

Meridian Creek Middle School Wellness Policy and Procedures

Dear Meridian Creek Families,

Welcome to Wellness class. Mrs. McKern and Mr. Roberts are looking forward to a great semester. Please see our course policies, content and procedures below.

PHILOSOPHY

Wellness incorporates not only physical health, but also social, emotional, and environmental health content into the classroom. Our wellness philosophy is to introduce students to a wide variety of sports, health topics, and recreational activities. We believe that this will help students develop an appreciation for movement, varying skill levels, team sports, and making healthy choices. We also look forward to increasing student knowledge in the areas of character, teamwork, and sportsmanship. Our number one goal is to develop positive attitudes towards a lifetime commitment to wellness.

CLOTHING

Students are required to dress down each day that they participate in Wellness unless specified by the teacher. To receive full points each day, students must wear their Meridian Wellness T-shirt, appropriate athletic bottoms (athletic shorts, sweats etc.), and appropriate athletic footwear. T-shirts will be issued to all students the first week of school. Wellness t-shirts are \$7. Payment can be made through the front office. Additional t shirts are \$7 and can be purchased via the front office or online. **We will be learning outside often, so please bring a sweatshirt and water bottle to be prepared.**

LOCKS & LOCKERS

Each student will be issued a lock and locker to put their clothing in. If the lock is lost or damaged, a \$6 fee will be charged to the student for the cost of a replacement lock. Students may not supply their own lock.

The Wellness teachers are not responsible for lost or stolen items. Please be sure to lock up your belongings!

LOCKER ROOM EXPECTATIONS

Students are expected to be inside the locker rooms by the end of passing time. Students are given three minutes to change clothes prior to the beginning of class, and three minutes at the conclusion of class. All students will be released from the locker rooms, to their designated gym for the day, by the supervising teacher. Safe behavior is expected at all times in the locker rooms. Running, throwing items, pushing, shoving, standing on benches, mistreating lockers or others, etc. are examples of unsafe behavior and will not be tolerated.

Items that are **NOT** allowed in the locker room are as follows:

1. Electronic devices (cell phones, iPods, or music players).
2. Sprays (axe spray, perfume sprays, body spray, aerosol hairspray or deodorants).
3. Glass containers (perfume bottles, drinks, cologne).
4. Food or Drink in the locker rooms (this does not include water).

PARTICIPATION

Students are expected to participate in class (whether dressed down or not, provided they have the proper shoes or permitted by their teacher) unless a note from a doctor, parent, or guardian excuses them. Should a student have an injury that will keep them out of class for more than three consecutive days, a doctor's note would be appreciated; explaining the problem, the length of time out from activity, and any activities or rehabilitative exercises they might perform.

WELLNESS ASSESSMENT

Grading encompasses two main areas; daily habits and health assignments/projects.

Daily Habits (5 points can be earned/lost each day)

Dressing Down = 2 points:	I can come to class prepared, wearing my wellness uniform.
Staying on Task = 1 point:	I can demonstrate consistent effort towards skill attainment.
Cooperative = 1 point:	I can demonstrate responsible personal and social behavior.
Fitness = 1 point:	I can demonstrate skills to improve my physical fitness.

Health: Students can earn between 5 and 25 points weekly for health assignments and projects.

GRADING 100-90% = A, 89-80% = B, 79-70% = C, 69-0% = NYM (Not Yet Met)

WELLNESS ABSENCE TRACKERS

Absences do affect students' grades, but can be made up using the Wellness Absence Tracker form (one absence = 60 minutes of physical activity +5 points). If students are ill, we do not expect them to exercise until they are healthy and feeling better. Trackers can be found in google classroom or hard copies are in each gym. Trackers are due the final day of each quarter. A parent/guardian signature is required for each form filled out.

WELLNESS CURRICULUM UNITS

Eighth Grade Wellness

PE: Team Handball, Baseball/Softball, Volleyball, Pickleball and Badminton

Health: Demonstrate the ability to **access valid information**, products, and services to enhance health. Students will demonstrate the ability to practice **health-enhancing behaviors** and avoid or reduce health risks. Students will demonstrate the ability to **advocate** for personal, family and community health. Students will show these skills through the following topics; Life Map, Nutrition, Disease Prevention and Control (STD's), Drug Prevention, Mental Health, Suicide Prevention, Erin's Law, Sexual Harassment, Sexual Health (Pregnancy Prevention, Birth Control Methods, Consent/Refusal Skills) Gender Identity/Sexual Orientation and Health research project.

Seventh Grade Wellness

PE: Team Handball, Baseball/Softball, Volleyball, Pickleball and Badminton

Health: **Analyze the influence** of family, peers, culture, media, technology, and other factors on health behaviors, **Interpersonal Communication** to Enhance Health and Avoid or Reduce Health Risks, Demonstrate the ability to use **Goal-Setting** skills to enhance health. Students will show these skills through the following topics; Goal Setting, Nutrition, Hands Only CPR Training, Alcohol Prevention, Mental Health, Body Image, Erin's Law, Gender Identity, Sexual Orientation, Gender Harassment and Healthy versus Unhealthy Relationships (Consent/Refusal Skills).

Sixth Grade Wellness

PE: Team Handball, Baseball/Softball, Basketball, Pickleball and Badminton

Health: Comprehend **Concepts** Related to Health Promotion and Disease Prevention and Demonstrate the ability to use **Decision Making** skills to enhance health. Students will show these skills through the following topics; Wellness Triangle, Nutrition, First-Aid and Fire Safety, Tobacco/E-Cig Prevention, Mental Health and Managing Stress, Erin's Law, Bullying Prevention and Human Development (Hygiene, Reproductive System, Puberty and Pregnancy).

If you have any questions regarding our health topics, please refer to the Oregon Department of Education Health Standards at the following link:

<https://www.oregon.gov/ode/educator-resources/standards/health/Documents/2016ORHEStandards.pdf>

All of the health curriculum materials to meet these standards have been selected by our West Linn/Wilsonville School District Health Taskforce. We will be using a text book titled: Comprehensive Health Skills for Middle School by Goodheart-Wilcox Publisher.

For more information on our class curriculum and schedule, please refer to our wellness website:

<https://www.wlww.k12.or.us/domain/2403>

TEACHER CONTACT INFORMATION:

Mr. Roberts

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**West Linn-Wilsonville Middle School
Wellness Policy and Procedures**

Please write in your signature after you have read through this West Linn/Wilsonville Middle School Wellness Policy.

You can keep the letter, or access it in your student's google classroom, in order to refer to it throughout the semester.

_____ I do not wish any exclusion from the wellness curriculum.

_____ I would like to exclude my child from the _____ unit.

Student Grade Goal: I want to earn a(n) _____ in Wellness Class.

Student Name _____ (Please sign first & last name.)

Parent/Guardian(signature) _____

PLEASE REVIEW THIS WELLNESS POLICY WITH YOUR STUDENT. THIS WILL BE THE FIRST ASSIGNMENT IN THE GRADEBOOK, SIGN ABOVE CONFIRMING THAT YOU HAVE READ THE INFORMATION AND RETURN TO YOUR TEACHER BY **THIS Friday, September 2nd.**

NAME _____ TEACHER _____ PERIOD _____