

West Linn-Wilsonville Middle School Wellness Policy and Procedures

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 Wellness T-shirt, appropriate athletic bottoms (athletic shorts, sweats etc.), and footwear appropriate for various physical activities. Backless shoes, dress shoes, flip flops, sandals, or boots are not acceptable footwear. T-shirts are available on our school website for purchase.

LOCKS & LOCKERS

Each student will be issued a lock and locker to put their clothing in. If the lock is lost or damaged, a \$6.00 fee will be charged to the student for the cost of a replacement lock.

The Wellness staff are not responsible for lost or stolen items. Please lock up your stuff!

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. 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 & MAKE-UPS

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.

Absences must be made up. Students may come in before or after school to make up specific assignments or activities (please make prior arrangements with your teacher). Many choose to make up the days at home by filling out a make-up sheet and having it signed by their parents or guardian. Exercises that are acceptable are listed on the make-up sheet or can be approved by the Wellness teacher. Make-ups must be a minimum of 30 minutes of consecutive activity for each day they are absent. A copy of this make up sheet can be found on the Wellness website.

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

Students are graded on a point system established by their teacher. Students are graded based on the following; being prepared for class (dressing down), skill development, self-evaluation/reflections, participation, sportsmanship, and positive behavior. In addition to your PE grade, there will also be a number of in class health assignments that will be graded each week.

WELLNESS CURRICULUM UNITS

All PE Grades: Ultimate Frisbee, Soccer, Team Handball, Basketball, Cooperative Games, Badminton, Pickle Ball, Volleyball, Ping Pong, once a month Fitness Days

Eighth Grade Wellness

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, Sexual Harassment, Suicide Prevention, Drug Prevention, Sexual Health: Saying No, STD Prevention, Birth Control Methods and Sexual Orientation.

Seventh Grade Wellness

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; Life Map, Body Image, Alcohol Prevention, Nutrition, CPR Training and Healthy Hearts, Gender Harassment, Sexual Health: Healthy Relationships and Gender Identity.

Sixth Grade Wellness

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; Life Map, Wellness Triangle, Nutrition, Stress Management, Accident Prevention, Bullying Prevention, Communicable and Non-Communicable Diseases, Injury Prevention, Tobacco/E-Cigarette Prevention and Sexual Health: Reproductive System.

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 our health curriculums to meet these standards have been adopted by our West Linn/Wilsonville School Board and the District Administration.

For more information on our class curriculum and schedule, please refer to our wellness website: <https://www.wlww.k12.or.us/Domain/2658>

TEACHER CONTACT INFORMATION:

Mr. Poulivaati

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Ms. Adams

Email: adamse@wlww.k12.or.us

Please review this West Linn/Wilsonville Middle School Wellness Policy and Procedures and sign the next page with your parent and/or guardian.

**West Linn-Wilsonville Middle School
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Please sign and return after you have read through this West Linn/Wilsonville Middle School Wellness Policy. You may keep the course policy to refer to it throughout the semester.

Student (print name)_____

Student Signature_____

PLEASE REVIEW THIS WELLNESS POLICY WITH YOUR STUDENT. THIS WILL BE THE FIRST ASSIGNMENT IN THE GRADEBOOK, SIGN BELOW CONFIRMING THAT YOU HAVE READ THE ABOVE INFORMATION AND RETURN TO YOUR TEACHER BY **FRIDAY, AUGUST 31st.**

Parent (print name)_____

Parent Signature_____

If you have any questions, please don't hesitate to email us at the school.

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