

Middle College HS at Fraga
Health Education Syllabus

Teacher: Alexandra Morgan

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832-287-1864

Location: Room 258

Objective: To educate the student on a healthy lifestyle that will help them with making decisions regarding their mental and physical health.

Class Requirements:

- Journal
- Laptop

Class Rules:

- Arrive to Class on time
- Be respectful to the Teacher and Classmates
- **No** Food, Drinks (Except for Water), **No** gum
- Participate Everyday
- **No** Cellphones unless for a class assignment
- All Campus, District, HCC policies will be enforced

Grading:

- 50% Test
- 25% Project
- 25% Daily Work/ Written Assignments

The course will be divided into six units:

- Consumer Health and Safety Activities
- Diet, Exercise, and Nutrition Activities
- Sex Education Activities
- Stress Management and Self-Esteem Activities
- Substance Abuse Prevention Activities
- Relationships and Communication Activities

Each Health student will actively engage in collecting data and organizing their own health book. Weekly Health Book Checks will be taken for a weekly grade.

Asking questions and oral class participation is strongly encouraged, there will be an anonymous question box that will be available to any student to put in questions that they want answered from the teacher.

Parents, if you have any questions, do not hesitate to contact me.

“Life is too short, not to have a Healthy Life!”

Ms. Morgan