Health and Wellness Disclosure Statement

Students will develop the knowledge, skills, and attitudes for practicing lifelong, health-enhancing behaviors. Students will learn that they are responsible for their personal well-being and that building a solid foundation of health literacy and decision-making skills can contribute to positive health choices throughout life.

Teacher: Sally Williams  sally.williams@canyonsdistrict.org
Please use this e-mail address to contact me with any questions or concerns.

Units:

<table>
<thead>
<tr>
<th>Quarter 1</th>
<th>Quarter 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Health Foundations</td>
<td>5. Substance Abuse Prevention</td>
</tr>
<tr>
<td>2. Mental &amp; Emotional Health</td>
<td>6. Human Development</td>
</tr>
<tr>
<td>4. Relationships</td>
<td>8. CPR &amp; Safety</td>
</tr>
</tbody>
</table>

(Please be aware that students will be asked assess and reflect on the different areas of their Health. If students are sensitive, or are struggling, please contact me and let me know what I can do to accommodate their needs).

Supplies Needed: Folder, composition notebook, pen or pencil.
     (Whatever you prefer to stay organized and on top of things)

Grading Scale: Assignments = 30%  Tests & Quizzes = 70%
A = 94-100%   B+ = 87-89%   C+ = 77-79%   D+ = 67-69%   F = 59% or less
A- = 90-93%   B = 83-86%    C = 73-76%    D = 63-66%
     B- = 80-82%   C- = 70-72%   D- = 60-62%

Canvas: Most everything we do will be on Canvas. Use this resource to study and stay caught up.

▪ Huskies always remove hats and follow the dress code.
▪ Huskies always eat lunch in designated areas and keep halls and restrooms clean.
▪ Huskies always attend class on time, all the time, and never sluff.
▪ Huskies always show respect to and expect respect from all adults.

<table>
<thead>
<tr>
<th>Positive consequences:</th>
<th>Negative consequences:</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Husky gram</td>
<td>- Verbal Warning</td>
</tr>
<tr>
<td>- Games</td>
<td>- One on one meeting with teacher</td>
</tr>
<tr>
<td>- Treats</td>
<td>- Call home (change of seating arrangement)</td>
</tr>
<tr>
<td>- Husky Hut Stamp</td>
<td>- Lunch Detention / Assistant Principal visit (RUF)</td>
</tr>
</tbody>
</table>

Students may keep Chrome Book privileges as they use them appropriately.
Note Taking:
The Healthy Lifestyles department is committed to helping students further develop their writing and literacy skills through journal reflections, note-taking, and exit tickets. During the semester, students will be participating in a variety of note-taking as well as journal entries to work towards this school-wide goal.

Absences/Tardies: The Hillcrest High attendance policy will be enforced.
At Hillcrest High School, we recognize the importance of daily class attendance and participation. Interactions with teachers and classmates on a regular basis are critical to the learning process. Even missing just 2 classes per quarter is missing 10% of your time in that class! Students will be allowed one week, upon returning to class, to turn in make-up assignments for full credit. Most make-up work can be found on Canvas. The HHS attendance policy is designed to hold students, parents, and teachers accountable for classroom instructional time.

Make-up and late work: Students will practice responsibility by turning assignments in on time and are responsible for getting their own absent work from the absent folder in the classroom. Students showing reasonable effort may be awarded extra time to complete assignments, if arrangements are made with the instructor. To help students stay on track with coursework, students may only turn in assignments for the previous unit one week after the unit test. Let’s work together to be successful in improving your understanding of personal health.

Do-Overs: Students are encouraged to complete a “do-over” when they receive 70% or lower on an assignment or test.

- Students may “do-over” any assignment or test after meeting with the instructor during Academic Prep Period (APP) to identify areas where they need help.
- Students must complete all their assignments with a proficiency score before retaking tests.
- Students will be given 1 week after the unit tests are scored to complete any “do-overs” for that unit.
- Please talk with your instructor if you need extra help or have extenuating circumstances.

APP (Academic Prep Period) is a time for students to meet with teachers to get extra help and earn school credit. During this time students can benefit from re-teaching, re-doing assignments, re-taking tests, attend specified study halls, working on homework, or expanding their knowledge by going deeper into curriculum. This new component of our school day has been a tremendous help for many students, when they put in the effort! Please utilize this time to allow your instructors to help you. Take responsibility to come and ask for help.

Office Hours- Instructors will be available Monday, Wednesday and Friday morning before school in addition to APP for extra help. (Please check PE offices and the classroom or schedule an appointment).

*To view student progress, access the Canyons School District website: http://www.canyonsdistrict.org. Click on skyward access at the top right of the screen, then skyward student. Enter student ID # and Password. It is your responsibility to check your grades and turn in any missing assignments.
Dear parents,

Occasionally videos are used in the classroom in order to illustrate a particular curricular-related concept. I am notifying you that we will be watching the Following movie with a rating above PG:

“A Beautiful Mind” depicts someone with schizophrenia disorder. The movie is said to be a “revealing look at mental illness.” The rating for this video is rated PG-13 for “intense thematic material, mild sexual content and a scene of violence. If you have specific questions about the content you may go to the imbd.com to get more information.

Following the video, we will discuss the physical, social, and mental challenges associated with mental illness. We will also talk about what students can do to help those with mental illnesses and decrease negative stereotypes associated with it. An alternative learning assignment will be provided for those who do not see the movie.

Please check an option AND sign below.

Thank you,

Sally Williams
Health & Wellness Instructor

_____ Yes, I give my son/daughter permission to view this video.

_____ No, I do not give my son/daughter permission to view this video. I understand alternative learning experiences will be provided for my child while the movie is being viewed.

Parent/Guardian Signature: ____________________________ Date: _______________
VOLLEYBALL CLASS DISCLOSURE STATEMENT

Sally Williams
Sally.Williams@CANYONSDISTRICT.ORG

Students will learn the knowledge, skills, and techniques of various forms of physical activities to increase their overall health and wellness. Throughout the course students will understand and experience the physical, mental/emotional, and social benefits of physical activity. PE class will increase the skills necessary to participate and enjoy physical activity for a lifetime.

Equipment & Supplies: (Talk with your instructor if you need help obtaining the items listed below)

- Green, White, or Hillcrest T-shirt, exercise pants or shorts, athletic shoes, and socks.
- Combination Lock (No key locks). DO NOT SHARE LOCKERS.

Class Rules/Expectations: “RESPECT”

R - Ready to Learn
   Be on time, dressed appropriately, and ready to listen to instructions so we can get moving right away.

E – Everyone Matters
   Encourage and help others when they need it. Never put anyone down or laugh at mistakes. We are all here to learn and will be trying lots of new things this semester!

S – Safety
   Keep the gym safe for you and your peers. Follow safety guidelines from your instructor, respect equipment, and use it properly. Report any illnesses or injuries right away.

P – Purpose
   Our purpose is to learn the skills needed for a healthy and physically active lifestyle throughout our lives. We are here to move and sweat!

E – Effort/Enthusiasm
   Come to class with an open mind and a positive attitude. ALWAYS give your best and have fun!

C – Challenge/Cooperation
   Constant improvement is expected no matter what level you are at. Together we will do challenging things. Push yourself to the next level when things become easy, be patient with those at a different level than you.

T – Trust/Team Building
   Use respectful communication and work together to help everyone succeed.
Activity & Dress Points:  10 points for dressing out + 10 points for participation = 20 points per day.

Your daily 20 points is an assessment of the skills you are developing in PE class. Points will be awarded every class period for those who:

1. Dress appropriately for class. Appropriate dress includes: gym shoes, socks, shorts/sweat pants, and a green, white, or Hillcrest t-shirt. No tank tops, hats, excessive jewelry, sandals, unclean, or torn clothing. (10 points)
2. Follow the "RESPECT" rules and actively participate. (10 points)
3. Full attendance is essential to your success in PE class. Roll will be taken 3 minutes after the bell rings at the beginning of class. Second roll will be taken at the end of class. Points will be deducted if you are not present or come late.

Locker Room:
Students will be provided with a locker to use during the semester. Please help us in keeping the locker room a safe place to dress and store your belongings during PE class.

- To keep locker rooms secure instructors will not allow students to access locker rooms during class. If you are checking in/out please make arrangements ahead of time.
- If you come late to class (after the bell rings) you may not be allowed into the locker room to dress. Be in the dressing room or gym before the bell rings.
- The dressing room doors will be locked when the tardy bell rings. Roll call will be taken three minutes after. Students will be given approximately 6 minutes to dress at the end of class.
- Keep your things locked up at all times.
- Please do your part to keep our school facilities clean and enjoyable. PE teachers will be strictly enforcing rules that no food, gum, candy, and drinks (other than water bottles) be brought into the PE areas. Points will be deducted for bringing any of the above items.
- Students are given hall lockers to store books and other materials in during class. Please use your hallway locker to store your backpack so that is will not be a distraction to you during class and will not interfere with gym space.
- Leave all valuables, including cell phones, in your hall locker, where they are most secure. DO NOT BRING THEM TO CLASS. THE SCHOOL IS NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS.

Attendance/Tardies:
Absences: The Hillcrest High attendance policy is in place to help students succeed. It will be enforced.
Students will be allowed to make up absences. To make up an absence a student must complete two full 30 min. workouts with a PE instructor. No more than 3 absences per quarter may be made-up, please talk with your instructor if you have extenuating circumstances. See your instructor to schedule make-ups before or after school, or during APP.

APP: Teachers will be available for student support during APP time. Students will use this time to get extra help with assignments, check their grades, make up tests, assignments, or absences. Please use this time to allow your teacher to help you.

Tests, Quizzes, and Notes: The Healthy Lifestyles department is committed to helping students further develop their writing and literacy skills through journal reflections, note taking, and exit tickets. All Skills tests, written tests, notes taken in class, and assignments will have a point value. If you are absent it is your responsibility to make it up. Students will not be allowed to make-up assignments, tests, or quizzes for unexcused absences or truancies.

Grading Scale: (20 activity points may be accumulated per day in addition to assignments and quizzes) Grade will be based on total points earned throughout the quarter. Approximately 80% of points will come from activity, dress, and attendance points (daily assessment of PE skills). Approximately 20% of points will come from assignments, and quizzes.

A = 94-100%  B+ = 87-89%  C+ = 77-79%  D+ = 67-69%  F = 59% or less
A- = 90-93%  B = 83-86%  C = 73-76%  D = 63-66%
B- = 80-82%  C- = 70-72%  D- = 60-62%

*To view student progress, access the Canyons School District website: http://www.canyonsdistrict.org. Click on skyward access at the top right of the screen, then skyward student. Enter student ID # and Password.
PE Disclosure Statement

Student Name: _____________________________________  Locker #_______________

Combination _________________
(Put in Skyward for you to access)

I UNDERSTAND WHAT IS REQUIRED OF ME TO EARN A PASSING GRADE IN THIS CLASS AND WILL ACT ACCORDINGLY TO OBTAIN IT.

Student: __________________________________________

Parent/Guardian: ____________________________________