

**Freshman Health Syllabus SY 2023-2024**

**Ms. Morgan & Dr. Carfley**

[**bmorgan@nps.k12.nj.us**](mailto:bmorgan@nps.k12.nj.us) **acarfley@nps.k12.nj.us**

**Google Voice/Text 732-893-7178**

**Office Hours: By Appointment**

**Webex Meeting: Carfley, Andrew's Personal Room**

**https://nboe.webex.com/meet/acarfley | 26228499193**

**Back to School Welcome Letter**

**Welcome back to the 2023-2024 School Year. We are excited to have a fun and productive year in the gym and in the health classroom. Ms. Morgan is new to the district for the 2023-2024 School Year and Dr. Carfley is returning after starting at EA in April of last year. We are here to answer any questions and help our Eagle Scholars. We look forward to meeting and working with all of you.**

| **Course & Grade**  **Level** | Health I  Course: PE10101  Period 9 Daily |
| --- | --- |
| **Room #** | Ms. Morgan Room 433 & Dr. Carfley Room 423 |

**Course Description**

The ninth-grade health education program is designed to develop the skills necessary to evaluate and improve a student’s personal wellness. Throughout the course of study, students will gain an understanding for the impact that personal responsibility has on wellness. The students will explore how technological advances impact both personal and community health. Through skills-based activities, students will expand there understanding of nutrition and fitness concepts and how they can affect a person’s health. Students will analyze the impact that behaviors can have on someone’s overall wellness and will seek ways to improve their health by eliminating unhealthy behaviors from their lives. In ninth grade, students will work on their communication in order to enhance the interpersonal relationships that they will develop. Students will learn how to deal with conflict and crisis and will further their understanding of the importance of acceptance and respect as well as Sexual Education. Other topics that will be introduced to all ninth-graders will include: Emotional Health, Physical Health, Personal Safety, Health Conditions, Diseases and Medicines, and Dependency, Substances Disorder and Treatment. In order to achieve these goals, the course will be guided by 2020 Comprehensive Health & Physical Education Standards.



| **Required Materials** | Writing Utensil  Folder  Positive Attitude  An open mind |
| --- | --- |
| **Policies &**  **Procedures** | Students will follow all classroom guidelines in addition to the guidelines of the Student Rights and Responsibilities handbook. Confidence Leadership Effort Academic Excellence Resilience - Culture of Completion opportunities. We will do things the C.L.E.A.R. Way each and every day so we can SOAR as EAGLES! Classroom Guidelines:  Be Respectful  Be Responsible  Be on Time & Stay on Task  Contribute Positively to our Learning Environment |
| **Grading Policy**  **Attendance &**  **Tardiness Policy** | **Category Percent of Grade**  **Summative Assessments 70%**  **Formative Assessments 30%**  Attendance and punctuality are necessary for successful completion of this course. In the event that you have an excused absence it is your responsibility to obtain make-up work and/or reschedule any missed assessments. |



| **Classwork &**  **Homework Policies** | ▪ All assignments must be turned in on time. Late assignments will be accepted under the following conditions: a) the assignment is submitted at the beginning of the next class session, immediately following the due date [10 points will be deducted from the earned grade] **AND** b) the assignment has not been reviewed in class or graded/returned by the teacher.  ▪ All essays and research papers must be typed in MLA format. ▪ Students are required to rewrite all essays that receive a grade below 70% ▪ You must read the assigned literature selections and actively participate in class (discussion, activities, group work, etc.).  ▪ Students will be required to adhere to the following guidelines for handwritten assignments:  **o** Use blue or black ink **(assignments written in pencil or other colors of ink will not be accepted)**  o Left and right margins must be observed  o Loose-leaf notebook paper must be used  o Written work must be legible and neat |
| --- | --- |
| **Course Timeline** | |
| **MP #1:**  **September 5, 2023 - November 9, 2023** | Unit 1 Emotional Health  Unit 2 Personal Growth and Development  Unit 3 Community Health Services and Support |
| **MP#2:**  **November 10, 2023 - January 28, 2024** | Unit 4 Personal Safety  Unit 5 Nutrition |
| **MP #3:**  **January 29, 2024 - April 12, 2024** | Unit 6 Health Conditions, Diseases, and Medicines  Unit 7 Pregnancy and Parenting |



| **MP #4:**  **April 13, 2024 - June 21, 2024** | Unit 8 Dependency, Substances Disorder, and Treatment  Unit 9 Physical Fitness |
| --- | --- |
| **Student Signature** |  |
| **Parent Signature** |  |
| **Incentivize** | Ex: Students will receive 10 points if this form is signed and returned to class by 9/21. |
| **Assignments** | <https://sites.google.com/nps.k12.nj.us/curriculum-resources/health-physical-education-and-athletics> |

*Ms. B. Morgan & Dr. A. Carfley*

*Teachers of Health and Physical Education*