



Welcome to Cosby High School Wellness class. You will learn how to care for your body and other baseline health information. In this class we will discuss nutrition, fitness, first aid, mental health, human growth and development, and substance abuse.

### **Mrs. Darnell**

**Office Location:** in gym area across from bathrooms

### **Classroom Rules:**

- The school system cell phone policy applies.
- Be Respectful and Responsible

### **Be Prepared**

You will need a writing utensil, loose paper, 1-inch binder, 1 divider

You may earn extra credit if you bring in the following items: box of tissue, germ x class size, hand soap, and Clorox wipes

### **Grading**

Students grades will be calculated from classwork, quizzes, projects and tests.

Classwork: 30%

Quizzes: 10%

Tests: 40%

Project: 20%

All classwork is done in class and will not be homework unless the student falls behind. It is the student's responsibility to ask what they need to make up. Quizzes and Tests will be in class.

Students should keep all returned work and tests until the end of the semester in a 1-inch binder

### **Tardy**

Students must be in their seat before the tardy bell. 3 tardies will equal 1 absence in the class. 3 absences will require you to take the semester exam.

### **Videos that may be viewed in class include and all of which come from the school library:**

Supersize Me, A Beautiful Mind with non-appropriate scenes skipped, National Geographic Stress, The Weight of a Nation-Obesity, PBS Vaccines, The Human Body Major Systems and Organs, Heart Disease in America the Hidden Epidemic, The Mayo Clinic, Depression, Ending HIV in America, Alzheimer's Every Minute Counts