

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**:

-Phones go in assigned numbered pockets each day. Students do not get them until class is over of instructed to do so.

-Be Respectful and Responsible

**Be Prepared**

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

**Grading**

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

Classwork: 30%

Quizzes: 10%

Tests: 60%

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.

**Videos that may viewed in class include**: Supersize Me, A Beautiful Mind with non-appropriate scenes skipped,