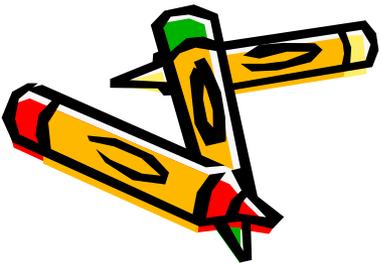
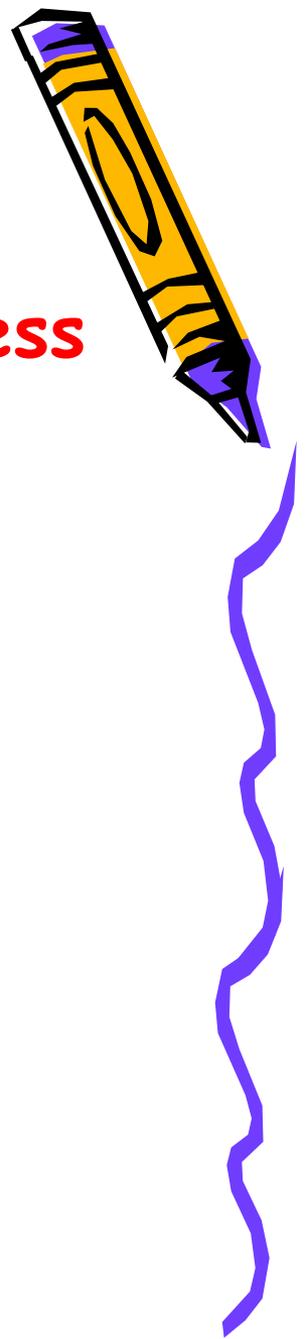


Perspectives of Wellness Expectations and Procedures

Mrs. Burruano

Units we will cover . . .

Introduction to Perspectives of Wellness
Mental and Emotional Health
Alcohol, Tobacco, and Drugs
Reproductive
Disease Prevention
Diet & Nutrition
Personal Health and Fitness



Classwork = 35%

Homework = 15%

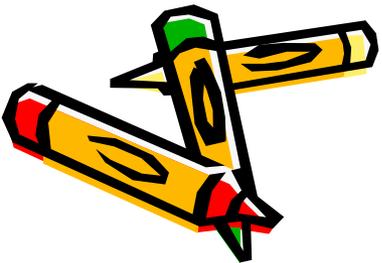
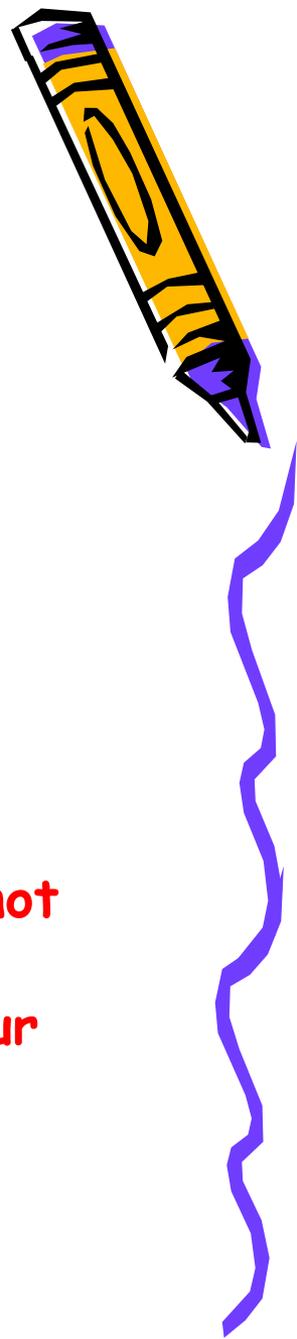
Tests/Quizzes = 25%

Participation = 25%

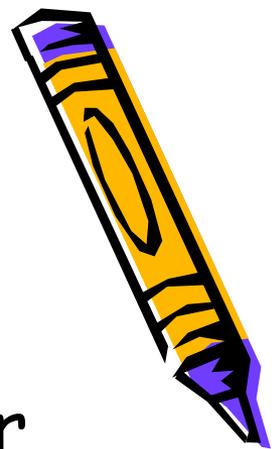
It is imperative that you do all assignments in this class. Failure to complete assignments will get you behind FAST. If you do all of your work, you will not fail, even if you stink at taking tests! You are responsible for learning the material and earning your grade!

Do not let your grade drop due to participation! Here is how you will be graded.

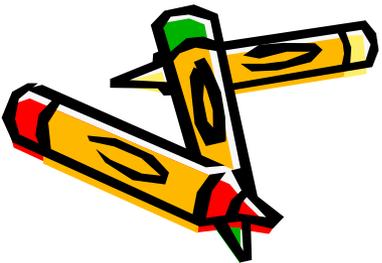
Grading Policy



Homework, Classwork & Test/Quiz Policy



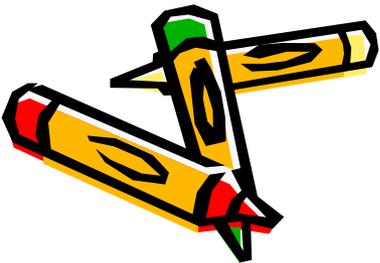
- ✘ Homework is assigned up to 3 nights per week.
- ✘ More than likely have time to do it in class.
- ✘ Homework will be checked each day.
- ✘ Anything that is not ready at the beginning of the period will be marked LATE!



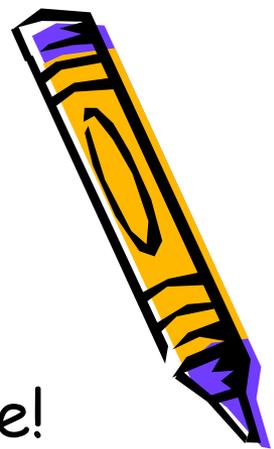
Homework, Classwork & Test/Quiz Policy



- ✘ Quizzes will be given ~ every 2 weeks and will be announced.
- ✘ Two Unit Projects will also be given- Count for 300 points each. 3 Test Grades
- ✘ Dates for both Quizzes, Test and Projects will be announced.

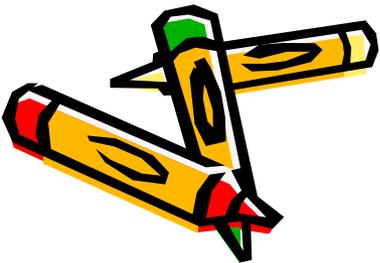


Late Work & Make-Up Work Policy

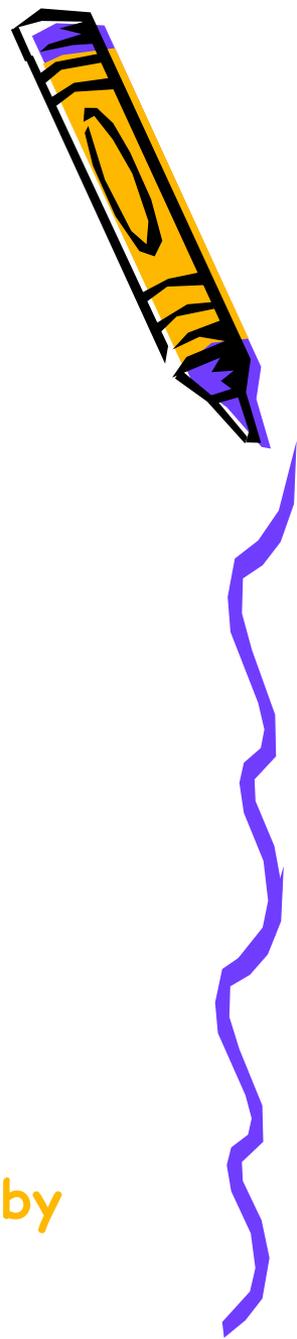


- ✘ I will accept make-up work with proper excuse!
- ✘ You are eligible for make-up work if you are absent (you get one day for each day you are absent). Work that is 1 day late is $\frac{1}{2}$ off, after that, no credit will be given!
- ✘ Make-Up work will only be graded for absences that are **EXCUSED** or other extraordinary circumstances.
- ✘ Quizzes and Test must be made up within one week of the absence.

Don't worry! You will be allowed to drop 2 quizzes for the first quarter. However, project grades may not be dropped.

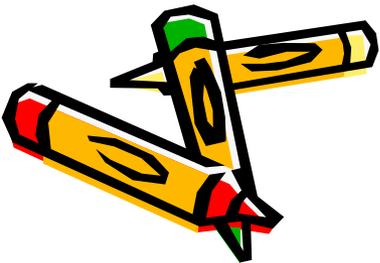


Stuff you need for this class . . .



Required:

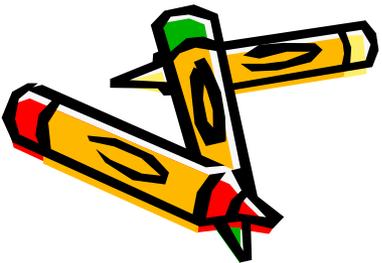
- 3-ring binder labelled Health and your NAME
- 4 dividers (for notebook sections)
- Journal-Notes-Homework-Classwork
- Notebook paper
- A pen
- A pencil
- A highlighter



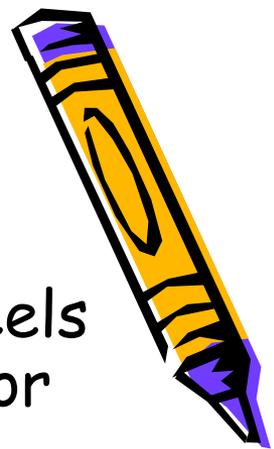
All class materials and
parent/student forms are due by
next Monday!

Now the fun part - Class Rules

- Come to class on time, prepared, and ready to learn.
- Be cooperative and take responsibility for your actions.
- Show respect for yourself and others.
- Leave food, candy and drinks outside of the classroom.
- Keep cell phones, music players, and other electronics in your locker.
- Clean up after yourself and take care of our classroom.
- Refrain from using rude, vulgar language and address others politely.
- Keep your head up and be an active participant in class.
- Give every task your best effort!

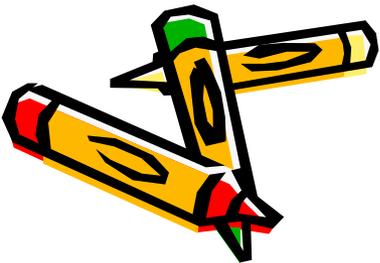


Class Rules



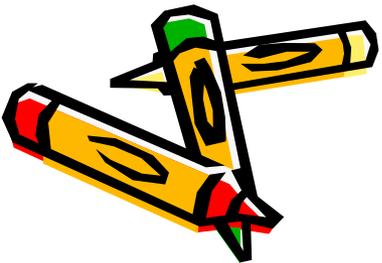
- Tacit Approval = unspoken approval
Our classroom must be an environment that feels safe for **EVERYONE**. Snickering, whispering, or laughing at others will not be tolerated - this classroom should be a sanctuary for all members of the class, and no one has the right to jeopardize that.
- Speak to others as you wish to be spoken to - if you don't have anything nice to say, then do not say anything at all. Use of vulgar or disrespectful language will not be tolerated. This includes saying "shut up" or calling others "stupid."

Failure to cooperate with any classroom procedures will result in losing class participation points, detention, then an administrative referral. However, students who follow rules, help one another in class, and are cooperative can earn positive participation points to boost their grade!

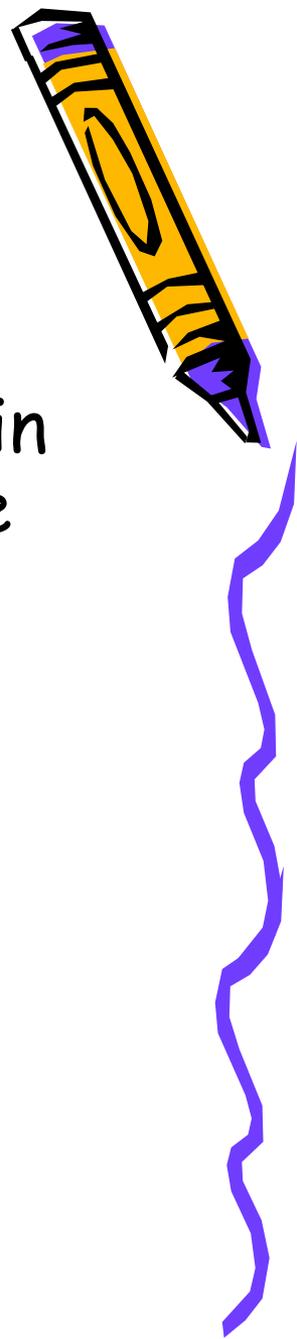


Class Procedures

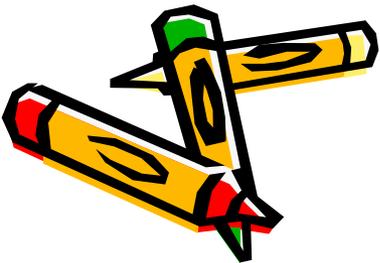
- When you come in to class, begin the work on the board immediately and silently.
- If you need to leave your seat, you must ask permission.
- Remain quiet and listen when I am giving directions or presenting a lesson.
- Raise your hand if you wish to be recognized.
- You will be dismissed at the end of the period by lab groups. Lab areas must be clean in order for you to leave.



Cell Phones, Food and Other Annoyances 😊

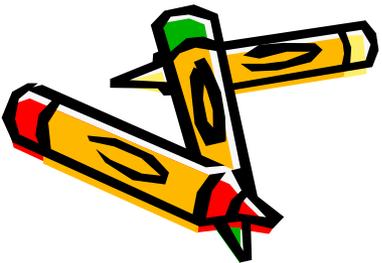


- Keep cell phones and other electronics in your locker - in case you want to donate them to me that is . . .
- There will be times when we can enjoy food and drink in class - unless I notify you, leave them outside the classroom!
- Keep the class tidy and clean up after yourself!



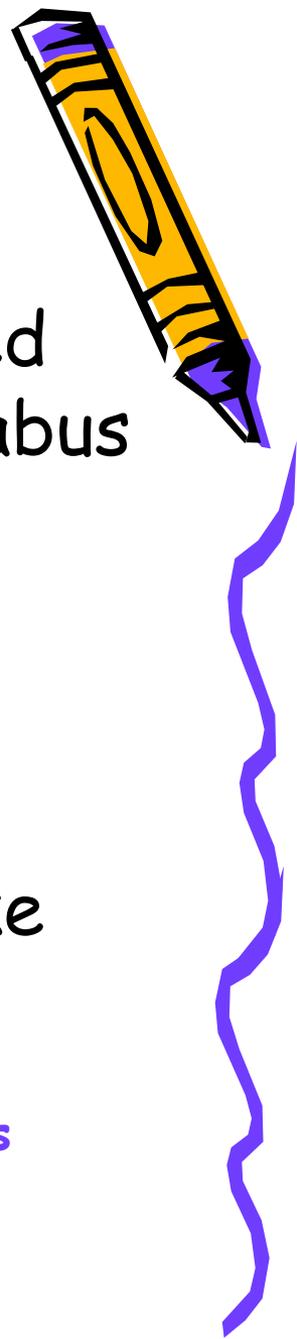
Last, but not least . . .

- All Grades will be posted online. You can check them out anytime you want. I will update your grades daily.
- Academic integrity is crucial - anyone caught cheating will receive an automatic zero in that assignment.



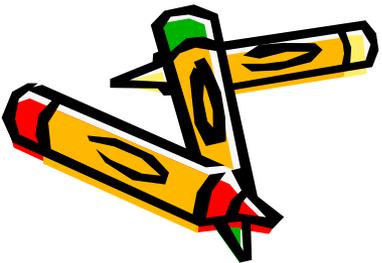
Passes - you get 6 per quarter, and you will get those tomorrow. Any that are left over at the end of the quarter count as extra credit!

Questions??



- Make sure to get all course forms signed by someone at home. Keep copy of syllabus in your notebook for reference.
- These will be due no later than next Monday!
- Quiz on what we just discussed on the class syllabus will be tomorrow - so make sure you look over this again tonight!

Next week, I will be accepting applications for class jobs. Start thinking about this now if you are interested!

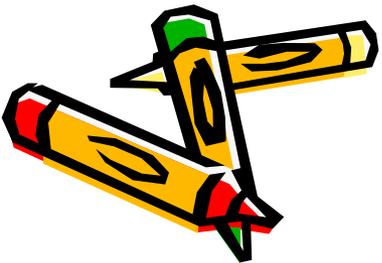


Oh yeah, seating arrangements . . .



- Your seats today are only temporary for this week until I learn your names.
- At the end of the week, you will be given an opportunity to choose your own seat.
- However, if the class does not prove itself mature and capable of handling the class rules we outlined today, seats will be chosen for you.

We will also assign a group leader to each lab group. This person will be responsible for handing in papers, getting materials, etc.

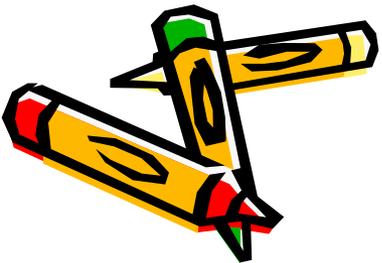


Getting to know you . . .



Two Truths and a Lie:

- Each person must come up with three statements about themselves.
- Two of your statements must be true, and one must be a lie.
- You will then be asked to share these with the class. It will be our job to determine which of your statements are not true . . .
- Be tricky, the idea is to fool us. Do not pick anything obvious or that others in the class might already know.

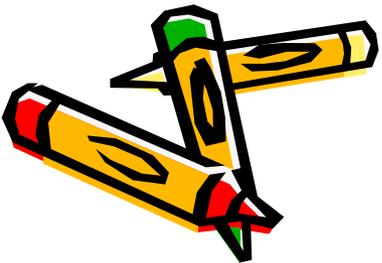
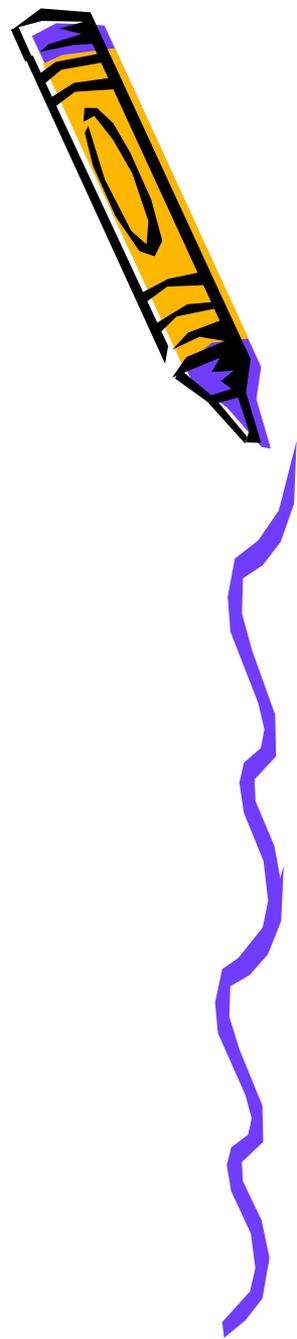


Which one is not true?

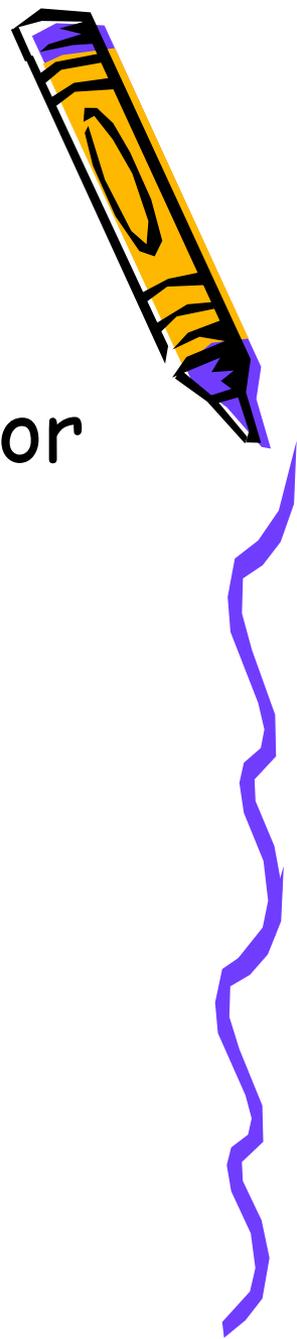
*I know how to fly a plain, I took lessons during my thirties.

*I am 44 ...and a leo

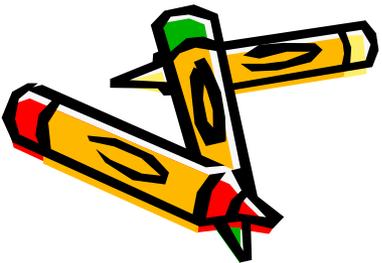
*My nick name is JJ



Some reminders before you leave for the day . . .



- Don't forget to pick up materials for class.
- Parent forms need to be signed by next Monday (these count as a homework assignment).
- Study for quiz tomorrow on class rules and procedures!



Thought of the Day:

"Be the change you wish to see in the world" - Mahatma Gandhi

THINK TIME: What does this quote mean to you?

