

Lifetime Nutrition and Wellness & Interpersonal Studies

Vista Ridge High School

Teacher Contact Info:

Email: Meri.Carlson@leanderisd.org

Website: <https://sites.google.com/leanderisd.org/mrscarlson/home>

Campus room #: C4021

Course Description:

Lifetime Nutrition and Wellness & Interpersonal Studies is a year-long laboratory course that allows students to gain knowledge and skills to make informed decisions that promote lifelong wellness. Nutrition focused instruction will include the principles of nutrition, roles of nutrients, digestion and metabolism, understanding the importance of a balanced diet, safety and sanitation in the lab, and healthy food preparation skills. Throughout the course, students will also learn general human development, interpersonal, and family studies concepts that significantly affect an individual's quality of life and overall wellness. Students will explore careers related to nutrition, counseling and mental health, and other health and human service fields.

Course Content:

- Nutrients and Balanced Diets
- Digestion and Metabolism
- Kitchen Safety and Sanitation
- Food Preparation
- Family Roles and Healthy Relationships
- Stress Management and Mental Health
- Careers in Human Services

Materials Required:

- Lined paper
- Pencil or Pen
- Laptop (personal or school-issued)
- Wired Ear buds that can plug into the laptop
- Please reach out to Mrs. Carlson for any necessary assistance in obtaining these materials.

Grading Policy:

District and campus grading guidelines will be followed.

<i>Area</i>	<i>Weight</i>	<i>Details</i>
Major Projects	40%	Tests, Larger Projects and Labs
Daily Assignments	60%	Daily Independent and Collaborative Work

Late Work, Makeup Work, Retake/Redo Policies:

- Students who are absent for any reason must make up the work they missed. Assignments that were due on the day of the absence will be due on the day the student returns to school. The student is allowed one (1) day for each day of an absence to make up the assigned work.
- If a student is absent on the day a major assignment is due, it is the student's responsibility to contact Mrs. Carlson to make arrangements to turn in the assignment.
- Students who miss class due to extracurricular activities are required to obtain assignments prior to the absence. The work is due the next time the student attends the class.
- Classwork will be due by the assigned due date. After that it is considered late. The deadline for late work is one week after the due date for up to 80% credit, after the deadline, no work will be accepted and the student will receive a "0". An "M" in the gradebook indicates an assignment has not been turned in and the student received a grade of "0" but will have until the deadline to turn that assignment in for that 80.
- **Redo/Revision:**
 - At least one major assignment is eligible for redo/revision per semester, determined by the PLC/course.
 - Redo opportunities will only be allowed for work turned in on time.
 - Teachers will determine the process for redo eligibility (corrections, tutorials, etc.).
 - Redo assignment grade should reflect the mastery of the content and can earn a replacement grade of at least an 80 if the student scores an 80 or higher on the redo/revision assignment.
 - A redo score of less than an 80 will receive that score. (Ex. redo score of 76 will earn a 76)
 - Students have one week to turn in a redo/revision assignment.

Classroom Cell Phone Policy:



VISTA RIDGE HIGH SCHOOL

CELL PHONE

Best Practices

VRHS believes consistent cell phone practices are crucial for fostering an optimal learning environment by increasing student engagement, focus, and collaboration, which in turn enhances learning outcomes. These practices also aim to decrease distractions by minimizing the negative impacts of excessive phone use during the school day.



What

All personal devices, including cell phones, wearable devices (smartwatches), and headphones/earbuds, are not permitted for use in the classroom. These devices must be out of sight and silenced in classrooms and restrooms (electronic passes can be made with a computer).

Where

Personal devices must be stored in student's backpack or school bag; not directly on their person. If a warning is given and a student does not have a school bag, the student is required to leave their device in the AP office.

If parents/guardians need to contact their student, please send the student an email or contact the front office at (512) 570-1800.



When

Personal devices are not to be used during instructional time (8:05am to 3:35pm), but may be used before and after school.

Students will be able to access personal devices to meet documented medical or accommodation requirements.

Consequences

Students found to be in non-compliance with these practices will receive a warning from the teacher along with attempted guardian contact. The next incident will result in a referral to their AP. Repeated violations may result in parents or guardians being required to pick up personal devices from VRHS and students may lose the privilege to bring a personal device to school. Continued violations will result in additional consequences in alignment with the Leander ISD Student Code of Conduct.



Tardy Policy:

Arrival after the bell but within 10 minutes of the start of class will result in a tardy. Arrival after the attendance has been submitted (10 minutes after the bell) will remain an absence. Do your best to be on time for class. Multiple tardies will result in YOU making up the class time before or after school.

Classroom Expectations :

- **Stay engaged.** Learning is easier and richer if it does not occur in isolation. Sharing perspectives while learning a concept can only broaden one's knowledge and understanding of that concept. You will be asked to cooperate with your classmates in the process of learning.
- **Speak the Truth, but be respectful.** A productive classroom is one in which each student respects the rights of other students to learn, even if that learning requires a different mode of instruction or moves at a different pace. You will be asked to respect your classmates and your teacher. Students and teachers are expected to communicate with each other truthfully, but respectfully. Rude or intimidating comments to other students or your teacher are not acceptable.
- **Embrace discomfort.** Be open to new challenges and expect to grow. Ask questions, ask for help and give help. Respect other's questions, don't let things get you down, and expect some organized chaos.
- **Expect and Accept Continuous Improvement.** Each student is ultimately in control of his/her own learning. You will be asked to accept that responsibility by staying organized, being prepared for class, asking questions, and actively pursuing help when it is needed. Students and teachers will be asked to have a growth mindset to improve more each day when challenges arise.
- **Be prepared.** When class begins, **be ready to learn!**
- **Follow the Student Code of Conduct.**
- **Be appropriate in the lab area.** Besides injury, horseplay could result in damaged or broken equipment. Students will be financially responsible for all equipment that is broken as a result of horseplay or not following set lab procedures. Horseplay or failure to adhere to lab procedures is considered a serious offense and will result in an immediate office referral. If a phone is seen in the labs, the student will immediately receive a lunch detention.
- **Just be cool, don't be all like, uncool!** Keep in mind the needs of others and be willing to lend a helping hand. Just be cool to everyone, it's so simple!

Leander ISD CTE Continuous Public Notification of Nondiscrimination

Leander ISD does not discriminate on the basis of race, color, national origin, sex, or disability in its programs or activities and provides equal access to the Boy Scouts and other designated youth groups. The following person has been designated to handle inquiries regarding the nondiscrimination policies: Bryan Miller, Title IX Coordinator; 204 W. South Street Leander, TX 78646; Bryan.Miller@Leanderisd.org; (512) 570-0000. [ESPANOL \(SPANISH\)](#) // [తెలుగు \(TELUGU\)](#)