

Kalispell Middle School Health Enhancement Information Sheet

Mr. Fuller – Mrs. Overman– Mr. Couser
Mrs. Russell – Mr. Holmgren – Mr. Febach
Mrs. Huestis – Mr. Duffy – Mr. Ogden

The Health Enhancement Department is dedicated to providing the opportunity for students to establish healthy lifestyle patterns. Our goal is to help students acquire the skills and knowledge necessary to reach their physical, social and emotional potential.

Expectations –

1. **Respectful** – Respect the right of others and rights of others to learn. Respect school property, staff and students at all times.
2. **Safe**–Follow all directions completely and immediately the first time. Use appropriate behavior, use appropriate language. Students take responsibility for own actions and choices.
3. **Responsible** – Be on time and be prepared to work and learn. Bring pencil or pen and notebook to class. Complete all assignments on time! Be dressed out in PE uniform!

Grading Scale --

- 4 – Advanced
- 3 – Proficient
- 2 – Nearing Proficient
- 1 – Novice
- 0 – No Evidence

Daily Physical Education Grading -- Much of the class time will be spent working in groups or teams. Students will be assessed daily on their performance, interaction, participation and general conduct during class time. Being dressed out for class is part of your participation grade.

****DAILY GRADES ARE BASED ON A ” 4 - 3 – 2 – 1 – 0 “ SCALE****

- 4 -** Exceeds request and requirements of instructor.
Participates and stays on task. (self motivated)
Positive benefit to class, shows concern and respect for progress of others.
Shows appreciation for all types of physical activity.
- 3 -** Participates in class activities.
Respects and accepts others.
Meets the requirements of instructor.

- 2 -** Minimal participation, effort and cooperation.
Shows little improvement.
Causes minor disruption.
- 1 -** Shows no improvement.
Causes disruption in class routine or with others learning.
- 0 -** Does not make up absences.
No effort to participate during class.
Insubordinate, abusive, negative, disruptive behavior.

Dress Attire – PE uniform, socks, running shoes

Students need to purchase a PE uniform (**NEW \$15.00 – Recycled \$5.00**)

Not dressed out in your own uniform results in deduction of points for the daily grading.

All students must dress out for class. Consequences will be given to those who fail to do so.
We encourage the use of deodorant ... NO AEROSOL SPRAY!!

P.E. Make-Ups-Excused absences only – Students are responsible for their own learning. To make-up an excused absence, students are to pick up a **MAKE-UP CONTRACT** or print one off the internet. This contract must be fulfilled by the student and signed by a parent in order to receive credit within one week of the last day absent.

Health - At the middle school, the following health units are taught:

8th grade

Health Triangle/Nutrition/Personal Fitness and Training/Suicide Prevention/Drugs and Alcohol
Human Growth and Development

7th grade

Fitness/Nutrition/First-Aid/Safety/Tobacco, Alcohol and other Drugs/Human Growth and
Development

6th grade

Tobacco, Alcohol and other drugs/Puberty/Nutrition

Physical Education -- During the year, we cover a wide variety of activities such as: Proper Warm-up, Stretching, Fitness Activities, Soccer, Pickleball, Basketball, Team Handball, Tennis, Volleyball, Bowling, Badminton, Golf, Hockey, Tumbling, Dance, Lifetime Activities, along with a

wide variety of lead-up games and activities designed for all students no matter their ability level.

Students - If you feel concerned about your grade, homework, groups, etc., please communicate with your teacher. If for any reason you feel scared, intimidated, or pressured by others in the class, again speak with your teacher. We do not want anyone to not enjoy class because of other students. Most concerns or complaints stem from misunderstandings or situations, which can be resolved with proper direction from both parents and teachers.

Please do not bring money or valuables to class.

Parent/ Guardian - Please keep an interest in your son or daughter's progress. If your son or daughter has a problem in class, please encourage them to go to their teacher before it is too late. Please contact us for an appointment if you have any questions or concerns throughout the school year. The number is 751-3800. **Your child is encouraged to not bring money or valuables to the locker rooms.**

Student (Print Name) _____

Parent/Guardian Signature _____

Parent/Guardian e-mail _____