



# Health

Coach Tony

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## Course Description

This course is designed to teach the most important aspects of mental, physical, social, and emotional health. This is a course that is *mandatory* to pass in order to graduate. Our course will cover dietary health, mental needs, S.H.A.R.E., safety tips, and more. This class is fast-paced and research-based. What that means is that the majority of your learning will be from researching using your iPads. Because there are real-world applications to every unit in this class, it is best that you have the most up-to-date and accurate information available. *Trigger warning:* some subjects in this class may be triggering for some individuals, please talk to me privately if this is an issue and you will be assigned an equal but alternative assignment.

## Course Expectations

- Students will sit in their assigned spot every day.
- Students must participate daily. This does not mean every activity will be done perfectly at first; however, everybody must put in their best effort!
- Students must show respect to teachers and classmates at all times. This means no degrading others and having integrity in all that you do!
- Ask for help if something doesn't make sense.

## Grade Breakdown

Notes- 40%  
Participation- 30%  
Quizzes- 20%  
Classroom citizenship- 10%

## Grading Policy

A ..... 90-100%  
B ..... 80-89%  
C ..... 70-79%  
D ..... 60-69%  
F ..... 59% and below

## Make-Up Work Policy

If a class is missed with prior notice or acceptable documentation, participation and notes points can be made up at home. If class is missed with no notice or acceptable documentation, only notes points can be made up with an at-home assignment. Email Coach Tony ([tony@encompassacademy.org](mailto:tony@encompassacademy.org)) within 48 hours of the missed class to receive the assignment.



## Class layout

While this class is mostly research-based, it will also include some presenting, group work, quizzes, and a lot of class discussions.

## Technology Policy

Cell phones, airpods, headphones, or any other electronic device *besides* your iPad are not allowed. Use of these devices will result in them being confiscated until the end of the day. With that being said, it is mandatory that you bring your iPads every day (this means charged!).

Google Classroom will be used regularly to communicate in class. It will also be used for Friday Check-Ins. Please join ASAP, the class code is **XXXXXX**.