

7th Grade Health

Kristen DeForest

kdeforest@north-staracademy.com

Utah State University

B.S Degree in Human Movement Science

Minor in Speech and Communications

Endorsement in Health Education

Level 2 Utah Teaching Licensure

The NSA community will increase students' happiness while learning by focusing on each individual.



“At some point you have to stop acting as though life is happening to you and acknowledge the ways you are happening to it. Once you take responsibility for your side of the street, you grant yourself the power to improve every aspect of your life by simply acting and behaving differently.”

– Jillian Michaels, *Unlimited: How to Build an Exceptional Life*

Course Content and Expectations: This course is structured to create a well-rounded understanding of the different aspects relating to health and wellness. Mastery of these aspects will be accurately evaluated and graded through participation in lecture, journal entries, classroom discussion, activities, projects, quizzes, and tests. I will do my very best to help every student in their academic achievements.

What will this class entail?

All classroom procedures and assignments are meant to improve critical thinking and deepen understanding of life applicable subjects.

-Lecture: powerpoint slides and the whiteboard will be used to introduce and explain topics.

-Journal Entries: a daily journal will be kept. This will give the students an opportunity to relieve stress and answer questions given by instructor. This will often count as your daily participation points. Journal entries are worth 5%.

-Classroom Discussion: participation in classroom discussion is an important aspect of this class. This creates a safe environment to ask questions, discuss topics, and understand difference in opinions.

-Activities: activities will take place in the classroom. These range from hands on activities to listening to guest speakers.

-Projects: some will be in class and others will be homework. Points will vary according to the project but will be high in value. Projects will be worth 40%.

-Quizzes: will be given once a week to evaluate knowledge of the subjects discussed in class. Quizzes are worth 15%.

-Tests: A test for each unit will be given during the course. For unit 6 there will be a project instead of an exam. Each test and project will contain content discussed in class. Quizzes, study guides, and reviews will be available to help prepare for the tests. Tests are worth 40%.

All due dates will be posted on my website every Monday and on the whiteboard in the back of the classroom. Check my website and this board everyday we have class and write down due dates in your planner!

Late Work: Late work includes ANY assignment that is past due the time that it was asked for in class and **no names**. Once late work is turned in it will be automatically docked 10% and continue to be graded from there (example: if Johnny turns in a late assignment

worth 80 points, it will be docked to 72 points automatically. If he misses any more points they will be docked from the score of 72. If he misses five more points, his score will be 67/80. This will give him an 83% on the assignment).

*For students who are absent from class due to vacation, illness, appointments, school activities, etc. the assignments missed will not be considered late until 3 days have passed your return to school. On and beyond day #4, when work is turned in it will be docked 10%.

Extra Credit Points: Extra credit will be given for coming to my labs after school.

Grading Scale:

93-100%= A	
90-92%= A-	73-76%= C
87-89%= B+	70-72%= C-
83-86%= B	67-69%= D+
80-82%= B-	60-66%= D
77-79%= C+	0-59%= F

Citizenship

H	90-100%
S	80-89%
N	70-79%
U	0-69%

Behavior Policy:

I think very highly of citizenship and hope to create a classroom that demonstrates a safe learning environment.

There are four basic rules in our classroom:

- Always Be Kind
- Respect One Another's Space
- Strive To Do and Be Your Best
- Exude Trustworthy Behavior

Satisfactory behavior can result in a nomination for Student Of The month, Leader In Me, Principal's 200 Club, and recognition during awards assemblies.

Unsatisfactory behavior will result in being excused from class to do book work, additional exercises, alteration in citizenship, and/or email to parents.

***Please note that these rules support the BEARS values:**

Be Safe, Encourage Other, Act responsibly, Respect all, and Strive for Excellence.

After School Hours:

My lab hours are from 3:00-3:50 pm MWRF (can change due to events that may come up). I am teaching many classes and also coaching athletics. There will be days that lab will be canceled due to my schedule, especially during specific seasons. I will either be in my classroom or in the gym. Please check both places, **if you still cannot find me kindly ask the office to call me over the intercom.**

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Parents and Students, please sign on the line below. With this signature you have read and agree to the terms of this disclosure statement. Thank You!

Parent

Signature _____

Student

Signature _____