships and sexual health. o Support others in making positive and healthful choices about sexual activity. 	8 Weeks	Week 18

NOTE: Due to online learning, for the 2020-21 School Year this course will be using the Florida Virtual School Curriculum Life Skills Course. Some Units will be supplemented with content from the H.O.P.E. Florida Virtual Schools Online Curriculum as well. The actual units may be presented in a different order and have a different length, however, all content will be presented. Lessons and assignments will be accessible to students through the Adams 12 Schoology website.

Course Grade Scale	
A	89.5 - 100
B	79.5 – 89.4
C	69.5 – 79.4
D	59.5 – 69.4
F	0 – 59.4

Assessment/Practice Proficiency Levels	
4	Advanced Understanding of the Standard
3	Meets the Standard
2	Approaches the Standard
1	Does not Meet the Standard

Grade Reporting Criteria/Weights	
Personal and Physical Wellness	30%
Prevention and Risk Management	30%
Emotional and Social Wellness	30%
Practice	10%
Grades are based on achievement of Content Standards and Grade Level Expectations. *Weekly progress grades are posted at https://ic.adams12.org/campus/portal/adams12.isp	



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Face to Face Class Expectations
 (For online expectations, please see schoology.)

Missing or incomplete assignments/assessments : For this course, Superintendent Policies 6280 Homework and 6281 Make-Up Work will be followed. **It is the student's responsibility to request and obtain missing work.** In the case of an excused absence, the student has the same number of days they were absent plus one day to make up assignments. Students who are unexcused may not be able to receive credit for assignments or assessments given on the day of the absence.

Late Work: Students have one week after a unit is complete to hand in any missing assignments for excused absences. In addition, a student may complete a make-up (for excused absences) or re-take within the week timeframe after a unit is finished.

Tardies : Students are expected to be in their assigned seat when the starting class bell rings. If tardies become an issue for the student, a conversation will take place between the student and the teacher. Excessive tardies will result in a phone call to the parent/guardian and a detention assigned if necessary. A continued pattern of tardiness will result in referral to the student's Dean.

Cheating: Students will be held to the academic integrity

Cell Phones: Cellular devices and ear buds are to be out of site and silenced during class. Use of the phone without teacher permission will result in a warning and/or disciplinary action. Cell phones will not be used during summative assessments.

Guest Teachers/Speakers: Students are expected to be on their best behavior when a guest speaker or guest teacher is in class. If a student's name should be mentioned on a guest teacher report as being defiant or disruptive, an automatic detention is assigned and a parent phone call made upon the teacher's return. In addition, it is up to the guest teacher's discretion to remove a student from class if they are too disruptive. If a student is removed from class, they should report immediately to the Dean's office. Removal of a student will result in a Wednesday detention from the Dean's office.

Student Name: _____ Period: _____ Date: _____
 (First and Last Name)

I have received, reviewed and understand the Course syllabus and expectations for Healthy Choices.
I know that grades will be updated regularly and that I can access grades through the "parent portal" on Infinite Campus.

If you have any questions, please contact your child's teacher at the information provided on the syllabus.

 Parent Signature

 Student Signature

***** Please take a picture of this page with all parts completed and attach it to the online form provided to your student.