



Journey Middle School

217 Celtic Drive, Madison, Alabama 35758

Health and Wellness, 7th-8th Grade
Triston McGraw, Amie Riley, Matt Sanders

Teacher Contact Information	Email: tlmcgraw@madisoncity.k12.al.us , alriley@madisoncity.k12.al.us msanders@madisoncity.k12.al.us Classroom Phone: McGraw: 84193 Riley: 84190 Sanders: 84192
Course Name	Health and Wellness
Course Descriptions	This course will allow students to recognize the value of physical activity and healthy eating for health, enjoyment, challenge, self expression, and social interaction. The focus of this course is to equip students by recognizing and applying real-world connections on how to cope with daily stress, personal safety, and managing a healthy eating, and an active lifestyle. This course will include classroom work, discussions, and the exploration of how to live a safe, healthy lifestyle.
Course Objectives	The Health and Wellness class consists of exposing students to lifelong fitness activities that will benefit their health and well-being. Throughout the year, students will have the opportunity to learn about healthy lifestyle choices, mental health, emotional and physical safety, and proper personal hygiene.
Classroom Expectations	In order to create a safe and positive learning environment, certain behavior is expected. The student expectations are listed below: <ul style="list-style-type: none"> ● Come to class prepared everyday, and be on time with proper attire and materials. ● Be in your assigned seat for attendance before the bell rings. ● Act in a safe and respectful manner to the teachers and your peers. There is a ZERO TOLERANCE for bullying. ● No cell phones, air pods (earbuds), or cameras are allowed in the classroom. ZERO TOLERANCE. ● Participate to the best of your ability with a positive attitude and follow both posted and verbal instructions/rules.
Progressive Discipline <i>(JMS Policy)</i>	All progressive discipline will correspond with the Madison City Schools Code of Conduct regarding Class I and II offenses. Class III offenses are a direct office referral. <ul style="list-style-type: none"> ● Verbal warning ● Student/teacher conference ● Parent contact/conference ● Detention and a parent contact ● Office referral
Cell Phone Policy	Students are welcome to bring personal electronic devices to school. Students will not be allowed to use cell phones during class. Cell phones may be used during class transitions and lunch. All cell phones must be placed in student's backpacks or a cell phone holder sleeve that the teacher has placed in the designated area of the classroom during the entirety of the instructional block. Also, remember that the student is responsible for locking and securing personal devices. JMS is not responsible for lost,

