

## HEALTH AND WELLNESS SYLLABUS

Teacher: Mr. Thornton  
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Room: 214

### COURSE DESCRIPTION

This course is an introduction to topics of health and wellness. Topics will include, but are not limited to, wellness and lifestyle management, basic principles of physical fitness, nutrition, healthy weight, stress management, sexually transmitted diseases, substance use and abuse, and chronic diseases.

### CLASSROOM EXPECTATIONS

1. Be on time.
2. Respect yourself and others.
3. Be prepared.
4. Do your best work.
5. Maintain an environment for learning.
6. Keep a positive attitude.
7. Take responsibility.
8. Dress appropriately.
9. Use your time wisely.

The typical pattern of consequences for not meeting these expectations are as follows: the first time you do not meet expectations in my class you will receive a warning. If you are not meeting expectations a second time, you will receive lunch detention. If this pattern continues, administration will be informed, and you will be removed from my class. I reserve the right to make changes to this typical pattern.

**Tardy Policy:** The student handbook states that a student will be considered tardy if he/she is not seated in their desk and ready to learn when the tardy bell rings. The first time you are tardy during a semester you will be marked tardy and receive a warning. If you are tardy multiple times, administration will be informed.

**Cell phone and other non-educational items policy:** The student handbook states that non-educational items (including cell phones) are not to be out as they disrupt the learning environment. A violation of the school cell phone use policy will be treated as a disciplinary matter.

**Materials Policy:** The student handbook states that students need to be prepared for class. Every day students will be expected to bring these materials: a binder, a notebook, 2 writing utensils, and a book to read. If a student doesn't bring the necessary materials, there will be consequences.

## GRADING

Your grade will be based on points earned from classwork, labs/projects, quizzes and tests. Grades will be assigned as follows:

A 90%-100%

B 80%-89%

C 70%-79%

D 60%-69%

F 59% or lower

### Academic Probation:

1. A student is placed on academic probation when his/her grade drops below a 'C' in an individual class. When this occurs, the teacher will notify a parent by the end of the following school day.
2. The student will remain on academic probation until the grade improves to a 'C' or higher.
3. The student will meet with the teacher and/or academic advisor when his/her grade falls below a 'C' and will be required to follow an Individualized Academic Probation Plan.

\*\*Once enrolled, North Pointe does not accept course credit from other high school or online institutions.

**Make-up Work:** If you have an excused absence, it is your responsibility to find out what you missed. I will not be reminding you. You will have two days for every day that you were absent to complete the classwork you missed. If you miss a test or a lab, you will make it up during tutoring time. If the absence is unexcused, you will receive a zero for the missed work.

**Late Work:** Please be sure to complete your work on time, as late work will not be accepted.