

**Central Linn  
Jr. High Wellness**

This course is based on the wellness approach, which integrates physical, social, mental, and emotional health along with learning life skills in order to promote a healthy lifestyle for each individual.

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Quality wellness education is characterized by standards-based instruction and provides students with the knowledge and skills needed to lead healthy lives, both now and in the future as their needs change throughout their lives.

The following are the Oregon State Standards for Physical Education that will be met upon completion of Central Linn Jr High Physical Education.

- ★ **Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- ★ **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- ★ **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- ★ **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- ★ **Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

The following are the Oregon State Standards for Health Education that will be met upon completion of Jr Health by the end of 8th grade.

- ★ **Standard 1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- ★ **Standard 2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- ★ **Standard 3:** Students will demonstrate the ability to access valid information, products, and services to enhance health.
- ★ **Standard 4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- ★ **Standard 5:** Students will demonstrate the ability to use decision-making skills to enhance health.
- ★ **Standard 6:** Students will demonstrate the ability to use goal-setting skills to enhance health.
- ★ **Standard 7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- ★ **Standard 8:** Students will demonstrate the ability to advocate for personal, family, and community health.

**GYM EXPECTATIONS / RESPONSIBILITIES:**

- Be safe, responsible, and respectful of others.
- No food or drinks (other than water) in gym.
- No cell phones.
- Swearing- you will be encouraged to do 5 push-ups per letter of word/OR referral. Your choice.
- Wait until bell rings or teacher dismissal to leave.
- Keep locker rooms clean. • Lock up your stuff- each student will be issued a lock.
- Class will be dismissed for shower/dress down 5-6 minutes before bell rings.
- If you need to leave class for restroom or anything else- ASK first.
- Take care of equipment and report if broken.
- Dress down and participate.
- Use deodorant and practice good hygiene

#### **CLASSROOM EXPECTATIONS / RESPONSIBILITIES:**

- Be on time, come prepared (textbook, notebook, planner, writing tool, etc...).
- Be a class Participant not a Spectator.
- Respect yourself and others in class and during discussions. We talk about some sensitive topics in health, please respect one another's privacy.
- Use appropriate language during discussions.
- Absent? You've missed something!!! Check with me the day you get back. Pick up any worksheets or handouts. Turn in work that was due. Catch up on in-class notes.

**GRADING:** All classes taught at Central Linn High School will be assessed according to a 4-3-2-1-0 scale. Assessments may include, but are not limited to: unit assessments (tests and quizzes), projects, presentations, speeches and/or writing samples and account for 100% of the grade. Because this is an all encompassing wellness class, grading will include but is not limited to the following:

Self management

Attendance

Participation

Assessments

#### **Common Grading Rubric**

Below is the grading rubric used by all classes taught at Central Linn High School for assessments:

Z= Assessment was not submitted 0= incomplete, not enough evidence to assess

1= does not yet meet standard/learning target

2= nearly meets standard/learning target

3= meets standard/learning target

4= exceeds standard/learning target

In order to display proficiency on a standard or learning target, a student must attain a 70% or better on the assigned assessment, which is equivalent to a traditional 'C' grade. The traditional 'D' grades will no longer be awarded to student work. If an assessment is below a 70% score, the student will have the opportunity to retake the assessment and get additional support from the classroom teacher or building support services. If all, or most standards are not met with passing scores within a grading period, a student may earn an 'F'. However, if a student is making adequate progress toward proficiency and utilizing available resources, students may be assigned an

'incomplete', as decided by the teacher, and will have 8 school days to demonstrate proficiency on missing or incomplete assessments at the end of the grading period.

**Grades Access:** To view a student's grades, check Pinnacle ([centrallinn.grades.lblesd.k12.or.us/pinnacle/gradebook/Logon.aspx](http://centrallinn.grades.lblesd.k12.or.us/pinnacle/gradebook/Logon.aspx)). In the first few weeks of school, students will be given their account information. Both parents and students are encouraged to log in to Pinnacle frequently to check on assignment scores and to look at upcoming work. In addition, both Mrs. Farris and Mrs. Johnson will be e-mailing weekly grade reports with class updates. Parents are encouraged to update their e-mail addresses with the office to receive these. In addition to regular communication, each semester there are conference days. Semester 1 Parent-Teacher Conferences are scheduled for October 28th & 29th. Keep in mind that if you would like to conference with either Mrs. Farris or Mrs. Johnson at any other time, feel free to reach out and schedule a meeting.

**Cell Phones and other personal electronic devices:**

Students are not permitted to use any personal type of electronic device (including cell phones) during class time. Any violation of a teacher's classroom or school rule regarding the use of electronic devices will result in an office referral and may result in the loss of the privilege of having the device on school grounds.

If a school staff member finds it necessary to confiscate a device, parents will be notified promptly and the device will be returned in accordance with school rules after the administrator or designee has consulted with the student's parent/guardian. The school is not responsible for lost or stolen electronic devices. Students are to make arrangements with their parent(s) or guardian(s) to contact the school office when attempting to reach them during the school day.

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Students and Parents/Guardians,

Please sign this portion of the syllabus and return to Mrs. Farris or Mrs. Johnson

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Student Signature

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Parent/Guardian Signature