

Wake Forest Middle School -  Healthful Living Department – 2018-2019

Dear Parents and Students,

We welcome you to Wake Forest Middle School Healthful Living.  Healthful Living is a course that will combine Health, Physical Education and Fitness to promote academic excellence and lifetime wellness.  It is the mission of the Healthful Living Department to achieve these goals through a variety of activities conducted in a safe and comfortable environment.

Student Expectations and Procedures:

1. Be On Time
2. Bring appropriate clothes and shoes to change into for each PE class.
3. **Bring your own lock for gym lockers**. (**REQUIRED**)
4. No scented sprays or lotion.
5. No eating, drinking or chewing gum in the gym or locker rooms.

**Cell Phones are not permitted during PE/Fitness class inside or out.**  Keep cell phones locked in a safe place during this time. We are not responsible for lost or stolen items.

Three Strikes and you're out!

**Strike 1**: Phone is taken for period and name written down

**Strike 2**: Strike 1 plus parent contact

**Strike 3:** Phone is taken for period and assigned ASD

**Strike 4:** Phone will be taken for period and assigned ASD

**Stike 5:**   Referral to Admin

**Health**

Bring a small binder/notebook/folder to include paper and pencils each day. Bring your own device (laptop computer, ipad, phone) for classroom use only.

**PE and Fitness**

Dressing out in proper clothing and sneakers is required.  All students are required to wear a WFMS PE t-shirt or other WFMS apparel and any color athletic shorts or athletic pants.  Shorts need to be mid-thigh length**.** *Flip flops, sandals, sperry’s or boots are not allowed*.

**Grading**   40% Health, 40% PE, 20% Fitness

In Health, students will be graded on tests, projects, quizzes, and classroom assignments. In PE, students will be graded on dressing out, content related quizzes, skills tests, and unit/game participation. In Fitness students will be graded on dressing out, warm-up activities, fitness testing components, pacer test, mile run times, and overall participation.

**Failure to participate or dress out for PE will result in a 10 point deduction from your grade each day.**

**Late or Missing Work:**

A zero may be entered into PowerSchool to indicate an assignment is missing.

There will be a 5 point deduction for each day an assignment is late.

After 5 days, teachers may use their discretion as to whether to accept an assignment.

If a student does not submit an assignment, he/she will earn a zero.

Make-up Work Students are responsible for securing and turning

in make-up work either before or after being absent.

*UTILIZE SMART BLOCK*

**Extra Credit:**None Offered

This school year the Healthful Living Department will focus on sport specific content.  During the P.E. rotation, it is our goal to partake in meaningful and challenging content to provide a background in the sports we cover.

We are excited to get the new school year under way with our new students, innovative ideas and activities.  We are a community of excellence and appreciate your cooperation and support in making this another successful year for all.  Please feel free to contact any of us if you have questions or concerns.

**919-554-8440. ext: 22414**

**Website:** [**https://wfmshealthfullivingdept.weebly.com/**](https://wfmshealthfullivingdept.weebly.com/)

Sincerely,

WFMS Healthful Living Department

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You may follow the PE Department on TWITTER:

@WFMSPhysEd