

Wellness Grade Six

Mrs. Mitchell

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Goals for Health and Wellness class:

- Increase skills to attain personal wellness goals in the area of physical, mental and social health
- Communication skills, conflict resolution strategies
- Stress
- Increase knowledge of growth and development during adolescence: (physical, social, emotional and cognitive changes during puberty)
- Healthy choices and Decision Making
- Healthy peer relationships

What you need: a folder, loose paper or notebook and pen/pencil.

Being prepared for class means having these three things for each 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 brought all 3 items, then you say “3”. If only 2 then you say “2” and so on. This is part of your overall grade and will determine the difference between an Excellent, Satisfactory or Unsatisfactory.

Grading: Your grade will be determined by the following:

1. Your folder and notebook(keeping handouts, class notes, etc)
2. Participation in class activities
3. Projects, such as journals, posters, class presentations, role plays

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: