

Life Skills/Nutrition 9
Dr. Perry

Email: cherylperry@ccs-rams.org

Phone: (510) 351-4957

Appointments: Contact office

Life Skills/Nutrition 9

Overview

Students will have a basic knowledge of the following:

The relationship between the human body, nutrition and energy balance ❖ Current nutrition and physical activity recommendations and how to apply them ❖ Identify and explore factors influencing food choices ❖ Demonstrate proper food handling and storage to maximize the nutritional quality of food and personal hygiene to prevent food borne illness ❖ Identify valid nutrition information and advocate for positive health policies and practices ❖ Identify and explore influences of local, national and global factors on the quantity and quality of food ❖ Identify and explore the variety of food-related careers.

Grading

- ❖ Grades will be based on the following criteria: 40% Tests and Quizzes, 30% Labs and Projects, 30% Homework/Classwork. Extra credit will not be available.
- ❖ Assignments or homework submitted late will be reduced by 10% if received on the same day, after work is collected, or 50% the next day.
- ❖ Any questions or concerns, please feel free to email me at cherylperry@ccs-rams.org or leave a message for call back at (510) 351-5891.

Tests/ Quizzes

Tests will be taken near or at the end of every chapter. Test and quizzes are worth 40% of the student's overall grade. Quizzes may be announced or unannounced (i.e. a "pop" quiz). Students can expect 3-5 quizzes weekly.

Lab Work/ Projects

Lab work may include pre-lab assignments, work performed during the lab, or written results of lab work. Lab work should be completed thoroughly and questions answered from a scientific perspective. Careless or unthoughtful work will not be accepted and may be counted as late. Lab work is worth 30% of the student's overall grade.

UNACCEPTABLE LAB BEHAVIOR OR WORK WILL BE REPORTED TO PARENTS.

Projects may be assigned as individual or group constructed. Grading also may be individual or group based. Please see specifications in assignment description. ***THE MOST IMPORTANT PROJECT DURING THE FIRST SEMESTER WILL BE THE SCIENCE FAIR PROJECT.***

Homework/Class Notes

Homework should be done neatly and completely. **All homework must include student's first & last name, subject, assignment, and date completed.** Proper Heading will be upper right hand corner. Class notes will also be checked for content. (Content will be based on key concepts or definitions vital to students' understanding of a unit, section, or chapter.) Homework is worth 30% of the student's overall grade.

Supplies

- At least a 1" 3-ring binder
- Notebook paper
- Pencils, #2 lead and a good eraser
- Pens: Green **AND** Black or Blue

Letter to Parents

Dear Parents:

I am so pleased to have your child in my class! We are going to learn so much this year, and I know we are both excited to see the progress of your child! To ensure your child's success this year, there are a few rules that will promote the proper learning environment.

RULES

1. **Be prepared** - Have all materials at your desk and be seated **before** the bell rings.
2. **Respect** - Respect the people, equipment, and furnishings of the classroom.
3. **Follow directions** - Follow directions the **first time** they are given.
4. **Uphold ALL school rules** – No hats, hoodies, PDAs, MP3s, Cell phones **OFF**.

REWARDS

- ❖ **Praise (daily)**
- ❖ **Positive notes home (random)**
- ❖ **Positive emails to parent (random)**
- ❖ **Warm, positive learning environment (daily)**
- ❖ **Joy of learning (daily)**
- ❖ **Successful students**

CONSEQUENCES

- 1st time:** **Name on the board and/or item placed in care of office.**
 This is a warning.
- 2nd time:** **One check**
 300-word typed essay
- 3rd time:** **Two checks**
 Parents will be called and/or emailed
 600-word typed essay
- 4th time:** **Three checks**
 Meet with administrator
 900-word typed essay

Thank you so much for the opportunity to invest in your child!
I know we will have a great year as we all work together for their success.

Dr. Perry

Classroom Procedures for Nutrition

Dr. Perry (Room 17)

- ❖ **Entering the classroom**
 - Enter in a quiet manner
 - Turn in homework
 - Obtain the materials you need
 - Sit down quickly and begin your work***

- ❖ **Turning in work**
 - Heading (upper right corner)
 - Neat & Complete
 - On Time

- ❖ **Materials**
 - Raise hand
 - Teacher acknowledges request
 - Quickly get materials and return to seat

- ❖ **Urgent Restroom**
 - Raise hand
 - Teacher acknowledges request
 - Use emergency pass
 - Return pass to TEACHER

- ❖ **Tardiness**
 - Give pass to teacher upon entering
 - Without a pass, consequence for violating rule #1
 - Follow procedures for entering the classroom

- ❖ **Absenteeism**
 - Check absence box for homework with your name
 - Check calendar and complete missed homework

- ❖ **Lab Work**
 - Come dressed appropriately
 - Come with all necessary materials
 - Be ready to work
 - Follow all safety guidelines

- ❖ **Emergency**
 - **STOP** Stop what you are doing, turn, and look at teacher
 - **FREEZE** Don't move a muscle, listen for instruction
 - **GO** Line up outside the classroom in designated area

Consequence Form

❖ Which rule have I broken?

❖ What action will I take in the future to ensure that this offense is not repeated?

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Parent Expectations

Support your child

- ❖ Make sure your child has a quiet environment in which to do their homework.
- ❖ Make sure that your child has the materials he or she needs for school.
- ❖ Encourage your child to participate in school activities.

Check powerschool regularly

- ❖ CCS uses this tool to encourage better communication between parents and teachers.
- ❖ In powerschool, you can view:
 - grades
 - assignment descriptions
 - course description
 - comments from the teacher

Contact me if you have a question or concern

- ❖ email: cherylperry@ccs-rams.org
- ❖ phone: 510 351-4957
- ❖ appointment: Contact school office

Together, we can ensure your child's success

School Activities

Science Fair (School-wide competition)

- ❖ 7th grade participation is mandatory (9th - 12th grades are invited to join)
- ❖ Students will perform an approved experiment of their choice.
- ❖ Students will write a report and present their ideas at the San Leandro campus in January (judging will take place at that time).
- ❖ First and second place winners in each category will have the chance to go to San Francisco.

Science Fair (San Francisco)

- ❖ Only the First and second place winners from the school-wide fair in each category will have the opportunity to go to San Francisco.
- ❖ Winners from this competition have the chance to win college scholarships up to \$50,000.

Science Bowl (School-wide competition)

- ❖ Students will answer multiple-choice questions verbally.
- ❖ The competition will be held at San Leandro campus in December.
- ❖ Competition is intense. Students may practice during lunch periods.
- ❖ Students will be recommended for the Regional Science Bowl.

Regional Science Bowl

- ❖ Recommended students from the school-wide competition will attend the Regional Bowl.
- ❖ Science Bowl will be held in TBA on a Saturday in January/February.
- ❖ Students will be competing with other schools in the region.
- ❖ Competition is intense. Students may prepare during lunch periods .

Thank You Parents!

Thank you for taking the time to fill out this checklist!
Your time is greatly appreciated!

I, _____, the parent of _____,
have read and reviewed the following forms (please check):

- Teacher contact information
- Parent introduction letter
- Course description & supplies
- School Activities
- Classroom procedures
- Parent Expectations

Signature

Date

I know we will have a great year as we work together for
the success of your child!

Sincerely,
Dr. Perry