

# Information Sheet – Health

## Mr. Yirgu

### I. ASSIGNMENTS:

Assignments are posted on the whiteboard every day of the week. ***The students are encouraged to copy the Success Criteria and homework in a planner.*** The assignments in the planner will contain all information concerning the work for the day. You may also access assignments and resources on Mr. Yirgu's Schoology page.

### II. HOMEWORK:

Homework is very rarely given in Health, usually if a student has not completed the assignment in class. Homework usually consists of completing an assignment designed to provide background information or reinforcement of concepts covered in class. **HOMEWORK ASSIGNMENTS ARE DUE IN THE BASKET BEFORE THE TARDY BELL.**

### III. HEALTH JOURNAL – SINGLE SUBJECT NOTEBOOK:

Students will maintain and use a journal to complete their tasks. These tasks will consist of quick-writes, bell ringer activities and other lessons. Students are engaged in these activities several days each week and this work is completed in the student's health journal. When using the journal there are several guidelines to follow:

1. Work in the journal will be a **MAJOR GRADE** when checked periodically.
2. Therefore, make sure that everything is organized & labeled clearly including Table of Contents..

### IV. OTHER SUPPLIES: BINDER/FOLDER, PAPER, UTENSILS.

Students will be required to maintain a binder or folder for Health. This can be done inside a larger binder used for all classes. A portion of the material covered in Health will be provided to the students in the form of handouts or worksheets. Without keeping their instructional handouts, the student will not have all needed reference materials to take home and study. Students will also need to bring writing utensils because I do not loan out pens/pencils. Donations are welcome for colored pencils, tissue and hand sanitizer that will be used by the class.

### V. "BELL RINGER":

Students are given specific tasks to be completed "**Bell Ringer**" at the beginning of each class. These tasks may include such things as turning in homework, begin working on assignment/worksheet, getting out one's health journal and completing the writing prompt, etc. The tasks for each day are clearly listed on the board and are identified by **Large Bells**. Students will be held accountable for having these simple tasks completed before the tardy bell.

## VI. GRADES:

The average for each term will be determined from the following types of grades:

### **DAILY GRADES - 50 %**

Activity worksheets  
Quizzes

Workbook  
Classwork

### **MAJOR GRADES - 50 %**

Tests  
Health Journal

Projects

## VII. HEALTH TOPICS: (Not in the order covered)

1. You & Your Health
2. Physical Activity & Fitness
3. Nutrition
4. First Aid and CPR
5. Tobacco
6. Drugs and Alcohol
7. Diseases
8. Human Growth and Development
9. Abstinence – Choosing the Best Path
10. Consequences unit with the Ft. Bend County Sheriff's Department
11. \*\*\* Various speakers throughout the year

## VIII. CONTACT INFORMATION:

**EMAIL –** [MILKIAS.YIRGU@FORTBENDISD.COM](mailto:MILKIAS.YIRGU@FORTBENDISD.COM)

**PHONE –** (281) 634 – 7877

**CONFERENCES** - Conferences can be arranged by email, or leaving a message for me to return. Please know that my conference period is 7<sup>th</sup> period, which is usually from 3:10pm - 4:10pm. You will be asked to sign in at the front office and let the school secretary know you are here. She will let me know you have arrived.

Student Name (PRINTED): \_\_\_\_\_ Class Period: \_\_\_\_\_

## Health Information Sheet - Acknowledgment

My student and I have read and reviewed the Information Sheet for Health. We are both aware of the following points discussed in the Information Sheet:

- Class assignments are posted each day
- Homework, if given, is due in the basket before the tardy bell to class.
- Students must maintain a folder or binder to hold their instructional worksheets, handouts, graded work.
- Students must bring in a notebook for their journal.
- Activities, such as quick writes, bell ringers, etc. will be completed in the Health Journal.

**The journal is a major grade.**

- Students are expected to complete the “**Bell Ringer**” tasks prior to the tardy bell.
- Daily grades are 50% and Major grades are 50 % of a student’s average.
- Participation in drunk driving activities (fun but very informative)

### PARENT CONTACT INFORMATION:

**Name (Print Please)** \_\_\_\_\_

**Phone** \_\_\_\_\_

**Email** \_\_\_\_\_

### IX. PARENTAL APPROVAL NEEDED FOR: Drunk Driving Glasses

There is an activity for students to participate using our drunken driving glasses. Please indicate with a check mark below, if you are giving your son/daughter permission to do the activity, as well as your signature. These glasses are used to show impairment of vision (blurred) and loss of balance while participating in certain activities that include walking a line, a course and catching different sized balls.

\_\_\_\_\_ Yes, I give my son/daughter, \_\_\_\_\_ permission to participate in the activities.

\_\_\_\_\_ No, I do not give my son/daughter, \_\_\_\_\_ permission to participate in the activities.

Parent Signature: \_\_\_\_\_

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

## FBISD Human Sexuality Opt-In Form

Dear Parents/Guardians:

Fort Bend ISD has carefully chosen an abstinence-centered curriculum to serve as the human sexuality curriculum for the seventh grade and high school **health** classes. **“Choosing the Best Journey”** for high school health and **“Choosing the Best Path”** for middle school health will be implemented during the final grading period of both the fall and the spring semesters of the 2022-23 school year in your student’s health class.

State law, including Education Code 26.004, contains specific requirements regarding this instruction. Our curriculum complies with these requirements which includes age appropriate and medically-based content, information about healthy relationships, and promotion of abstinence as the healthiest choice to prevent pregnancy and disease transmission. Feel free to visit the [Choosing the Best](https://www.fortbendisd.com/Choosing-the-Best) website to view sample lessons and videos used in the classroom. In accordance with law, any curriculum materials in the public domain used in this instruction are posted on the district's internet website, and are available at <https://www.fortbendisd.com/Page/1128>.

As a parent, you have the right to review or purchase a copy of these curriculum materials; remove your student from any part of that instruction without subjecting the student to any disciplinary action, academic penalty, or other sanction imposed by the district or the student’s school; and use the grievance procedure or the appeals process under Education Code 7.057 concerning a complaint of a violation of state law requirement. Finally, opportunities for parental involvement in the development of the human sexuality curriculum is available through participation in the District’s School Health Advisory Council or “SHAC.” Additional information regarding the SHAC is available at [www.fortbendisd.com/shac](https://www.fortbendisd.com/shac).

Before a student is provided with human sexuality instruction, a school district must obtain the written consent of the student’s parent/guardian. If you allow your child to participate in the curriculum, **Choosing the Best Path or Journey**, please sign the form below and return it to your child’s health teacher. If you do not return the form, your child will not participate in the curriculum and will be provided alternative assignments to complete while their health class engages in the human sexuality curriculum.

If you have further questions, please contact your campus principal or Kim Taylor, Coordinator of Health, PE and Wellness: [kim.taylor@fortbendisd.com](mailto:kim.taylor@fortbendisd.com).

Sincerely,

Kim Taylor  
Coordinator of Health, PE and Wellness

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### FBISD Human Sexuality Opt-In Form

#### Parent Permission Slip to Participate in “Choosing the Best” Abstinence-Centered Human Sexuality Curriculum

I have been notified about the human sexuality curriculum that will be implemented in my child’s health class and hereby give permission for my child to participate in the class curriculum.

Date: \_\_\_\_\_

Name of child: \_\_\_\_\_

Name of parent/guardian: \_\_\_\_\_

Signature of parent/guardian: \_\_\_\_\_