



eSchool Spring 2026

Enrollment opens December 8, 2025, Deadline to enroll is February 4, 2026.
Course dates are February 4 - May 6, 2026.

What to expect?

- Student should be a self starter and manage time effectively
- Must be your own advocate (it is your class not your parents)
- Must have excellent communication skills (emails)
- Remember it's a real class (like a online college course)
- 60-65 hours online coursework: video lessons, reflection, quizzes, tests, projects
- Health includes hands only CPR demonstration

Fitness for Life 1 and Fitness for Life 2 Course Information & Expectations

- Deadline and expectations are followed...**NO EXCEPTIONS**
- Pre/Post tests in person
- Weekly turn-in fitness logs (3-5 hrs per week)
- 25 hours online coursework
- Students will do a variety of different workout types and exercises
- Consistency is key!
- Understanding of exercise intensity- not just house chores and times you sweat

Students will need to attend one mandatory orientation meeting to participate in eSchool courses. Meeting opportunities include:

- January 28, 2026 4:15 - 5:00 p.m. @ SM North Cafeteria
 - Fitness for Life 1 & Fitness for Life 2 pretests, 3:30 p.m.
- February 5, 2026 4:15-5:00 p.m. @ SM North Cafeteria
 - Fitness for Life 1 & Fitness for Life 2 pretests, 3:30 p.m.

Students will also be responsible for taking their final exam in a supervised environment. Opportunities are below:

- May 6, 2026 3:30-6:00 p.m. @ SM North Library
- Or by Appointment with eSchool administration

Course Withdrawal and Refund Policy

- If withdrawal is made by February 25, 2026, no record will appear on the transcript.
- **THERE ARE NO REFUNDS FOR WITHDRAWALS AFTER CLASS BEGINS.** *If a student withdraws from a course for any reason prior to the beginning of class, they will be charged a 20% cancellation fee.* A written or email request from the parent is required for a refund or withdrawal. Please email laurabrogdon@smsd.org with your requests.

Please check out our website to learn more details about the eSchool program!

<https://www.smsd.org/academics/eschool>

eSchool Office 913/993-9740