

Health Offerings – Lake Forest High School 2012-2013

Health Education – ½ Unit of Credit (semester)

Prerequisite: None

Health Education is a state-mandated, required course for graduation. Course expectations are comparable to levels of study in other core academic classes. Health Education today is considered to be a health science class that explores health-related issues currently facing youth today. Units of study include a comprehensive understanding of all dimensions of wellness (physical, mental, emotional, and social). Topics addressed are current event issues as well as long-standing concerns to our overall levels of wellness. Emphasis is placed on personal ownership of one's health and choices in every dimension of wellness. Assessments will be given throughout the semester with a cumulative final exam at the end of the semester.

Health and Wellness for Life — 1 Unit of credit (year)

Prerequisite: None

This health education course not only meets the state's requirements for health credit but also provides a unique opportunity for freshmen students to integrate into the LFHS community. In-depth topics include all dimensions of health: physical, mental, emotional and social. The class's proactive approach also includes executive functioning skills, orientation to building resources, and social-emotional and leadership skill-building. Interactions with counselors, social workers, and deans allow students to interact with the adults who will work with them for all four years of high school. Upperclassmen mentors are integral to the class, providing leadership and transition support. Health and Wellness for Life directly supports the Board of Education's goal to "integrate into the culture, curriculum, and activities of Lake Forest High School a broad system of support for students to maximize personal growth, character development, and well-being."

Health and Wellness for Life FAQ:

- **What is the gender ratio in the class?**
 - Generally, classes have an even number of males and females.
- **Can my child still take a study hall?**
 - Yes! Many WFL students are also enrolled in a study hall. WFL students do not take an *Athletic* Study Hall, however, they can opt to take a regular study hall. Often, students find they do not need or use their study hall as much as they thought they would and they use that free period to take another exciting elective second semester.
- **Can my child take an elective?**
 - Of course! Most students have one period left over (after registering for their core classes, lunch and WFL). They can use that period to take any number of classes including band, chorus, orchestra, business, art, etc.!
- **If this class is for the whole year, will my child be getting more homework for a longer period of time?**
 - NO! Wellness for Life students actually get significantly LESS homework than students enrolled in regular health.
- **My child is taking several honors courses, will this class be too easy for him/her?**
 - This class is appropriate for ALL freshmen students because of the uniqueness of the content. Students frequently comment about how useful the material is while at the same time being a nice break in their stressful day!
- **This class sounds great. Why wouldn't every freshman take this class?**
 - We don't know! They should! ☺
- **How do we sign up?**
 - Make sure you tell your child's counselor at the time of registration that you would like to take Wellness for Life.