



WELLNESS

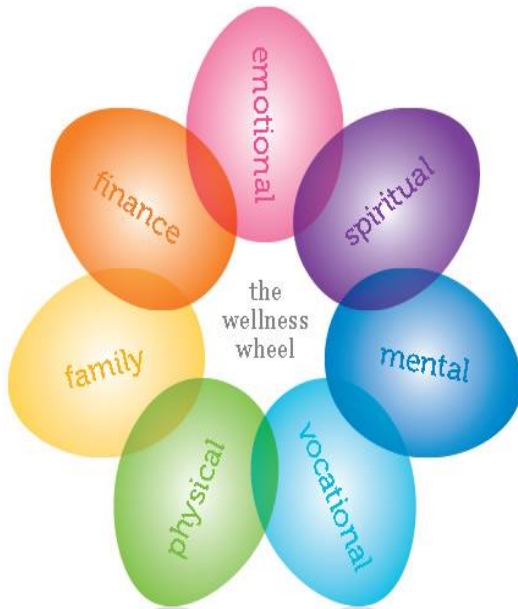
MR. GOOD

DEPOALIWELLNESS.WEEBLY.COM

BGOOD@WASHOESCHOOLS.NET Room 330/331

7TH GRADE SPRING 2014

DEPOALI MIDDLE SCHOOL



COURSE OVERVIEW

TO PREPARE FOR A FUTURE IN A RAPIDLY CHANGING SOCIETY, THIS CLASS WILL BEGIN TO EMPOWER STUDENTS WITH THE PRACTICAL LIFE SKILLS AND KNOWLEDGE TO LIVE A HAPPY, HEALTHY, SUCCESSFUL LIFE.

ALL 7TH GRADERS AT DEPOALI ARE REQUIRED TO TAKE THIS CLASS. THEY WILL SPEND ONE QUARTER WITH ME FOCUSING ON PHYSICAL AND NUTRITIONAL WELLNESS, AND ONE QUARTER WITH THE COUNSELORS FOCUSING ON EMOTIONAL AND SOCIAL WELLNESS

GRADING

90-100 = A 80-89 = B 70-79 = C 60-69 = D 59 AND BELOW = F

DETERMINED BY:

PARTICIPATION (30%) – A **DAILY** GRADE GIVEN FOR BEING **READY, RESPONSIBLE, AND RESPECTFUL**

PROJECTS/PAPERS/PRESENTATIONS/TESTS (30%) – EACH UNIT WILL BE TESTED IN ONE OF THESE WAYS

COOKING LAB (20%) – SEE COOKING LAB PAGE FOR INFO ON GRADING

HOMEWORK/IN-CLASS WORK (20%) – ANY UNIT WORK DONE IN CLASS OR ASSIGNED FOR HOMEWORK; 60% CREDIT IF TURNED IN LATE

COOKING

LAB

INFO

GRADING

EACH DAY WE DO A LAB IN OUR KITCHEN YOU WILL EARN A LAB GRADE BASED ON YOUR TEAM'S ABILITY TO:

-BE SAFE

-WORK WELL TOGETHER AS A TEAM

(5 POINTS EACH)

-COMPLETE THE CLEANING CHECKLIST

-COMPLETE THE EVALUATION HANDOUT

(10 POINTS EACH)

*** YOUR OVERALL LAB GRADE IS 20% OF YOUR TOTAL GRADE

LAB FEE

A \$5.00 LAB FEE IS REQUESTED TO HELP COVER COST OF GROCERIES EACH WEEK

IF THERE IS A FINANCIAL DIFFICULTY, PLEASE TURN IN A NOTE SIGNED BY A PARENT

COOKING LAB SAFETY POLICY

PROVIDING A SAFE LEARNING ENVIRONMENT IS A TOP PRIORITY.

THERE WILL BE ZERO TOLERANCE FOR ANY BEHAVIOR THAT CREATES AN UNSAFE WORK/LEARNING ENVIRONMENT IN THE ROOM 330 KITCHEN.

ANY STUDENT CAUSING SUCH A HAZARD WILL FACE IMMEDIATE DISCIPLINARY ACTION BY ADMINISTRATION, INCLUDING A CALL TO THE PARENT(S). FUTURE LAB PRIVILEGES MAY BE REVOKED AND REPLACED WITH AN ALTERNATIVE ASSIGNMENT.

WEEKLY COOKING LAB GRADE CHECK

ANY STUDENT WITH A HEALTHY YOU OVERALL GRADE BELOW A "C" AVERAGE WILL NOT BE ALLOWED TO PARTICIPATE IN THE LAB AND WILL INSTEAD COMPLETE MAKE UP WORK DURING THE LAB

COOKING LAB ABSENCE

IF YOU ARE ABSENT, A MAKE-UP LAB MUST BE DONE AT HOME, WITH THE RECIPE OF YOUR CHOICE. YOU CAN PICK UP A LAB MAKE-UP SHEET IN CLASS OR DOWNLOAD ONE FROM DEPOALIWELLNESS.WEEBLY.COM



SCHEDULE

M/TH/F – CLASS WILL MEET IN ROOM 331 FOR UNIT LESSON

TUE/WED – CLASS WILL MEET IN ROOM 330 FOR COOKING LAB

SUPPLIES

REQUIRED EACH DAY:

- PEN/PENCIL
- DEPOALI PLANNER

RECOMMENDED:

- ONE 3-RING BINDER
- 1 COMPOSITION NOTEBOOK

OR SPIRAL NOTEBOOK

CLASSROOM RULES

- BE **R**EADY...TO LISTEN, LEARN AND PARTICIPATE
- BE **R**ESPONSIBLE...OWN YOUR WORDS AND YOUR ACTIONS
- BE **R**ESPECTFUL...TO YOURSELF, OTHERS, AND SCHOOL PROPERTY

CLASS ABSENCES

IT IS YOUR RESPONSIBILITY TO SEE ME FOR MAKE-UP WORK. I AM OFTEN AVAILABLE BEFORE SCHOOL AND SOMETIMES DURING LUNCH FOR YOU TO PICK UP MAKE-UP WORK. IF YOU MISS A COOKING LAB DAY, YOU MUST MAKE IT UP.

ASSIGNMENTS AND ANNOUNCEMENTS WILL ALSO BE POSTED AT:

DEPOALIWELLNESS.WEEBLY.COM

CUT ON THE DOTTED LINE, SIGN, AND RETURN

PLEASE SIGN STATING THAT YOU HAVE READ, UNDERSTAND, AND AGREE TO THE CLASS SYLLABUS, INCLUDING THE COOKING LAB RULES

STUDENT NAME (PRINTED): _____ PERIOD: _____

STUDENT'S SIGNATURE: _____

PARENT CONTACT: _____

PARENT'S SIGNATURE: _____

FOOD ALLERGIES OR CONCERNS: