



Mt. Lebanon 2018 SUMMER SCHOOL PROGRAM

COURSE DESCRIPTIONS AND STUDENT GUIDELINES
COURSE SCHEDULE AND HEALTH FORM

HIGH SCHOOL HEALTH SESSION

PROGRAM: MONDAY, JUNE 25 – MONDAY, JULY 23

(Program will run Monday-Thursday, no Fridays. No school on Wednesday, July 4th and Thursday, July 5th.)

A.M. SESSION 8:00 a.m. – 12:00 p.m.				
Course Number	Course Title	Instructor	Location	Course Fee
7903	HEALTH & WELLNESS 10 – 12	Jan Billotte	Health Classroom Mt. Lebanon High School Room A-201 (2 nd Floor HS Athletic Bldg.)	\$275 (registration received on or before May 30 th) \$300 (registration received after May 30 th)

Refunds – There will be no refunds after the start of class on June 25th, 2018

MAILING INFORMATION

Students interested in sending in the Health Class Summer School information via mail FOR THE HIGH SCHOOL HEALTH COURSE ONLY will need to send the following:

- 1) Summer School Application
- 2) Completed Health Form
- 3) Check made payable to Mt. Lebanon School District

TO: Summer School Registration for Health Class
Mellon Middle School
c/o Claudia Dahmen
11 Castle Shannon Blvd
Pittsburgh PA 15228

STATEMENT CONCERNING COURSE CREDIT

The high school Health course is a sixty (60) hour session yielding a semester of school work. **Please note that it is the responsibility of the student/parent and not the Mt. Lebanon Summer School to verify with their home district whether the class they are taking will fulfill necessary requirements.**

HEALTH & WELLNESS COURSE DESCRIPTION

(Grades 10, 11, 12) (1 Credit) This course is a concentrated version of the regular health course taught during the school year. **It is designed for those students who wish to fulfill the health requirement outside of their regular school schedule. Health may also be taken for credit recovery for those who failed to complete the course during the regular school year.**

The pace of the course is geared toward those who are willing and able to grasp the various concepts in a short period of time. Health is a course in self-awareness and self-analysis that challenges the student to examine their lifetime choices and decisions. There is a strong emphasis on holistic wellness including the physical, mental, emotional and social components. Units of study include emotional wellness, stress management, nutrition, exercise, disease prevention and immunity. The unit in emergency aid includes instruction and certification in CPR. Social problems of alcohol and other drugs are presented, and human sexuality is explored in depth. Parents should note that a degree of social and emotional maturity is required to participate comfortably in the course; therefore the decision as to when the course is selected during the high school career should be made after careful consideration of the individual student's level of maturity.

Students must complete a project in Health class in order to fulfill graduation requirements. Students should see the instructor for additional information on this project.