

Coach Blackwell's Healthful Living

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Policies and Procedures

Hello and welcome to Healthful Living. Throughout each quarter we will cycle between health and physical education (PE). In PE, we will be engaging in different team sports, fitness activities, and lifetime activities. In health, we will be studying mental and emotional health, healthy relationships, nutrition and fitness, substance abuse, and reproductive health. The policies and procedures listed below are to be followed throughout the entire school year, so please read carefully.

Health Classroom Rules:

1. Enter the room quietly and sit in your assigned seat
2. Quietly complete the bell ringer/any other assigned work and prepare for the start of class
3. Raise your hand if you wish to speak
4. Respect everyone in the class
5. Bring your binder/folder with paper and a writing utensil to class everyday
6. No electronics of any kind (cell phones, iPods, iPads, etc)

PE Rules:

1. Sit in your squad lines prior to the bell
 - If you are not in your assigned area when attendance is taken you will be marked tardy/absent and you will be asked to go to tardy sweep.
2. Dress out everyday.
 - Dressing out: You must dress out every day you are in PE. Dressing out means changing your clothes from what you wore to school that day.
 - Dress out clothes: T-shirt with sleeves(any color or Broughton PE shirt), shorts/pants (no zippers), athletic shoes (no open toed shoes, no sandals, boots, cleats, etc)
 - Absolutely NO hats during class
 - Limit the amount of jewelry worn during PE (hooped earrings, rings, large necklaces, etc) as these get in the way and can cause injury.
3. **Lock up** your valuables in a PE locker.
 - You must provide your own lock and you must take everything out of your locker at the end of class. Nothing can be left in the locker room over night.
 - We are not held responsible for any lost/stolen/confiscated items from the locker room.
4. Do not leave your specified teaching area without permission (ask to get water, go to the bathroom, etc)
 - (example: if one PE class is upstairs and your PE class is downstairs, you cannot go upstairs)
5. Participate daily with a **positive** attitude
6. Respect others and the equipment

Consequences:

Any behavior deemed inappropriate or disruptive will result in the following:

- A. Verbal Warning
- B. Behavior referral
- C. Parent phone call
- D. Administrative write up

It is the teacher's discretion to decide which consequence will be given.

Grading:

I will be using the point system. (Points earned/Total points)

- Health: You will be graded on homework, assignments, quizzes, tests, your notebook, and projects.
 - LATE WORK (EXCUSED ABSENCE WITH NOTE):
 - If you are absent when an assignment is due, it must be turned in the next time you are in class
 - 1 day late: You will receive up to 85% credit for the assignment
 - 2 days late: You will receive up to 65% credit for the assignment
 - 3 days late: No credit will be given for the assignment
 - LATE WORK (UNEXCUSED ABSENCE):
 - Day you return (1 day late): You will receive up to 85% credit for the assignment
 - 2 days late: You will receive up to 65% credit for the assignment
 - 3 days late: No credit will be given for the assignment
- PE: Composed of 20 points a day: 10 points for dressing out, 10 points for personal engagement in the activity. Some activities may be assigned additional points.
 - ABSENCES:
 - Unexcused absence results in 0 points for the day, points can be made up by completing an alternative assignment
 - Excused absences: You must bring in a note to me or else you will be given an unexcused absence. The note must be handed in the first day you return back to class.

Absences:

The student is responsible for making up any missed assignments.

- Notify me ahead of time if you know you will be out
- Look on my website (www.bhshealthfulliving.weebly.com) to see what you missed
- Ask me what was missed the next time you are in class

Quizzes and tests must be scheduled for make-up in a timely manner.

If you ever have any questions or concerns, please feel free to contact me. I am here to help you. You can reach me by email at dblackwell@wcpss.net. Thank you and I look forward to getting to know each and every one of you!

Please return this page to me signed by:

A DAY: WEDNESDAY SEPTEMBER 3, 2014

B DAY: THURSDAY SEPTEMBER 4, 2014

I have read and understand Coach Blackwell's classroom policies and procedures for healthful living. I understand that failure to follow the rules will result in a deduction of points, as well as disciplinary action.

Printed Student Name

Signed Student Name

Printed Parent/Guardian Name

Signed Parent/Guardian Name