

**Family Health (HEALTH) CLASS**  
**Mrs. Corie Gudgeon 401**  
**Everett High: (425) 385-6122 Email: [cgudgeon@everettsd.org](mailto:cgudgeon@everettsd.org)**

**OUR CLASS:** Health is a required course for graduation at Cascade High School and is one semester in length. This class is designed to create a better understanding of how to make good choices so that one may live healthy for a lifetime. Over the duration of the course, students will engage in a variety of activities and will take a more active role in maintaining their own physical, mental, and social growth and development as healthy citizens of our community.

**Primary Subject Area:** Health and Fitness  
**Integrated Subjects:** Reading, Science, Writing, Technology

**THE TEACHER:** My name is Corie Gudgeon. Along with my passion for teaching, I love hanging out with my boys, I love running and exploring the outdoors. I am crazy about teaching and love this subject...Health!

**MATERIALS NEEDED:** Students will need to **purchase a separate composition book that is bound** for class. This will serve as the student's daily journal and notes book and will be graded at the end of each unit of study.

**COURSE OBJECTIVES:** This course offers various learning techniques. Students will be able to:

- Understand the meaning of what is read
- Write clearly and effectively
- Communicate ideas clearly and effectively
- Acquire the knowledge and skills necessary to maintain a healthy life; recognizing the patterns of growth and development; reduce health risks and live safely

**COURSE TOPICS:**

Unit 1- Introduction to Health

- What is Health?
- Evaluating your Own Health

Unit 2- Mental Health

- Self-Esteem
- Managing Stress
- Mental Illness and Suicide

Unit 3- Nutrition

- Food and Nutrition
- Making Healthy Food Choices

Unit 4- Substance Abuse

- Alcohol
- Tobacco and other Drugs
- Preventing Drug Abuse

Unit 5- Human Development and Sexuality

- Healthy Relationships
- Reproduction
- Birth Control
- Pregnancy and Birth
- Sexually Transmitted Infections

Unit 6- Disease Prevention

- Infectious Diseases
- Chronic Diseases and Disabilities

Unit 7- Safety and Prevention

- CPR / First Aid

Unit 8- Final

- Making Health Decisions
- Leading and Maintaining a Healthy Life
- Analyze and evaluate the impact of real life.

Amongst Other course topics

**CPR-** We are fortunate to have a partnership with **MEDIC ONE** and **EVERETT FIRE DEPT.** to certify our students in CPR and AED training. After students go through the required two day training in class they are eligible for a CPR card. **CPR cards can be purchased for \$5.00 at the School Treasurer’s Office.** CPR cards are through the American Red Cross. CPR cards are not required but can help students be more marketable with trying to get a job.

**CLASSROOM EXPECTATIONS:**

- **Respect everyone and everything** in the classroom. This means listening without talking while others are speaking and avoid all put-downs.
- **Come to class prepared and ready to learn.** This means you are equipped with a positive attitude and the required daily materials: paper, pencil or pen, and other supplies necessary for learning.
- **Electronic devices** of any kind **should remain in your backpack** unless teacher permission is given
- **WATER ONLY AT DESKS**, food should be put away and all other beverages should remain in backpack or at sink counter for class.
- **Clean-up your area** before leaving the room.

If the above guidelines and expectations are not followed and a student’s behavior interferes with the learning process the teacher will adhere to Cascade High School’s Discipline Policy found in the Student Handbook.

**ACADEMIC INTEGRITY PHILOSOPHY**

Honesty is a value that holds each person to tell the truth and to defend the truth. Honesty supports intellectual growth and creates a fair learning environment. Integrity is firm adherence to our values with or without the presence of others. In an environment of honesty and integrity, the work we turn in as our own is our own.

Teachers and administrators at CHS understand that pressure to get good grades can sometimes create the incentive to cheat. However we firmly believe that cheating denies the value of education, damages the ethical character of the individual student, and undermines the integrity of our school community. The **Academic Integrity Code of Conduct** (The Entire Code of Conduct can be in the CHS homepage) affirms that we value learning for its own sake, and that we therefore demand personal integrity and intellectual honesty in all academic work.

**DEFINITION**

**Having academic integrity means valuing and demonstrating positive regard for:**

- Intellectual honesty
- Personal truthfulness
- Learning for its own sake

The creations and opinions of others (i.e., intellectual property)

**Disciplinary action will be taken commensurate with any violations. Please refer to the CHS Code of Conduct at the CHS homepage.**

**GRADING AND ASSESSMENTS:** This class will be based on a standards based scale of 4.0 grading scale. The student’s grade is based off meeting criteria at standard. The student will be given rubrics for each assessment well in advance so that they know what criteria they must meet at standard.

Summative Assessments: <b>60%</b> (Quizzes)
Formative Assessments: <b>40%</b> (Classwork/Homework/Composition Notes & Journal)

#### 4.0 Grading Scale and what it means:

4	A
3.5	B+
3	C
2.5	D
2 and Below	F

All assignments and work need to be turned in on the correct due dates. **Waiting for the last minute to try to pass this class will be very difficult and stressful.** All projects and assignments need to be done on time in order to do well in this class. Missing group work, projects, presentations, and tests will greatly affect your grade and how well you will do in this course. **DO ASSIGNMENTS ON TIME!!!**

**QUIZZES:** Students will be expected to take quizzes in class. If a student is absent on the quiz date it is up to the student to schedule the make-up with the teacher.

**ABSENCE/MAKE-UP/LATE WORK:** School rules regarding tardies, absences and excessive absences will be enforced and can be found in the student handbook. Students are expected to make up all work missed due to absences. It is the student's responsibility to check on missing assignments in their folders upon return or from teacher. He/she will have equal number of school days to make up the work as for which they are absent. Make-up work will need to be given directly to the teacher and turned in by the appropriate dates.

**LATE WORK:** The classroom schedule allows ample time for completion of all work during class. If a student is absent from class, or has fallen behind, it is his/her responsibility to obtain make-up work from the teacher and make arrangements for its completion. Books may be checked out from the school library. The student is responsible for the cost if the book (\$60.00) is not returned. **Late work must be turned in by late work due dates for credit. A student can only earn up to a 75% for all late work turned in by the late work due dates.**

**Parents may help by:** Checking grades online and check progress reports carefully for mistakes, missing assignments and attendance problems. If you have any questions or concerns, please contact me at Cascade High School at (425) 385-6122 or via email at [cgudgeon@everettsd.org](mailto:cgudgeon@everettsd.org)

Thank you!

Mrs. Corie Gudgeon

Cascade High School, Room 401 (425) 385-6122  
[cgudgeon@everettsd.org](mailto:cgudgeon@everettsd.org)



**Syllabus Acknowledgement (Please Return for Points)  
Cascade High School HEALTH**

**RETURN THIS PAGE COMPLETED TO MRS. GUDGEON**

**Print Student Name** \_\_\_\_\_ **Period:** \_\_\_\_\_

Dear Parents: I am excited and looking forward to working with your student. Please read the Course Syllabus including classroom expectations and grading policies with your student. During the semester, students may be viewing the following movies if time permits (The Ratings for each movie is below). Please mark with an X in the Yes or No box to whether or not you would like your student to view the videos. If not, students will be provided a supplemental assignment.

	YES	NO
Rudy (Mental Health Unit) PG		
What About Bob (Mental Health) PG		
Super Size Me (Nutrition Unit) PG-13		
Food Incorporated (Nutrition Unit) PG		
Homeless to Harvard or 28 Days (Drug and Alcohol Unit) Lifetime Movie		
Bloodlines (Documentary) HIV/AIDS education)		
Life's Greatest Miracle (NOVA) (Human Growth)		
The Pursuit of Happyness (end of the year-Goal Setting, Determination, Perseverance) PG-13		
We also watch video clips from Oprah, Discovery Health, Prime Time's What Would You Do?, TLC's My Strange Addiction and Dr. Oz when it relates to our studies.		

**Thank you and best regards,**

**Corie Gudgeon**  
425-385-6122 or [cgudgeon@everettsd.org](mailto:cgudgeon@everettsd.org)

**My son or daughter learns best when:**

**Course topics from the course topic list that may be sensitive for my son or daughter could be:**

**Communication: My Phone number/email address is:**

**My son/daughter's email address is (if different from above):**

We have read and understand this invitation to learn as described in the syllabus. Our signatures show that we are setting a course for success in this class.

**Parent/Guardian Signature:** \_\_\_\_\_ **Date** \_\_\_\_\_

**Parent/Guardian Name Printed:** \_\_\_\_\_

**Student Signature:** \_\_\_\_\_ **Student Name Clearly Printed** \_\_\_\_\_ **Date** \_\_\_\_\_