

WELLNESS SYLLABUS

INSTRUCTOR: Mr. Johnsen

EXPECTATIONS:

1. Full respect of students and the teacher will be expected.
2. Be prepared and dressed for class!
3. Give a good effort each day that you are in class.
4. Have fun and learn the fundamentals of becoming a healthy, active person.

GRADING:

- The high school grading scale will be used in class.
- Grade percentages breakdown will be as follows:
 - 50% of grade will be used on participation code.
 - 30% of grade will be used on written work such as tests and quizzes.
 - 20% of grade will be based on both objective and subjective skill grading.

WELLNESS PARTICIPATION CODE:

- Each day is worth two points. If there are five days of school for that week, the week is worth 10 points.
- The following point deductions may be made up by doing make-up work. They are:
 - Excused Absence: -2 points
 - Unexcused Absence: -5 points
 - ISS/OSS: -5 points
 - Visit to the nurse for the period: -2 points
- The following point deductions may not be made up.
 - Truancy: -8 points
 - Referral for any reason: -5 points
 - Tardy to attendance line: -1 point
 - No Dress: -8 points (3 points can be made up by completing an assignment).
 - Improper Dress: -2 points
 - Poor Participation: -2 points
 - Medical Excuse: An alternate activity will be assigned

TEACHER HELP:

I will be available sixth and seventh hour for any additional help. I will also be available for any scheduled appointments during the day if needed.

MAKE-UP WORK:

If absent, it is your responsibility to earn back your missed class points if you wish. You will have opportunities each morning at 7:05 a.m. and Thursday after school for make-up. If these times do not work for you because of an early bird class and a COOP job or after school activity, it is the student's responsibility to find another time to make up the class. You will have two school days to make-up the work.

DRESS CODE:

Refer to the handbook. Jewelry will be determined on a class unit basis. The dress code is used to insure that you have separate clothing that will not be worn during the regular school day.

WELLNESS POLICY FOR MAKE-UP WORK:

- Make-up times:
 - M-W-F: 7:05-7:40 a.m.
 - TH: 3:10-3:45 p.m.
- Make-up procedures:
 - Student needs to be dressed in Wellness clothes at the designated time.
 - Student must sign in to get credit for the make-up work. If no teacher is there, check in with Coach Phelps. **IF YOU FAIL TO DO THIS, YOU MAY NOT GET THE MAKE-UP CREDIT!**
 - An activity will be designated by the supervising teacher.
- Absence: Excused or Unexcused
 - The student has two school days to make up the missed activity. If a student cannot make up the class in this time frame, it is his/her responsibility to arrange a time with the teacher to make up the period.
- Multiple Consecutive Absences:
 - Participation will be made-up through a combination of activity and an alternative activity.
- Medical Excuses:
 - Alternative assignments will be given to students who are unable to participate in physical activity. You must still dress for class.
- Vacation:
 - Participation will be made-up through a combination of activity and an alternative assignment.
- Failure to dress for Wellness:
 - Students will be docked 8 points from the weekly participation grade.
 - Students will stay in class and will have the opportunity to make-up the class period following the make-up policy. Students will have the opportunity to earn back 3 of the 8 participation points.
 - A parent contact will be made after the second “no dress” of the quarter.
 - The third and subsequent “no dress” of the quarter will also result in a referral.