



# Deer Valley Unified School District

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William McEowen

CC 311

Health

William.mceowen@dvusd.org  
<https://www.dvusd.org/Domain/2919>

## Course Description:

This course is aligned with Arizona College and Career Ready Standards and/or national standards and supports school-wide efforts to increase student achievement. The Health curriculum of DVUSD is correlated with the Arizona State's Health Essential Skills. It has been designed and developed to allow the integration of concepts found in the district's AIDS, Substance Abuse, and Human Growth/Sexuality curricula. The curriculum does not limit nor restrict itself to these issues; rather it incorporates other concepts essential to every health curriculum.

## Course Objectives:

By the time the students complete this course of study, the student will know or be able to:

- Comprehend concepts related to health promotion and disease prevention.
- Demonstrate the ability to assess valid health information and health-promoting products and services.
- Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
- Students will analyze the influence of culture, media, technology, and other factors on health.
- Demonstrate the ability to use interpersonal communication skills to enhance health.
- Demonstrate the ability to use goal-setting and decision-making to enhance health.
- Demonstrate the ability to advocate for personal, family, and community health.
- Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.

## Course Content:

The Health curriculum of DVUSD is correlated with the Arizona State's Standards. It has been designed and developed to allow the integration of concepts found in the district's AIDS, Substance Abuse, and Human Growth/Sexuality curricula. The curriculum does not limit nor restrict itself to these issues; rather it incorporates other concepts essential to every health curriculum. Below is a course outline of possible topics which may be discussed in class.

- I. Your Health (responsibility, self-esteem, decision-making, goal setting, refusal strategies, conflict resolution skills, character)
- II. Mental/Emotional Health (understanding needs/emotions, stress management)
- III. Nutrition (healthy diet, nutrients, food guide pyramid, food labels, eating disorders)
- IV. Drugs (addiction, tobacco, alcohol, illegal drugs)
- V. Body Systems (Male and Female Reproduction)
- VI. Family and Social Health (relationships, personal safety, internet safety, cyber bullying, STD's, HIV/AIDS)
- VII. First Aid/CPR

**Classroom Rules and Consequences:**

Each student is expected to conduct him/herself in a manner that is appropriate to learning, which includes but is not limited to the following:

- Be respectful to self, others, and all property.
- No use of profanity
- No food or drinks, **NO PHONES will be allowed.**
- All policies/consequences listed in the student handbook will be followed.

**Grading:**

The following is a list of areas that each student will perform, in addition to the % that area is worth in the grading process:

Test/quizzes	40%
Assignments	40%
<u>Participation</u>	<u>20%</u> (100% of 18 week grade)
18 Week grade	= 80% of final grade
Final exam	<u>= 20% of final grade</u>
	=100% of semester grade

**Homework Policies:**

No extra credit

**Report Cards:**

In an effort to conserve resources and harness the capacity of our electronic grade reporting program (PowerSchool) district schools will no longer print hard copies of report cards unless requested by individual parents. To request a hard copy of your student’s report card, please contact the front office at 623-376-3000. To receive your PowerSchool login, please stop into the office with a valid photo ID.

**Power School Online Access:**

Grades and attendance may be accessed 24 hours a day online with your Power School access code. Access codes are available in the Counseling Office or Front Desk Monday – Friday 7:00 AM– 3:30 PM. You may check student progress regularly on the PowerSchool site using the same login for one or more students. For Mountain Ridge parents/guardians without home computer access, a computer with guest log-in capability is available in the Counseling Conference Room.

**Academic Assistance:**

In addition to the Academic Prep times built into our schedule each week, additional assistance/tutoring is provided on a weekly basis both by MRHS and individually by instructors. These office hours will be posted in the classroom and/or on my website at the start of each week.

**Make up Policy:**

Make-up work is the student’s responsibility. The student should see me for specific make-up work.

**Absences:**

After an absence, a student has one school day for each day missed to make up work/tests, regardless of the number of days absent. If many days were missed, please schedule an appointment with me to formulate a plan for the completion of make-up work. Make-up work for extended absences (over 3 days) may be requested through the Counseling Office and picked up there.

**Technology:**

Because we are becoming a technology rich campus, we are expanding the use of technology as a learning tool. Electronic devices will be increasingly integrated into the curriculum to reinforce critical thinking, collaboration, and cognitive engagement. I will designate during which activities students may use an electronic device, and I will articulate how the device should be used appropriately. If a violation of the stipulated use occurs, consequences will be enforced in accordance with the Mountain Ridge Student Handbook. While we strive to maintain a safe environment, Mountain Ridge is not responsible for lost or stolen devices brought from home.

**Daily Device Use (iPads):**

Students should come to school with their iPads charged and ready to use in each class every day. Within each classroom, there are three possible technology environments. Teachers will identify for students the environment expected during their class period. These environments are described below:

Red: No device use allowed. Devices are to be off and put away. If a device is out and being used at this time, students may receive disciplinary consequences and/or zeroes if appropriate. This environment may be necessary for testing or non-electronic based assessments.

Black: Limited device use allowed. Students may use devices in accordance with teacher instruction in a prescribed manner. Students may be asked to place devices face down on their desk until appropriate to use. Teachers may ask to see students' open apps and require that all apps are closed with the exception of a specific one or two. Games should not be open in this environment unless the teacher indicates a specific game may be used.

Green: Open device use. Students may use their device independently to take notes, complete assignments, conduct research, communicate with the teacher, check grades, and other appropriate educational uses of the device. Students should not access inappropriate content or cause disruption in this environment.

Devices may not be used to record or take photos of other people without their consent. Consequences for classroom disruptions and misuse of devices will follow a progressive discipline model, beginning with a phone call home and progressing to office referrals for repeated or more serious offenses. Students who have devices out during a Red environment or during testing, may lose credit on their test or quiz. See the Student Rights and Responsibilities handbook, on the MRHS app, for more specific descriptions of infractions and consequences.

**Online Expectations and Information:**

- A student will be marked late/tardy if they enter the Zoom session late or disengages/leaves the class early.
- All assignments can be turned in for full credit at least 2 weeks after the due date.

- Teachers will provide one retake opportunity on assessments to earn a better grade, up to full credit.
- Teachers will determine steps to practice, learn, and prepare for the assessment retake.
- All students will adhere to the DVUSD Student Norms in a Virtual Learning Environment and to the DVUSD Students Rights and Responsibilities Handbook.

**Recommended Supplies for this Course:**

Students should have a folder to keep their assignments organized, paper, writing utensil, and a fully charged iPad each day they come to class. **It is the students' responsibility to make sure they come to class prepared and ready to learn.**