

7th Grade Health Course Syllabus

Instructor: Coach Anderson

Email: chris.anderson@tvcs.org

Phone: (352) 259-0044

Room # 221

COURSE DESCRIPTION

The purpose of this course is to provide students with the opportunity to gain the knowledge and skills necessary to become health literate and practice responsible behaviors to promote healthy lifestyle and healthy living. This course focuses on the comprehensive health issues core to the optimal development of adolescents.

TEXTBOOK/CURRICULUM

G-W Comprehensive Health Skills
The Project School Wellness Curriculum
Suite360 Mental Health curriculum

ASSESSMENT

Students' grades will be determined by using the following categories and percentages:

Practice	--	30%
Performance (Mastery)	--	70%

Grading Scale: A (90-100) B (80-89) C (70-79) D (60-69) F (0-59)

CLASSROOM EXPECTATIONS/RULES

1. Be on time and where you are supposed to be. (Prompt)
2. Be prepared and on task. (Prepared)
3. Ask for what you need. (Positive)
4. Strive for excellence and always do your best. (Productive)
5. Respect the rights, responsibility, and property of others. (Polite)

You are responsible for reading and following the student handbook as well as classroom procedures and classroom rules. When you make a choice that violates classroom and/or school rules, disciplinary consequences will be implemented. Please refer to the following documents found on the tvcs.org website under "middle school", "Forms/Documents/Newsletters":

- VCMS Student Handbook
- 23-24 Classroom Behavior Management Plan

PROCEDURES

Daily Required Materials:

School Issued Chromebook
Wired Headphones- Bring them everyday to class

Google Classroom:

Classroom codes will be provided on my teacher connection page.

Bell Ringer/Dismissal:

Be on time and begin the bellringer activity as soon as you enter the classroom. Students are to remain seated at your desk until I dismiss you. Please clean your area by throwing away all trash that you have generated and put classroom supplies back when you are finished. When the classroom is in order and all students are in their seats, I will dismiss you to leave.

Make-up Work:

In the event that you are absent, check my teacher connection page website and/or Google classroom. Communicate with me about questions regarding missed assignments. It is the student's responsibility to follow through with missed work. To receive credit for missed work due to an absence, a student must turn in assignments upon returning to school within the number of days missed plus one day. However, any assignment that has a previously determined due date, that due date must be observed unless other arrangements have been made with the assigning teacher.

Late Work:

If a student does not have an assignment ready on the due date, he/she may turn in the assignment at the next class meeting for a maximum grade of 60%. After one day of not having the assignment turned in. The assignment(s) will not be accepted for credit.

Cell Phone and Smartwatch Policy

Cell phones, smart watches and any other communication devices may not be used while on campus. If you feel your child must have one of these electronic devices, it must remain in their backpack, **TURNED OFF** while at school and during Extended Care. Texting and videotaping are not permitted anytime during the school day.

Students are not to call, text, or message their family members during the school day. If students need to reach a member of their family, they can use one of the phones in the main office. You can help us enforce this policy by not texting your children and calling or answering their calls during the day.

Students with a device visible and/or using a device anywhere at school will have their device taken for the remainder of the school day. The teacher who takes the phone or smartwatch will turn it into the main office for the parent to pick up, and the student will receive a consequence for their choice.

IMPORTANT INFO

POTENTIAL VIDEOS TO BE SHOWN IN CLASS TO FURTHER INSTRUCTION

- Inside Out
- Inside the Teenage Brain (PBS)
- Digital media (PBS)
- Happy
- Fittest on Earth

Potential Guest Speakers:

- TNT (Total Nutrition and Therapeutics) (Healthy choices)
- E3 Family Solutions
- Florida Health Department
- School Counselors

ADDITIONAL ASSISTANCE AND COMMUNICATION

I am available to any student or parent requesting additional assistance or needing additional information. If you choose to email me, please remember to put "Student" in the subject line so your email will reach me through the VCS web filter. If you prefer to contact me by phone, please call the school office and leave a message requesting me to return your phone call. If I need to contact you, I will first try to contact you through email, unless you have indicated a preference for phone contact on the return form.

AR READING PROCEDURES

On Friday, each student will be required to AR read. Students who have completed their AR books prior to their health class period, must have a new book to read. You will need to contact the Media Center on your own time, before or after school to check out any additional books. Points for AR day will be deducted and an additional assignment will be issued if any student does not have an AR book to read. Students will not be allowed to check out books during class time as this has been an issue in the past

Suite 360- Florida Mental Health Initiative

VCMS has been tasked with providing character, resiliency, and prevention education to students to help them develop valuable life skills. Our standards-aligned, research-based curriculum has been developed to equip your child with comprehensive lessons and resources, empowering them to successfully achieve life goals and face challenges that they will encounter now and in the future.

