

## **Health Guidelines**

**Santodonato**

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**www.santodonatohealth.weebly.com**

**Health** is an important part of every day life. Without our physical, mental, and social health we would not be able to do many of the things we enjoy and are capable of doing. It is important to learn, understand and participate in maintaining and improving our health so we can strive towards our fullest potential and happiness.

### **GRADING SYSTEM**

**Tests.....30%**

**Quizzes.....25%**

**Homework....20%**

**Projects.....25%**

**Optional Extra Credit Project ....1-5 points on your lowest assignment/test/quiz/project grade of your choice**

### **Homework**

All homework must be in on time. It will be used as part of the class lesson so you need it to be prepared for class. Late homework will be accepted for ½ credit. Make sure to include on each homework assignment:

- Your Name
- Period # ODD/EVEN
- Homework #
- Date

### **Tips for your Health Binder**

- 3 Ringed Binder
- 3 Sections
  1. Class work (For Notes and Dittos)
  2. Homework
  3. Test/Quizzes
- Stay Organized-use reinforcements!
- Date Everything!

### **Health Missing Assignment Reports**

A **Health Missing Assignment Report** will be sent out 2x per unit using Infinite Campus. Make sure you are linked to the parent portal with an email address

## **Class Participation**

Every one needs to take part to help make **Health** an interesting and fun learning experience. You may gain or lose class participation points based on:

- Being involved in group and individual activities
- Being on time for class
- Being prepared with your binder and pen/pencil every day and using them!

## **Extra Credit Projects**

A **Health Extra Credit Project** will be offered one time per marking period which can add 1-5 points on your lowest Health assignment, test, quiz or project of your choice. These extra credit projects are optional. A list of ideas for **Health Extra Credit** will be handed out mid-marking period.

## **Ms. Santodonato's Top Ten**

1. **NO PUT DOWNS!**- you will have to apologize
2. **STOP TALKING!**- no private conversations or interruptions
3. **DO NOT YELL OR CALL OUT!**- no noise pollution
4. **RAISE YOUR HAND!**
5. **LISTEN!**- if you want to be heard then you must listen too
6. **BE PREPARED!**- be on time with your pen and binder
7. **AVOID DISTRACTIONS!**- don't be a distraction either
8. **BE SUPPORTIVE OF EACH OTHER!**
9. **SHARE AND COOPERATE!**
10. **KEEP A POSITIVE ATTITUDE!**

**NO GUM – CANDY - OR FOOD IN CLASS**

**Get It Signed!**

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**Student Signature**

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**Parent/Guardian Signature**