



Journey Middle School

217 Celtic Drive, Madison, Alabama 35758

Health & Wellness, 6-8

Coach Gunner

Teacher Contact Information

Email: nrgunner@madisoncity.k12.al.us

Classroom Phone: 256-774-4695 ext.

Classroom Digital Platforms

[Webpage Link](#)

Textbook Information

All handouts will be provided by the teacher throughout the course.

Course Description & Objective

Health and Wellness will provide a comprehensive introduction to essential health concepts, including physical, mental, emotional, and social well-being. Through interactive lessons and hands-on activities, students will explore topics such as nutrition, personal hygiene, physical fitness, emotional health, building positive relationships, illness prevention, and basic first aid. The course emphasizes making informed choices to promote lifelong health and wellness, encouraging students to develop healthy habits that they can carry into adolescence and beyond.

Course Outline

Unit 1: Introduction to Health and Wellness
Unit 2: Nutrition and Healthy Eating
Unit 3: Personal Hygiene and Daily Habits
Unit 4: Physical Fitness and Exercise
Unit 5: Mental and Emotional Health
Unit 6: Building Healthy Relationships
Unit 7: Understanding and Preventing Illness
Unit 8: Safety and First Aid Basics

**This is subject to change.*

Classroom Expectations

Be on time and in class daily.

Be prepared with a charged Chromebook and other supplies.

Be alert and active in class activities.

Listen quietly and respectfully when others are talking or during instruction.

Respect your surroundings, classmates, and teacher. Keep your hands to yourself!

Be open to trying new things and stepping outside of your comfort zone. We all make mistakes - me

too! Focus on what you can do instead of what you cannot do.

Obey all rules and policies stated in the MCS Code of Conduct.

Progressive Discipline Procedures

All progressive discipline will correspond with the Madison City Schools Code of Conduct regarding Class I and II offenses. Some Class II and all Class III offenses are a direct office referral.

- Warning
- Conference with student with parent notification
- Parent Contact

	<ul style="list-style-type: none"> • Detention • Referral to administration for repeat Class I violations and initial Class II and III offenses--Consequences determined to be reasonable and appropriate by the school administration.
Electronic Communication Device Policy	<p>Wireless Communication Devices</p> <p>A. Definitions</p> <p>1. Instructional Day –</p> <ul style="list-style-type: none"> • When school is open and in session: • During class time, lunch, transitions between classes, and any non-instructional periods; • Any time that students are required to store their Wireless Communication Devices under the Student Code of Conduct, or other school rules; or • Any other time, students are instructed to store their devices by school staff. <p>2. Wireless Communication Devices – Any portable electronic device that has the capability of exchanging voice, messaging, or other data communication with another electronic device, including, without limitation:</p> <ul style="list-style-type: none"> • cellular telephones • tablet computers • laptop computers • pagers • gaming devices • smart watches • earphones or headphones (Air Pods, ear buds, over the ear headphones, etc., whether wireless or not) <p>B. Possession of Wireless Communication Devices – Students are prohibited from bringing Wireless Communication Devices into school buildings and onto school grounds, except in compliance with this policy. The Board is not responsible for the theft, loss, or damage to any Wireless Communication Device brought onto campus by a student.</p> <p>C. Storage of Devices– At all times during the Instructional Day, students who possess a Wireless Communication Device on any campus or in any school must turn the device off and store the Wireless Communication Device off their person in a locker, car, backpack, purse, gym bag, or other storage location approved by school administrators. This storage requirement is subject to the exceptions set out in subsection D below.</p> <p>D. Prohibition on Use; Exceptions – Students are prohibited from using, operating, or possessing a Wireless Communication Device during the Instructional Day, except under the following limited circumstances:</p> <ul style="list-style-type: none"> • The use, operation, and/or possession of the device is specifically included in the student’s Individualized Education Plan (IEP), 504 Plan, or an Individualized Health Plan; • The use, operation, and/or possession of the device is for educational or learning purposes under the supervision of school personnel; and • The use, operation, and/or possession occur during an emergency threatening the life or safety of the student or another person. <p>The Superintendent or designee is authorized to develop additional guidelines for implementation of these exceptions.</p> <p>E. Searches – School officials may read, examine, or inspect the contents of any wireless communication device upon reasonable suspicion that the device contains evidence of a violation of Board policy, the Code of Conduct, or other school rules, provided that the nature and extent of such reading, examination, and inspection shall be reasonably related and limited to the suspected violation.</p>

	<p>F. Disciplinary Action – Any violations of this policy may result in disciplinary action under the Student Code of Conduct.</p> <p>G. Additional Procedures Authorized – The Superintendent or designee is authorized to develop any additional rules necessary to carry out this policy.</p>
Grading Policy <i>(MCS Policy)</i>	<p>All grades will be posted on PowerSchool, and unit quizzes/projects will be located on Schoology.</p> <p>Grading Percentages/Categories: 60% = Assessments (Tests, Essays, Projects) 40% = Daily Grades (Quizzes, Homework, Classwork, and Participation)</p>
Late Work Procedures	<p>Students present in class on the day of instruction are expected to turn in all in-class and out-of-class assignments on time.</p>
Make-up Work/Test Policy <i>(MCS Policy)</i>	<p>Students are permitted to make up work, tests, and other assignments, activities, etc., when absences are excused. Under normal circumstances, it is expected that students will submit previously assigned work upon return to school after an excused absence. All work missed on the day(s) of excused absence(s) must be made up within three school days after returning to school. However, for extended excused absences when homebound services are not necessary, the teacher may grant additional time, but not to extend beyond two weeks past the return to school. It is the joint responsibility of student and parent to ensure a student makes up work following excused absences. Teachers may alter assignments, tests, work, activities, etc., as necessary to ensure an accurate evaluation of the student's performance after an excused absence. Students will not receive credit for and will not be allowed to make up any assignments, tests, work, activities, etc., missed during unexcused absences.</p>
Technology	<p>Student laptops should not be hard-wired to the network or have print capabilities. Discs, flash drives, jump drives, or other USB devices are not allowed on Madison City computers. Neither the teacher nor the school is responsible for broken, stolen, or lost laptops. Laptops and other electronic devices will be used at the teacher's individual discretion.</p>
Cheating/Plagiarism	<p>A student who cheats will not receive credit for the work in question. If any other student has cooperated in cheating, that student is also considered to have cheated and will not receive credit. Cheating students will also be subject to disciplinary consequences in Section XXII of this CSC. Cheating is defined to include, but is not limited to:</p> <ul style="list-style-type: none"> (a) copying someone else's work in or out of class and identifying and submitting it as your own (b) failing to quote and/or list appropriate citations for material derived from published sources (including the Internet) and identifying and submitting it as your own (c) the use of unauthorized notes, other materials, or assistance during the accomplishment of graded work in or out of class (d) any other situation in which the student attempts to or accepts credit for work not his or her own.
Artificial Intelligence Acceptable Use Policy <i>(MCS Policy)</i>	<p>Madison City Schools acknowledges that technology is ever-changing and has a tremendous impact on our global society, local community, and classrooms. Artificial intelligence (AI), including generative forms of AI, is becoming more a part of our everyday lives. It is our responsibility to educate and train students to utilize AI in an ethical and educational way. Therefore, Madison City Schools is not banning the</p>

	<p>student or teacher use of AI, but each student will need to be aware of the limitations and guidelines of its usage:</p> <ul style="list-style-type: none">a. Madison City Schools student email accounts and Chromebook access to specific open AI software, such as ChatGPT, are blocked due to data and security concerns.b. Any misuse of AI tools and applications, such as hacking or altering data, is strictly prohibited.c. Teachers may allow the use of AI for curriculum purposes. Access to specific websites will be granted on an as-needed basis, adhering to specific data and privacy guidelines regarding age restrictions and usage.d. College Board and Dual Enrollment college and university classes may have additional restrictions and limitations regarding the use of Artificial Intelligence.e. Students who use AI software with a personal device and/or personal credentials should do so at their own risk, acknowledging that each platform is collecting various forms of data.f. Students must acknowledge the use of AI in any capacity related to their schoolwork, including text, images, multimedia, etc. The use of AI could be subject to the Academic Dishonesty Policy.h. Students should acknowledge that AI is not always factually accurate, nor seen as a credible source, and should be able to provide evidence to support its claims.
Materials & Supplies	
Homework	<p>Students are not expected to have any homework in this class, as they will have time during class to work on their projects. However, any work not completed in class is expected to be completed at home. All homework is due at the beginning of class the day after it is assigned (unless another due date is specified).</p>
Parent & Student Acknowledgment Form	Syllabus Form