Welcome to Mrs. Kendall’s Nutrition and Healthy Living Class! The following is important information for you, the student, to read over and have your parents or guardians read. Please complete the bottom portion which is to be returned to Mrs. Kendall.

**Classroom expectations:**

1. Be respectful. 2. Be on time and come prepared for class. 3. Attempt everything and work to the best of your ability!

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| --- | --- |
| **General Curriculum Outcomes*** Identify the factors that determine one’s long-term health and wellness. (~3 weeks)
* Explain the roles of nutrients in the body - digestion, absorption, transportation and metabolism. (~4 weeks)
* Identify consumer issues related to food. (~4 weeks)
* Identify chronic conditions and the current trends and issues related to their prevention. (~3 weeks)
* Identify post-secondary education programs available to those who wish to pursue a career in nutrition. (~2 weeks)
* Exam review (Exams are the week of June 9th)
 | **Evaluation:** * Class mark: 70%
	+ Tests, quizzes, assignments & projects: 50%
	+ Journal: 10%,
	+ Class mark & homework: 10%
* Final Exam: 30%

Pass mark: 60%  |

 **Materials:**

* A binder devoted to Nutrition and divided into 5 sections with lined paper (hand-outs will be given)
* Writing utensils: Pens, pencils, highlighter, white out, and erasers)
* Notebook or duo tang (with lined paper) for your journal

**\*\* It is expected that students attend class supplied with the above items everyday\*\***

**Positive Learning Plan:**

1. **Have regular** **daily attendance, and be on time**! **Students are responsible for catching up on anything that may have been missed due to an absence**.

This can be done by viewing my class website at ohskendall.weebly.com or by coming in during extra help. If a student misses a test they are expected to write it the day they return to school.

1. **Have a good work ethic**! Be attentive in class, be respectful, keep an appropriate notebook, ask questions, be prepared every time you enter the classroom, etc. Review your notes regularly at home-do not wait until the night before the test to prepare.
2. **Seek extra help** when concepts are unclear.
3. **Complete all class work and assignments**! There will be class work and assignments given throughout the semester which students will be given some time in class to complete; however any unfinished work will have to be completed at home.
4. **Stay updated on your marks!**  Marks will be posted (by code) in the classroom approximately every four weeks. Make sure you are looking at your marks and making up any zeros you are able to by submitting for late marking. Progress reports will also be sent home every month.

**Contact Information:** If parents/guardians have any questions or concerns regarding your student, please do not hesitate to call me

 at **357-4015** or e-mail me at **laura.kendall****@nbed.nb.ca**You can also fill out the contact form on the website.

Sincerely,

Laura Kendall

Mrs. Laura Kendall

Oromocto High School

In an effort to improve communication, please provide the following information so that progress reports and notices can be sent to you.

**\*\* Please Print Information, cut on the line, and send back with your son/daughter \*\***

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**Nutrition & Healthy Living – Mrs. Kendall**

Student’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Home Phone #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Primary contact** Parent/Guardian’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Work Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cell Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Secondary contact** Parent/Guardian’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Work Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cell Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_