

# 7TH GRADE WELLNESS CLASS!

Ms. Gadeberg will be your overall Wellness teacher. If you have any questions or concerns about the class, please stop by to see me in my office, Room 224. I will be joined by Ms. Simonson (Room 232 ) and Mr. Alden-Pope (in the back of the lunchroom) as well as outside guest speakers. Please feel welcome to speak to any of us at any time.

## EXPECTATIONS

1. One voice at a time. There will be a lot of discussion happening in class and it is important to be respectful and listen to each person.
2. Be on time. Class begins when the bell rings. If you arrive late you will need a note.
3. Bring pencil, your Wellness folder, and your planner.

## TOPICS

Topic	# of Days	Teacher
Organization and Study Strategies	3 days	Ms. Simonson
Cultural Competence	3 days	Mr. Alden-Pope
Electronic Safety	1 day	Ms. Gadeberg
Emotional Health	1 day	Ms. Gadeberg
Wellness	2 days	Ms. Gadeberg
Chemical Health	6 days	Ms. Gadeberg and Guest Speakers

## GRADING

You will be graded on three areas:

1. Class Participation 10%
2. Classroom Behavior 10%
- 2 Reflection Articles 80%

# REFLECTION ARTICLES

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## 1. DESCRIPTION:

You will be writing REFLECTION ARTICLES to show what you are learning about each of the topics we are covering in Wellness Class.

## 2. GRADING:

**Your articles are worth 180 points, which is your complete grade for the Wellness Unit.** There are no other tests, quizzes, homework or projects. You can earn up to 10 points for Behavior and 10 points for Participation.

## 3. YOUR ASSIGNMENTS:

1.) You will have **ONE** article for Ms. Simonson's section on Organization.

2.) You will have **ONE** article for Mr. Alden-Pope's section on Diversity.

3.) You will have **FOUR** articles for Ms. Gadeberg's section.

\* Electronic Safety: Your article will be a "Web Page"

\* Emotional Health: You will be given Reflection questions

\* Wellness – General Health: You will be given Reflection questions

\* Chemical Health: Your article will be fact and interview sheets.

## 4.) POINTS/RUBRIC: each article is worth 30 points total.

		Knowledge 1-15 pts	Spelling/ Grammar 1-5 pts	On Time 1-5 pts	Word Ct. 1-5 pts	
Organization	Simonson					
Diversity	Alden- Pope					
Electronic	Gadeberg					
Wellness	Gadeberg					
Emotional	Gadeberg					

Health						
Chemical Health	Gadeberg					
Participation						1-10 pts
Behavior						1-10 pts

**DDDDDDDDDDDDDDDD PERIOD**

Teacher	Unit	Assignment	Word Count	Due
Ms. Simonson	Organization	Reflection	200	Thurs. 10-4
Mr. Alden-Pope	Diversity	Reflection	250	Mon. 10-15
Ms. Gadeberg	Electronic	Web Page	200	Mon. 10-8
Ms. Gadeberg	Wellness	Reflection	250	Tues. 10-9
Ms. Gadeberg	Emotional Health	Reflection	300	Thurs. 10-11
Ms. Gadeberg	Chemical Health	Fact and Parent Interview	Open	Thurs. 10-25

**EEEEEEEEEEEEEEEEEEEE PERIOD**

Teacher	Unit	Assignment	Word Ct	Due
Ms. Simonson	Organization	Reflection	200	Wed. 10-3
Mr. Alden-Pope	Diversity	Reflection	250	Mon. 10-8
Ms. Gadeberg	Electronic	Web Page	200	Thurs. 10-11
Ms. Gadeberg	Wellness	Reflection	250	Fri. 10-12
Ms. Gadeberg	Emotional Health	Reflection	300	Mon. 10-15
Ms. Gadeberg	Chemical Health	Fact and Parent Interview	Open	Fri. 10-16

