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| **lancer2** **Health and Physical Classroom Expectations****Landstown Middle School**   |
| **Teacher Contact Information** | **Course Description** |
| Welcome! I am excited to start the 2018-2019 school year with you. If you need to contact me, the best way to reach me is via email. My email address is: michelle.shoffstall@vbschools.com. You can also access my email from my website: shoffstallpe.weebly.com or from Landstown Middle School’s webpage**lancer2**. My phone number is 757-648-4750 ext. 71419 | Health, Exercise Science Education, and Physical Education are designed to assist students in achieving the skills, attitudes, and appreciations essential for lifelong wellness. Our students will learn health concepts, how to be active at school, at home and in the community and apply those concepts to their life. |
| **Required Materials** |
| In addition to LMS grade level supplies (found on the school homepage), the following will be required for this course:* Proper Fitness Attire, Athletic shoes & socks, Tab in your binder with loose leaf paper, Pencils, Pens (Blue or Black Ink Only), Chromebook, and ear buds.
	+ *Class wish list:* pencils, hand sanitizer, and a box of tissues.
* Physical Education: Proper Fitness Attire and Athletic type shoes with laces and socks
	+ - PE Uniform is available for **$15.00 per set** (or individual pieces are $8 for shirt and $8 for shorts).
		- The student’s first and last name must be written in permanent marker on both the shirt and shorts.

The following electronic resources will be utilized in this course: Glencoe Teen Health, Schoology, and WELNET®. Online textbooks can be accessed through the LMS website under the students tab, click “Clever Portal”. |
| **Classroom Procedures** | **Parent/Student Resources** |
| *- Combination lock* **–** A lock will be provided by the school, no personal locks are allowed. If lost, the replacement cost is **$6.00**. DO NOT give the lock or combination to anyone else. No sharing of locks, uniforms and/or lockers is permitted.*- Lost or Damaged Uniform(s) and Personal Items*– Landstown Middle School, its faculty, staff, and/or administration bears no responsibility for loss, theft, or damage of student uniforms or personal items. Any student who loses or incurs damage to their uniform will be required to replace the lost, stolen, or damaged uniform. *Lost and Found (Locker Rooms)* –Items may be expunged periodically before/after breaks.*- Injury or Illness* – A note from the parent/guardian will excuse participation, but the student is still expected to dress for PE and may be given an alternate assignment. **Extended illness or injury, lasting more than three days, will necessitate a physician’s note.** If your student is out for an extended absence, parents should contact the guidance department to request assignments. - Jewelry and watches should not be worn in Physical Education classes. Also, due to safety concerns, glass containers, lotions, or sprays of any kind are prohibited. These items will be confiscated.- Non-participating students must remain with their assigned teacher. An alternative assignment may be assigned.- A variety of digital devices and online resources will be utilized for daily work and assessments throughout the school year. Multi-tasking, web surfing, gaming, texting, and using social media are prohibited on student devices.-Cell Phones– The locker room is a space where cell phones and tablets are NEVER permitted to be powered on with the screen unlocked. Cell phone use in the locker room is never acceptable. | * All grades will be posted on parent portal in a timely manner to accurately represent student progress. Parents should register for *Parent Portal* and set alerts to monitor their child’s academic progress, attendance and missing work.
* Students have access to *Student Vue* to help them succeed academically.
* All classroom assignments, tests, quizzes, projects, etc., will be listed on my *Teacher Website* or Google Classroom.
* School Counselors are a valuable resource.  They are as follows: Todd Fritz, Megan Foard, Amy Neff, Chris Schroepfer and Emily Wilson. The number to the guidance office is 648-4761.
* Homework Help is an online service available to students to students to receive help from certified state teachers.  It is available M - Th 3--9 pm and Saturday 9 am – 3 pm. Homework Help can be found on the LMS website under the students tab.
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| **Grade Level Behavior Expectations** |
| Landstown Middle School incorporates Positive Behavior Interventions and Support. Our students are Respectful, Responsible and Ready to Learn. I our classrooms we expect to see: Respectful: * Follow directions given by all PE teachers
* Use polite language
* Show self-control

Responsible: * Bring supplies each day: LMS PE uniform (shirt and shorts), athletic shoes with socks, binder with loose leaf paper, pencils, pens, Chromebook, and ear-buds.
* Arrive on time to the locker room
* Use equipment as directed by the teacher.

Ready to Learn: * Give your best effort in all activities
* Bring a positive attitude to class.
* Stay with your teacher and in the designated area of instruction.
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| **Landstown Middle School Grading Guidelines****Class Grading for Assignments and Assessments** |
| Assessments are based upon a body of evidence that demonstrates student mastery toward pre-determined standards of learning. Assessment will be based on categories. Possible categories may include (but not limited to) Tests, Classwork, Quizzes, Performance Tasks, and Homework. Homework will be 5% of the total grade. World Languages Classes will use Reading, Listening, Speaking and Writing as categories. |
| **Make-up Work Policy** | **Late Work Policy** |
| When a student is absent, the student should request missed work and the teacher will provide all relevant assignments. The number of days a student has to turn in make-up work will equal the number of days the student was absent. Teachers will take into consideration a student’s individual circumstances.  | Students should make every effort to submit work by the assigned due date; however, in the event that the student misses the due date, the student should work with his/her teacher to submit the assignment as soon as possible. Students may be required to participate in Administrative Academic Detention (after school) to complete any missed work.   |
|  **Zero Policy** | **Reassessment** |
| A designated code in the gradebook will be used to communicate missing work. When an assignment is missing, the code **Mi** (Missing) will be temporarily recorded averaging as a 0. Once the assignment has been made up, the updated grade will be reflected in the gradebook. If the assignment remains incomplete, it will remain a 0 with no code attached. \*All missing work must be submitted one week prior to the end of each grading period. | Students who receive a failing score on any summative assignment will be given the opportunity to be reassessed provided that the student meets the following:* Participated in class
* Completed all assignments
* Demonstrated appropriate effort
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| **Extra Credit** | **Remediation**  |
| Extra credit will not be accepted on an individual basis.  | Students who fail one or more SOL tests and/or who struggle academically will be identified for mandatory participation in SOL Lab, which replaces an elective.  |
| **Student/Parent Acknowledgement** |
| This document is to be placed in the front of your notebook so you or your parents may refer to it at any time. Additional copies can be printed from the documents section of my website or Schoology.I have read and understand the course expectations. |
| Student SignatureStudent Name | Parent/Guardian SignatureParent/Guardian Name |