

## 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:  • 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 (JMS Policy)	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.   • 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. <b>JMS is not responsible for lost,</b>

	stolen, or damaged cell phones and other electronic devices. Students should ensure personal devices are always in a safe and secure location. Additionally, students may not use their devices to do anything inappropriate that would disrupt the learning environment at Journey Middle School.
Grading Policy (MCS Policy)	Grading is based on a point system. Students have the opportunity to earn up to 50 points per week for the following: proper dress, class participation/effort, sportsmanship/attitude, and safety/following rules. Also, they will have the opportunity to earn 100 points per week for knowledge of the sport/activity. All grades will be posted on PowerSchool, and unit quizzes/projects will be located on Schoology.  Grading Percentages/Categories: 60% = Assessments (unit quizzes/projects and physical fitness tests) 40% = Daily Grades (participation and behavior)
Excuses/Doctor's Notes	A student may be excused from PE with a parent/guardian note for one day. A doctor's excuse will be required for any additional consecutive days. Students are limited to two parent/guardian notes per semester. Adaptations by the teacher can be made during activities, so that the student can participate in class unless a doctor's note prohibits it. Students/parents may contact the teacher if there are any issues.
Materials & Supplies	<ul> <li>Pencil</li> <li>ChromeBook</li> <li>Composition notebook (Health &amp; Fitness ONLY)</li> <li>Dry Erase markers (Health &amp; Fitness ONLY)</li> </ul>
Donations	<ul> <li>Donations are gratefully accepted year-round for the following items:</li> <li>Kleenex, disinfectant wipes, paper towels, travel-size deodorant (male/female scents, no aerosol sprays), miniature toothpaste, feminine products, and hand sanitizer.</li> <li>Please do not hesitate to contact with any questions or concerns about donations.</li> </ul>
Parent & Student Acknowledgment Form	Cut out this portion of the syllabus & turn it in to your teacher.  Thank you for reading over this syllabus with your child. Remember, Schoology will be utilized for posting student's assignments. PowerSchool will be utilized for posting grades Please sign below to verify that you have received, read, and concur with the conditions and terms of the syllabus.
	Student Name (Print) Block Date
	Parent Signature Parent's Email