

Wellness for Life

Course Outline

Teacher: Mrs. Traci Edelman,
E-mail: tle12@scasd.org
Room: A319
Office: A328
Telephone: (814)272-4097
Website: www.scasd.org/tle12



Course Description: This course is designed to provide students with a skills-based approach to managing their stress and wellness. It offers an examination of one's stressors and how to find a balance of mental, emotional, physical and environmental stress management techniques for leading healthier and more productive lives. Course information is presented in a practical manner incorporating current health trends and concerns, life management skills and interdisciplinary learning strategies to achieve optimal wellness. An emphasis is placed on the importance of making responsible decisions that will lead to a higher quality of life.

Name and Pronunciation:

You have the right to be referred to the name that you are most comfortable with. If the name listed on my roster is not the name you would like to be called, you are welcome to let me know in person or through email at any time. I do my best to learn names quickly and accurately. If I am mis-pronouncing your name, please let me know immediately (in person or in email). In addition, you also have the right to be referred to with the pronouns you are most comfortable with. In order to have a safe and respectful class environment, you should refer to your classmates by the name and pronouns they are most comfortable with.

In- Class Attendance: Attendance will be taken at the beginning of each class period. The expectation is for you to be in the classroom and seated at your assigned seat. If you show up late you will be marked tardy. Tardies will be addressed using Tier I & II intervention. If persistent tardies a call home will be made.

Remote Attendance Policy:

- Must show their faces in Google Meet/Zoom at the beginning of class for attendance purposes.
- Please add a current picture/bitmoji to your school Google account. This will help identify you and make our digital communication more personal.
- You are required to be actively engaged in the class activities during remote day
- Must provide a parent excuse for any missed classes, including remote days

Inclusive Excellence:

Inclusive Excellence is the understanding that working, living, and learning environments benefit when diversity is recognized and utilized. Inclusive Excellence helps us to engage in civil conversation with those who hold views that differ from our own; and to socialize with persons who have had different life experiences. SCASD does not tolerate racism, violence or bullying by any individual or group. Just as importantly, we are actively working toward a more inclusive and caring environment to provide every student with a respectful, safe and positive experience on a daily basis.

Student Mental Health:

SCASD and I are committed to advancing and supporting the mental health and wellbeing of our students. If you or someone you know is feeling overwhelmed, depressed, and/or in need of support, services are available. Additional resources include:

- [Safe2Say](#): threats, behaviors, actions and harassment. Examples include bullying or intimidation, threats of self-harm or bragging about planning an attack, violence, depression and social isolation, reckless behavior and substance abuse.
- [SAP](#): any non-urgent concern related to something that is a barrier to learning, or is preventing a student from being successful in school (substance use, mental health, or other)
- [REACT](#): to help any State high community member who feels that she or he is a victim of an act of bias or discriminatory behavior. REACT is not a punitive entity. The mission of this initiative is to promote education and dialogue around issues of diversity and inclusion.

If you have concerns that you/ a peer, or someone else is experiencing an urgent mental health crisis, please call Center for Community Resources

- 1-800-643-5432 (open 24/7)
 - [Centre County Crisis/ Emergency Services](#)
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Required Materials:

- ★ Your charged Chromebook and earbuds
- ★ A notebook and writing utensil
- ★ A positive attitude!!
- ★ An open mind
- ★ Patience and flexibility

Classroom Expectations:

Failure to respect the following classroom expectations may result in disciplinary action. Any materials for a missed class will be the student's responsibility to obtain.

- Be on time, on task and prepared to learn EVERY DAY (in person or remote)
- Keep **all** personal devices put away (and on silent) unless your teachers instruct you otherwise
- Be responsible for your own learning
 - ◆ [ACADEMIC INTEGRITY](#) is a basic guiding principle for all academic work. Academic dishonesty includes, but is not limited to plagiarizing, fabrication of information or citations, submitting work of another person or tampering with the academic work of other students. Copy and pasting from a website is **NOT** your work.
- Respect the teacher, the classroom, other students and guests
- Use appropriate language. (Nothing that would offend my mother)
- Follow all SCASD Health and Safety Guidelines

Health and Safety Expectations:

- All members of the class will be required to wear a mask at all times while in the classroom
- Physical distancing of at least 6 feet must be maintained at all times
- Hand washing & hand sanitizing should be done on a regular basis
- Student is responsible to get a paper towel and wipe their own desk upon entering their classroom
 - Teacher will spray desks prior to class

Grading and Assessment: Your grade will be based on total points. You can find your grades on HAC/Canvas. I do my best to stay current with grading and you are welcome to meet with me to revise work and resubmit. Types of assignments include the following:

- ❖ “Classwork”
- ❖ Tests/Quizzes
- ❖ Projects
- ❖ Participation

Class Participation:

Show up to class prepared to engage with the topic at hand with classmates.

Signs of <i>active listening</i> include:	Signs of <i>active verbal participation</i> include:
<ul style="list-style-type: none">● Nodding● Taking notes● Body language (mirroring)● Eye contact/focus	<ul style="list-style-type: none">● Questioning● Building on others’ ideas● Sharing original ideas, pointing out● Making connections to other areas of wellness

Late Work Policy

- Assignments are expected to be turned in by the due date. Late assignments will be accepted for up to two weeks without penalty. After the 2 week window, students will lose points daily. Any assignment not submitted by the end of the marking period will be given a “o” for that particular assignment.
- All assignments will be in Canvas and you must follow the appropriate prompts to turn in assignments.

Communicating with Your Teacher:

If you feel you need more guidance in class or with assignments, **talk to me in whichever format you feel most comfortable!!** I am always willing to make time to help you get the most out of this class. I will always push you to do your best, and I understand that this is maybe not your favorite or most important class. Because of this, I will try and make our class environment as positive as possible. If we have to go to full remote learning due to Covid, we will establish some new norms for that environment, but you communicating with me is so important!! Email me: tle12@scasd.org I will respond within 48 hours. This is the **BEST** way to contact me. In addition, as we are now into an every day semester block, I understand that there may be some bumps in the road adjusting to the pace and workload. Keep in mind that if you do email after 9:00pm I will likely not see your message until the morning.

Units of Instruction

1. Skills for Wellness (integrated throughout the course)
2. Stress Management (physical, mental/emotional, social, environmental)
3. Media Consumerism (Consumer Awareness)
4. Current Health Trends (Integrated throughout the course)