

## **Welcome to online health!**

I am sorry I haven't contacted you sooner but with so many schedules changing I wanted to wait until things were a little more set so I didn't miss many people.

## **A couple things to clarify:**

Health is a graduation requirement. During freshmen year the class requirement can be accomplished either by enrolling in the Health/Global selection of semester class or those taking AP Human Geography fulfill the requirement through a year long online class. The online class does require monthly office hours meetings. Due to logistical issues I have cancelled the August office hours. Please mark down the office hours in your calendar. I will never add an office hour meet up but they may get cancelled once in a while. Office hour meet ups are on the attached agreement.

## **Office Hours:**

There is a monthly office hour meeting scheduled. These meetings are required (only exception being illness). Attendance **and** participation at these meetings is 20% of the final grade. It is possible to be present at the meeting but not get full credit due to negative participation. Office hours cannot be made up. The other Carmel High School teachers are aware this class has mandatory office hours meeting. Teachers are willing to make other arrangements, within reason. If a student attends another teacher's office hours during a required online health meeting, the student will be marked absent from health class and receive a zero for that assignment. Doing the math, it is possible to receive an A even if a student misses an office hours meeting (but check your math as the class progresses).

## **Assignment deadlines:**

You will see a due date for all assignments on moodle. That is when an assignment is due and a student will receive a "red box" if the assignment has not been turned in. Late work is accepted up for full credit up to the final due date for that quarter. Each quarter I will open all assignments and give a final end of quarter due date for all work from that quarter. No work is accepted after that due. Most work is turned in online but for those paper assignments, there is a wood box in Mr. Schrier's classroom.

## **Responsibility**

It is a privilege to take the online health class but also comes with a lot of responsibility. There isn't a lot of work in the class unless the student waits to do it all at the last minute. I suggest students figure out what works best for them in terms of completing the work. I have attached the syllabus and an agreement for both student and parent to sign acknowledging the expectation of class work and office hours attendance. Please notice the grading scale; there are no pluses and minuses, and no special recognition for getting over 100%. Since this is a health class I want to support students having balance inside and outside of school.

Again, this is a privilege. If a student feels overwhelmed, it is possible to take this class in-person during junior or senior year.

### **Athletic Eligibility**

This class can impact athletic eligibility. The school does not allow participation in sports and clubs if a student has an F at a quarter grading period. This includes this class.

### **Remind**

I do have a Remind available for this class. The Remind is used to remind students of the office hours meet up the night before and any final due dates. Text @h3alth to 81010 or to receive messages via email, send an email to [h3alth@mail.remind.com](mailto:h3alth@mail.remind.com)

The best way to contact me in via email or the Remind app. I am in Room C if you need to talk to me in person. It is most efficient to always email me first and see if it is something we can quickly resolve before trying to track me down at school. I respond very quickly to Remind messages and emails.

Did I cover everything? This email ended up a lot longer than I expected!

Good luck and enjoy freshman year!

Leigh Cambra