

Wellness Grade Seven

Mrs. Mitchell

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What we will cover this semester:

- Wellness and skills to attain personal health goals
- Self esteem and overall health
- Peer Pressure, Refusal skills and Decision Making
- Effects of tobacco/alcohol/drug use on wellness

What you need: a folder, loose paper or a notebook and a pen/pencil .Bring them to every class, it is part of your grade for the day.

You will be asked during attendance “Do you have 3?” and you will reply with the number of things you have brought to class. For example, if you have all 3 items, then you say “3” , if only 2 items, then “2” , if only 1 item, then “1” and if you have nothing, “0”. Being prepared for class every time will be the difference between an Excellent grade and a Satisfactory or Unsatisfactory grade.

Grading: Your grade will be determined by the following:

1. Your folder and notebook
2. Quizzes and tests at the end of each unit
3. Projects, such as role plays, posters, class presentations

Ground Rules: Our class will run on the basic idea of RESPECT

Raise your hand to speak

One person speaks at a time

No put downs

Be on time and be prepared

Warning system:

You will be given a warning if you are not following the ground rules. If you receive a second warning you will serve a detention in room 211 with me at an appointed time.

Student signature:

Parent signature: