

# Winthrop High School

## Course Syllabus – Health Education

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### Course Information

Credit Hour: Health requirement  
Marking Period: First Semester  
Class Location: Room 126  
E-Mail: [jlowe@winthrop.k12.ma.us](mailto:jlowe@winthrop.k12.ma.us)

### Teacher Information

Name: Mr. Joseph Lowe  
Phone: 617-846-5505 ext. 7135  
Office Hours: 2:20-2:50 Monday-Thursday  
Friday by appointment

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**Course Description:** To equip students with the knowledge, skills and motivation to make positive choices, resist destructive behaviors and lead healthy and happy lives.

### Curriculum Topics

Students who successfully complete Health Education will be competent in the following areas:

- Goal Setting and Self Management
- Teenage Brain: Anatomy and Physiology
- Substance Abuse and Prevention with a focus on tobacco, prescription medications, opioids, alcohol, marijuana, and vaping
- Sexuality and Gender Roles
- Healthy Relationships: Self, Family, Friends
- Interpersonal Communication
- Reproduction, Anatomy, and Physiology
- Love, Respect, and Abstinence
- Sexual Harassment, Abuse and Dating Violence
- Sexually Transmitted Infections
- Nutrition, Exercise, Sleep and Media Management
- Public Health and Social Norms

### Student Evaluation

The grading system for Health Education at High School is as follows:

Quizzes/Tests	-	20%
Projects	-	25%
Classwork/Participation/Journals	-	40%
Homework	-	15%

### Classroom Expectations

1. **Be Respectful.** This and act with kindness.
2. **Be Honest.** Tell the truth.
3. **Be Tolerant.** Accept other points of view.
4. **Be Peaceful.** See the positive.
5. **Be Disciplined.** Work Hard.
6. **Be Responsible.** Think before you speak.
7. **Be Civil.** Take care of your health and the health of your community.

Students are required to complete assignments by the due date. Please talk to me before or after class if there is an issue upon completion of a project or assignment and we will work together to complete your work. If a project is late, 5 points will be deducted from the project grade for each day that is late.

If you are absent, it is your responsibility to make up the assignments and/or tests when you return. If you do not make up your assignments within one week, they will turn into zeros. It is your responsibility to come after school to catch up on missed work from your absences.

**Materials Required:**

- *3 Ring Binder*
- *Pen or Pencil*
- *Loose Leaf Paper*

**Please check and sign below**

\_\_\_\_\_ *I have read the information and I fully understand what I'm expected to do in class.*

*Student Signature:* \_\_\_\_\_

I WANT my child to be apart of the Sexuality/Reproduction Unit:

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

If you do not sign, I will contact you to discuss an alternate assignment and other work for your child.