

# **Miller Introduction Course (MIC) and Health Education Program Outline 2011-2012**

## **MIC Overview**

Miller Introduction Course (MIC) is designed to assist AB Miller Freshmen with their transition into High School during the first semester. The purpose of MIC is to enhance student development and teach skills that will promote social, emotional, and academic success. MIC instructors will monitor overall student progress and serve as a support system for the students, staff and administration.

## **Goals**

*The goals for the Miller Introduction Course are as follows:*

- To assist all ninth graders with their transition into high school.
- To enhance student social, emotional and academic skills.
- To continually raise test scores and grade point averages among ninth graders.
- To promote better attendance among ninth graders.
- To enhance test taking skills and promote higher CAHSEE and CST scores.
- To explore careers and post high school graduation pathways.
- To lower the frequency of referrals received by ninth graders.
- To promote critical thinking skills.
- To build a stronger sense of community among AB Miller students.

## MIC Curriculum

Classes will use AVID based strategies as well as the *School- Connect* curriculum. *School-Connect* is a semester long program designed to target freshmen transition into high school by enhancing social, emotional, and academic strengths.

## Miller Introductory Course

### 1<sup>st</sup> Semester

#### **First week – Introduction: Welcome to Miller! ☺**

*Items that will be addressed:* - Getting to know the teacher and classmates (icebreakers)

- Rules and Policies (Classroom, AB Miller, FUSD)

- Familiarizing the students with campus

\*administration and counselors

\* mapping the school

\* fire drill preparation

\* services

- library

- career center

-book keeper

-attendance office

- student store

- health office

\*activities

- sports

- clubs

- academies

- electives

- misc. programs

\*\*\*Get reps from each of the above to come in and talk with class (preferably students) and/or show Welcome to Miller DVD.

## **Weeks 2 and 3- AVID Strategies**

*Items that will be addressed:* - AVID Strategies

- \* Cornell Notes
- \* Binder/ Notebook (**bi-monthly**)
- \* Homework and Study Strategies
- \* Tutorials (**one per week**)
- \* Vocabulary Building
- \* Current Events
- \* Higher Levels of Thinking  
(Costa's, Bloom's, Hunter's, etc)
- \* Socratic Seminars / Philosophical Chairs
- \* Test-Taking Strategies

## **SCHOOL - CONNECT**

<b>Sept.</b>	<b>Module 1 Creating a Supportive Learning Community</b>
<b>Oct.</b>	<b>Module 2 Developing Self Awareness and Self Management</b>
<b>Nov.</b>	<b>Module 3 Building Academic Strengths, Goal Setting &amp; Career Pathways Exploration</b>
<b>Dec.</b>	<b>Complete Second Quarter MIC Project and Prepare for Finals</b>  <b>*Go over Study and Tests Taking Strategies at the end of module 3</b>  <b>*Review AVID Strategies</b>  <b>*Work on Final Projects</b>  <b>*Prepare for Final Exams</b>

*1<sup>st</sup> Quarter Project – Self Awareness and Emotional Intelligence*

*2<sup>nd</sup> Quarter Project – Identifying and Setting Personal Goals*

*Note: During the first semester, one day per week will be set aside for class time study groups (tutorials) and binder/notebook checks will take place on a bi-monthly schedule.*

*All classes will give a final culminating project or assessment.*

## **Health Overview**

The Health class is designed to meet all state mandated high school health education requirements. The class will promote overall health and wellness among students at A.B. Miller. Physical, mental/emotional, and social health topics will be covered throughout the semester. Instruction will follow both state and national standards for health education.

## **Goals**

- To stay in compliance with all state and nationally mandated health education requirements.
- To increase health literacy among ninth graders.
- To empower all ninth graders with the ability to make good decisions about their personal health, wellness, and safety.
- To promote healthy behaviors among all students.
- To influence good health and wellness within A.B. Miller and the community.

## Health Curriculum

Classes will use the Glencoe Health curriculum, 2005. The class will also utilize the *Positive Prevention* curriculum for HIV/AIDS education purposes.

# Health

## 2<sup>nd</sup> Semester

Jan.	Glencoe Health Chapters: 1 (Living a Healthy Life) 2 (Building Health Skills and Character) 3 (Being a healthy Consumer)
Feb.	Glencoe Health Chapters: 4 (Physical Activity for Life) 5 (Nutrition and Your Health) 6 (Managing Weight and Body Composition)
Feb. / March	Glencoe Health Chapters: 7 (Achieving Good Mental Health) 8 (Managing Stress and Anxiety) 9 (Mental and Emotional Problems)
March	Glencoe Health Chapters: 21 (Tobacco) 22 (Alcohol) 23 (Medicines and Other Drugs)
April	Glencoe Health Chapters: 24 (Communicable Diseases) 26 (Non-Communicable Diseases and Disabilities) *25 (Sexually Transmitted Infections and HIV/AIDS) <b>Note:</b> The HIV/ AIDS “Positive Prevention” curriculum will be used in conjunction with the Glencoe health materials.

May

Glencoe Health Chapters:

\*18 (Endocrine and Reproduction system)

\*19 (Prenatal Development and Growth)

\*20 (Adolescence and the Life Cycle)

**Note:** Abstinence and Birth Control will be covered in this section.

**\*Parent permission slips should be on file before material is covered.**

***Note:** Basic anatomy and physiology lessons can be incorporated within the given units. For example, teachers may choose to talk about the brain and nervous systems during the drug and alcohol unit or the digestive system during the nutrition unit.*

*Lessons from **School-Connect Module 4, Resolving Conflicts and Making Decisions**, may be incorporated as supplemental materials throughout the 2<sup>nd</sup> semester.*

## MIC / HEALTH 2010-2011 Year

Welcome to Miller Introductory Course (MIC) and Health. I am looking forward to a great school year and hope that all of you are equally excited. I am writing this letter in hopes to answer some of the questions you may have and to inform you of what is expected for this year. This letter is to be reviewed and signed by both you and a parent/guardian and placed in the front of your notebook. In this letter you will find information about the grading system, rules, and discipline plan. It is highly recommended that you take the time to read this letter carefully and keep your copy all year.

The purpose of MIC is to support you, freshmen students, with your transition into high school and help ensure success in all your classes within the first semester. We will then spend the second semester covering state mandated health topics. *(Additional information and permission slips will be sent home at the beginning of the second semester)*

Please Note: All 9<sup>th</sup> grade students will be enrolled in a MIC / Health Class for the entire school year at AB Miller.

### Grading Scale

Class work / Homework	30%
Participation / Notebooks	20%
Projects	30%
Tests / Quizzes	10%
Final	10%

### Late Work Policy

**One late assignment per unit will be accepted. Students are expected to turn in all assignments when they are due. Late assignments must be turned in before the unit exam is taken.**

If a student has an **excused absence** he/she will be given the same number of days absent to turn in any assignments missed with no penalty. **IT IS THE STUDENTS RESPONSIBILITY TO ASK FOR AND OBTAIN ALL MISSED WORK THE DAY THEY RETURN** *(The procedures for obtaining missed assignments will be discussed in class).*

Students who may be out for three or more days may arrange to have a work packet picked up to avoid falling too far behind.

## **Classroom Rules and Discipline Plan**

Rules will be posted in the classroom and must be followed at all times. Disciplinary action will be governed by policies and procedures set forth by the School and District. Class discipline procedure is as follows 1) Warning 2) Discipline assigned by teacher 3) Parent Contact 4) Referral.

**Note: Serious offenses will result in an automatic referral.**

I have read the above information and understand that MIC / Health is a mandated class for all 9<sup>th</sup> graders at AB Miller High School. I also understand that the primary purpose of this class is to assist freshmen in a successful school year and to cover state mandated health topics.

Student signature \_\_\_\_\_ Date \_\_\_\_\_

Parent signature \_\_\_\_\_ Date \_\_\_\_\_