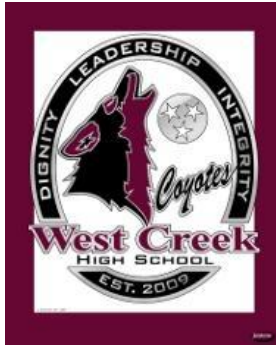


Our mission is to meet the individual needs of each student, empowering them to reach their potential.



West Creek High School 2025- 2026 School Year

**Emma Sullivan
Lifetime Wellness**

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931-503-1788 x1441
Gym**

WELCOME

Academic standards, chosen by the Tennessee State Board of Education, provide a common set of expectations for what students should know and be able to do at the end of a specific grade or course. Local school districts determine the order in which these state-mandated standards are addressed in their schools. For a breakdown of standard pacing and course objectives for Lifetime Wellness students in the Clarksville Montgomery County School System, please visit the Curriculum Navigator on the CMCSS homepage found at:

<http://curriculum.cmcoss.net/public/index.aspx>

It is the policy of the Clarksville Montgomery County School System to follow the dictates of state statutes in the selection and use of all instructional materials. Parents or legal guardians may request to review any instructional materials used in the classroom of the parent or legal guardian's child following the guideline set forth in Instructional Policy INS-A073 found at:

<http://www.cmcoss.net/departments/instruction/departmentsforms.aspx>

The chart below outlines the units of study for Lifetime Wellness and possible major assignments that could be used to enhance student learning or solidify mastery of standards in each unit. This chart is not inclusive of every assignment for Lifetime Wellness, as additional or different assignments may be created based on the needs of students. Specific details for major assignments will be shared with students and parents or legal guardians as the standards related to the assignments are addressed in class.

Unit	Topic	Possible Major Assignments in Health	Possible Major Assignments in Gym
1	Nutrition/Personal Fitness	MyFitnessPal, Menu Plan, Muscle and Bones Poster	Fitness Plan, Fitness Testing
2	Substance Abuse/Diseases and Disorders/Personal Fitness	Drug Research Project	Fitness Testing, Weight Lifting Assignment
3	Mental, Social, and Emotional Health Relationships/Personal Fitness	Action Plan for Suicide	Fitness Testing, Group Game Project
4	Safety, First Aid, and Emergencies/Sexuality and Family Life/Personal Fitness	First Aid Kits, STD Project	Fitness Testing, Personal Fitness Evaluation and Reflection

Each content area is addressed in a classroom and/or physical activity setting. Personal fitness and nutrition is emphasized throughout the course. Students are provided opportunities to explore how content areas are interrelated. Students will acquire knowledge and skills necessary to make informed decisions regarding their health and well-being throughout their lifetime. Students will also learn and engage in the following physical activities for fitness and enjoyment: Ultimate Frisbee, Frisbee Golf, Coyote Football, Volleyball, Team Ball, Basketball, Badminton, Pickleball, Tennis, Wiffle/Softball, Kickball, Soccer, and Floor Hockey.

CONTACT INFORMATION

Email: emma.sullivan@cmcss.net

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Planning period: 5th Period

My schedule changes daily due to my other school responsibilities. Please contact me to schedule an appointment if you would like to meet.

HELPFUL ON-LINE SITES

Grades can be viewed on PowerSchool Website

Teacher website: [West Creek High School \(cmcss.net\)](http://WestCreekHighSchool.cmcss.net)

CLASSROOM EXPECTATIONS

In the Health Room: We meet for health every Monday. Students will complete worksheets or projects during class and some require after school work. Students are expected to keep a Wellness Folder that will be taken up periodically (teacher discretion) for a grade. The folder will consist of all class notes, bellringers, worksheets, quizzes, and any other work the teacher may assign. The folder must be neatly organized and brought to class every day you are in the classroom. The textbooks will not be taken home.

Dress Code in the Gym: Students are REQUIRED to wear athletic shoes, tops and bottoms. Students will have an opportunity to change in and out of PE clothes. If the attire of the student prohibits them to participate or they are not wearing proper shoes, points will be taken off. Students will be expected to participate in the assigned activities every day. Suggested dress includes: T-shirt or sweatshirt, GYM shorts or sweats, socks and athletic shoes that do not mark the floor may be worn. T-shirts must have sleeves and no V-necks or tank tops are allowed. Shorts must follow school dress code. Yoga pants/leggings are allowed in the GYM ONLY, not outside the gym. No flip flops, boots, or shoes the limit the student from participation or are unsafe for students. Putting sweatpants over your school clothes will not count as dressing out and will result in loss of points. Please no sagging, no short-shorts, no blue jeans. Improper attire will results in a loss of points for the day.

Medical and Parental Notes: If you become ill or injured you will need a note from a parent or a doctor. A parent note is only valid for 3 days; any further days will require a doctor's note. Be sure to have doctor specify the number of days you are unable to participate. Written reports will be done for those not dressing out with medical or parental notes. The report will be worth 20 points a day.

Lockers & Locker Room: Locker rooms are available as are the lockers. If you want a locker in the locker room, you have to provide your own lock. **LEAVING VALUABLES LYING AROUND IS ONLY INVITING THEFT. WCHS IS NOT RESPONSIBLE FOR ITEMS THAT ARE LEFT UNSECURED IN THE LOCKER ROOMS OR GYM.**

After 5 minutes to change and use the bathroom, NO STUDENT WILL BE ALLOWED BACK IN THE LOCKER ROOM UNTIL THE END OF CLASS.

Punctuality: being on time to class is expected. In the health room you are expected to be in your seat before the tardy bell rings. In the gym, you are expected to be in your spot by the end of the allotted 5 min for dressing out.

1st tardy – warning

2nd tardy - parent notification

3rd tardy - Discipline Referral

Rules:

1. Enter the classroom orderly and on time.
2. Students will stand in their assigned attendance spot and will have time to use the bathroom
3. Speak at appropriate times and use appropriate voices.
4. Respect everyone and their personal property.
5. Respect and take pride in your school.
6. No eating or drinking in the gym or the locker rooms.
7. Students are NOT allowed in equipment room without permission from a teacher.

CONSEQUENCES

1. Verbal warning
2. Behavior modification note /Parent Contact
3. Parent contact
4. Discipline Referral

Note: Certain offenses will result in immediate Discipline Referral and will follow the steps outlined in the Student Handbook.

HOMEWORK POLICY

Homework is assigned as necessary to enhance student learning and to assist mastery of content knowledge.

GRADING PROCEDURES

25 points per day given to full participation in warm up and activity. 5 points deducted for failure to wear proper attire. 10 points deducted for failure to engage in daily activity. 10 points deducted for failure to participate in warm up activity. Unexcused absence or skipping class results in loss of all 25 points. 15 points are given every Friday. 5 for the Google Form and 10 for participating in physical activity

Health Classroom: Wellness Folder/Class work/Homework
 Quizzes and Tests
 Projects

*Note: If student refuses to engage in activity after teacher intervention, further points may be loss.

100-93 = A
92-85 = B
84-75 = C
74-70 = D
69 & below = F/ Unacceptable Achievement

REQUIRED & RECOMMENDED MATERIALS/SUPPLIES

In the Health Room you are required to have the following:

- A two pocket folder
- Paper
- Pen or Pencil

In the Gym you are required to have the following:

- Athletic clothing and footwear within dress code

*You may want to keep the following in your backpack: deodorant, towel, lotion, body spray, and baby wipes (helps clean up your sweat and keeps you smelling fresh)

MAKE-UP WORK/LATE WORK

Absences: Any student absent for any reason EXCUSED OR UNEXCUSED is responsible for any missed work. In terms of participation points, an excused absence or early dismissal does not eliminate daily participation points.

If you are **absent** you may make up the missed points in one of the following ways:

1. A written summary of any sport, unit specific, or health-related article from a newspaper, magazine, or internet. Must summarize article and state your opinion citing the text to support your opinion. Paper must be one page in length
2. Research a historical event that happened the day you were absent
3. 5 jogging laps (8 if you missed a fitness day) around the top of the gym on the indoor track. Must notify the teacher before completing.

If you are **absent during a health day** you are responsible for missed class work and assignments, this includes absences due to school activities.

Late Work: Late work will only be accepted one day after due date for half credit. After one day, late work is no longer accepted.

Test Retakes: Extra credit will not be offered. Students should show mastery of content, thus students are given unlimited attempts to retake their unit tests to reach their desired grade.