

HEALTH ENHANCEMENT

Health Enhancement I and II are required classes for graduation from Sentinel High School. Health Enhancement is composed of 12 three-week units (nine activity units and three health units per year). Quarter grades are determined by averaging the points earned in three units. Semester grades are determined by averaging points earned in two quarters.

GRADING: Activity grades are based on the following criteria:

- **Performance** – Students will be assessed on their skills and abilities in each unit.
- **Attitude & Effort** – Students are expected to demonstrate enthusiasm, effort, cooperation, respect for others, sportsmanship, and discipline during all units.
- **Policy** - Students are expected to change into clothing appropriate for the activity and weather. The top outermost garment must be marked with the student's last name.
- **Activity Log** - Students will keep a physical activity log, which will be assessed at the end of each unit.
- **Attendance** – Student absences are divided into four categories: excused, unexcused, school-related and medical. There are no penalties for school-related absences or medical absences verified by a medical doctor. However three points will be deducted for all other absences.

POLICY FOR MEDICAL EXCUSES:

All medical excuses related to health enhancement must be channeled through the school nurse. The school nurse may:

- decide to excuse the student from physical activity for the day.
- send the student back to class with a note limiting physical activity, in which case the student must return to class, dress out, and participate on a limited basis.

Excused absences from parents/guardians are good for three days. Any excuse lasting more than three days must be confirmed by a doctor.

HOW TO MAKE UP EXCUSED ABSENCES:

1. Excused absences (including absences verified by parents/guardian or the nurse), can be made up.
2. The makeup assignment usually consists of a twenty-minute run in the gym during the lunch period, but teachers may provide other alternatives.
3. Arrangements for makeup must be made within one week of the absence (or when healthy).

GENERAL INFORMATION:

1. Students will be issued a lock and a locker at the start of the year. Lost or damaged locks will result in a fine.
2. Students are expected to change their clothes and participate fully in all planned activities. Students who fail to dress out will be deducted three points.
3. Students are expected to use common sense and follow instructions in the use of equipment and facilities.
4. Students must remain in the locker room until the passing bell rings.
5. Cellphones are not allowed in the locker rooms at any time.