

# NNHS Wellness Department

# Senior Wellness

# Syllabus

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## Mission

To educate students to be self-directed learners, collaborative workers, complex thinkers, quality producers, and community contributors

## Course Description

Seniors have the unique opportunity to participate in Senior Wellness, a course incorporating both physical education activities and health education concepts that directly apply to their post-secondary experience. Physical education activities are designed to develop greater independence in the areas of fitness, recreation, and individualized activities. Health topics that will be explored include, but not limited to, alcohol/drug abuse, human sexuality, nutrition, and emotional wellness.

## Course Learning Standards

- **Daily Engagement Standard:** The student on a daily basis will demonstrate the ability to be (1) Prepared for class, (2) Physically active, (3) Participate safely, (4) Cooperate with others in class.
- **State Standard 19:** Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.
- **State Standard 20:** Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.
- **State Standard 21:** Develop team-building skills by working with others through physical activity cooperatively and safely.

## Grading:

### Overall Semester grade:

The final semester grade will be rounded to the nearest percentage point.

### Course Grade

### Grading:

Coursework = 85%

- Daily Engagement = 30%
- Skills & Knowledge (Standard 19) = 30%
- Fitness (Standard 20) = 30%
- Teamwork (Standard 21) = 10%

Final Exam = 15%



**Grading Disbursement:**

A= 90-100 B= 80-89 C= 70-79 D=60-69 F= <59

**Reassessment Policy**

**Summative Assignments:** These assignments must be completed before the end of the following unit.

**Formative Assignments:** All late work must be completed by the end of the current unit for a maximum grade of 80%. Anything turned in after the end of the unit will receive a maximum grade of 50%.

**Retake Policy (retakes are only on summative work, excluding final exams):**

1. Students are only allowed retakes on unit tests on which they receive a 79% or below.
2. The maximum grade the student can earn on the retake is an 80%.
3. The higher of the two scores will be entered in Infinite Campus
4. The retake times and locations are left up to the individual teacher.
5. Students are required to complete additional coursework prior to any retake.

*Link for further information <http://schools.naperville203.org/north/academicdepartments/StandardsBasedAssessment.asp>*

**Communication**

- Teachers make every effort to respond to emails and phone calls within 48 hours during the work week.
- The best way to communicate with teachers is through email; however, if you haven't received a response in 48 hours, please resend the email or call their voicemail. Your email may have gone into "junk" or "spam" folder.

**Help**

- Make an appointment with your teacher.
- Attend S.O.S (supervised open study) in the Literacy Center M, W & Th from 3:15 to 4:15.
- Drop in for peer tutor during lunch periods or before school through the Literacy Center.

**Parents or Guardians**

We need your help!

- Parents should actively check Infinite Campus for their students grade.
  - The grades on Infinite Campus will be accurate only at Mid-Quarter and Quarter. Prior to those dates, the grade reflected is fluid.
  - Infinite Campus is a communication tool until final grade is posted.
- Please ask your student about their school work
- Check with your individual teacher for classroom procedures, schedules, and daily class news.