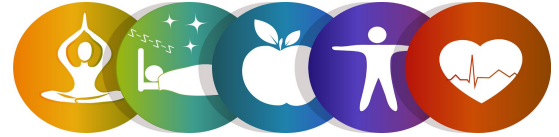


WELLNESS 9 COURSE SYLLABUS

Fall- Marking Period 1 - 2020

Teacher: Miss Kelly Conron
Email: klc24@scasd.org
Classroom: A 324
Office: A335



MY TEACHING PHILOSOPHY

My goal is for every student to feel comfortable and safe throughout the entirety of this course, whether remotely or in the classroom. I will strive to foster a learning environment that is inclusive and caring. I will do my best to put your health and safety first (both physical and mental). If at any time you have concerns about your physical or mental health and/or safety in our class, I invite you to come speak with me so I can support you and work towards meeting your individual needs.

Name and Pronunciation:

You have the right to be referred to by the name and pronoun 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. If I am mis-pronouncing your name, please let me know immediately (in person or in email). 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.

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 and I do 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 the mental health and wellbeing of its 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](#)

Ninth Grade School Counselors:

For help with scheduling, post-high school questions, and other academic needs, contact your school counselor in E133:

- Mrs. Anderson (last names A-K): TLA12@SCASD.ORG
- Mrs. Zorger (last names L-Z): JRZ16@SCASD.ORG

COURSE DESCRIPTION

Over the course of this semester, you will learn about a variety of health/wellness-related topics and skills. You will have the opportunity to analyze your current level of health/wellness and learn how to improve certain aspects of your life in order to achieve an overall healthy lifestyle now and maintain it in the future.

Unit Topics

1. *General Health/Wellness & Longevity*
2. *Stress Management/ Mental Health*
3. *Nutrition*
4. *Nutrition First Aid & CPR*
5. *Drug & Alcohol Education*
6. *Healthy Relationships & Sexuality*

Required Materials

- ❑ Class folder- Please designate one folder just for this class
-Keep track of all hard copies of class notes, materials, and unit resources
- ❑ Pens and Pencils (We cannot share materials with others this year)
- ❑ Chromebook/device & charger - Make sure it is always charged as we will be doing a lot more online work this year

Class Procedures

- ❑ Wear your mask at all times and remain 6 feet apart
- ❑ Use sanitizer upon arrival to class
- ❑ Wipe down workspace with paper towel before leaving class
- ❑ Do not move chairs unless otherwise instructed
- ❑ Complete the bellringer each day as you enter
- ❑ Cell phone use is prohibited unless otherwise stated by the teacher -
Phone should be on silent and in your bag
- Consequences issued for phone violations
- ❑ If you need to leave the room- let me know and a hall pass will be provided



Grading/Homework/Classwork

A large portion of your grade comes from work completed during class. This is not a homework heavy course, but if you do not complete your assigned work during class time, it will turn into homework. If assigned work is not turned in by the due date, you will receive a zero in the gradebook until work is submitted.

Absences

Please let me know in advance if you know you are going to be absent. **You** are responsible for finding out what you missed in class that day and are responsible for making it up in the time frame allotted. Please check the online agenda and Canvas before returning to class.

Assignment Policies

- ❑ Copying and cheating WILL NOT be tolerated (From online or from a friend) Please use your own work!
- ❑ If you have questions, please ask me prior to the due date!
- ❑ When corresponding through email, please use professionalism
- ❑ Submit completed work by the day it is due
 - ❑ Double check submission status of assignments on canvas

Assessments

- ❑ You will have an assessment at the end of each unit in the form of a test or project. All assessment dates will be announced in advance with an optional study guide (for tests).

Participation/Discussion Expectations

If a student fails to meet the classroom expectations, the teacher will meet with the student and send an email home to parents. If behavior continues, further disciplinary action will be taken.

Respect	Engagement (<i>see chart below</i>)	Preparedness
<ul style="list-style-type: none"> - Clean up desk area - Raise hand when wanting to speak - Not calling out - Show compassion for others - Use classroom materials appropriately - Treat peers, teachers and self with respect - No profanity - Follow health and safety plan 	<ul style="list-style-type: none"> - Actively listen to teacher & peers - Phone is away - Appropriate chromebook use - Discussion questions and answers are on topic and appropriate - Actively participate in class & group discussions - Collaborative participation in group work - Take notes during class presentations 	<ul style="list-style-type: none"> - Show up to class on time and begin bellringer - Minimize bathroom breaks - Have all materials required for class - Have materials ready at the start of class - Work efficiently on each task - Work until dismissed

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 quotations that are relevant ● Making connections to your life and/or the world

Please sign the following agreement and upload a picture of the signatures to Canvas under the assignment “Syllabus Acknowledgement”. Keep this syllabus for future reference throughout the marking period.

“We have read and understood the course policies and procedures outlined in the course syllabus. If at any time I / or my child fails to follow these expectations, I understand that there may be consequences.”

Student Name (printed): _____ Block : _____

Student Signature: _____

Parent/ Guardian Name (printed): _____

Parent / Guardian Signature: _____

If you have any questions or concerns throughout the year, please feel free to contact me!

Stay Healthy & Happy!

Miss Kelly Conron
9th Grade Wellness
klc24@scasd.org