**Freshman Core:**

**Health & Happiness**

**with Ms. Parker**

A days 8:30- 9:55

Room 3

kparker@losd.ca

parkercore.weebly.com



**Course Description:**

Welcome to Freshman Core at Cypress! This course is co-taught with Ms. Parker and Ms. Cooper. It will be taught in nine week increments of stand alone units. In Ms. Parker’s half of the course, students will be looking critically at the relationship between health and happiness and society’s idea of success. The intention is for this class to be a way to prepare all incoming students for success at Cypress and beyond by developing self awareness. Students will be introduced to yoga and meditation practices. The course has a 15 hour community service requirement. The focus in each semester will be as follows:

|  |  |
| --- | --- |
| Semester 1 | Semester 2 |
| **Essential Questions:** What is happiness? Is there a formula for happiness? What is the relationship between happiness and success?We will be looking critically at the components of happiness through the lens of the following:* The Happiness TLC’s:
	+ Relaxation and Stress Management
	+ Recreation
	+ Relationships
	+ Religion and Spirituality
	+ Time in Nature
	+ Exercise
	+ Diet and Nutrition
	+ Contribution and Service
 | **Essential Questions:** How does my relationship with myself affect my happiness? What can I do to improve my relationship with myself?Looking critically at your relationship with yourself by focusing on:* Metacognition
* Brain development
* Theory of Multiple Intelligences
* Maslow’s Triangle
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**Student Expectations:**

Students are expected to conduct themselves in a professional manner at all times when on campus. Digressions from this expectation will not be tolerated.

**Academic Integrity:**

Plagiarism:

Students are expected to produce their own work. If a student engages in plagiarism on any assignment, they will receive a score of 0 for that assignment. Their parents and theprincipal will also be notified of the incident.

Cheating:

Students caught cheating on assessments will receive a score of 0 for that test or quiz. If students are on either end of a situation where some are copying another’s answers, both/all students involved will be disciplined. Parents and principal will be notified.

**Cell Phone and Technology Policy:**

The expectation at Cypress Charter is that students will have their cell phones silenced and out of sight during class time.

1. If I see you using your cell phone in class, I will ask you to put it away one time.
2. After that, I will take it away and keep it until the end of class.
3. If the situation continues, further measures will be taken.

If you need to communicate with your parents during the day, the office is more than happy to let you use their phone. Likewise, your **parents can call the school if they need to get in touch with you.** If it is not an emergency, you can wait until lunch and use your own phone.

Students will have ample opportunities to use technology in the classroom. However, if our trust is compromised and you are using them for something other than the designated assignment, you will loose your privileges.

**Bathroom Policy:**

Bathroom use is a privilege. One student out of the room at a time. Check in with the teacher before you go.

**Materials List:**

**Bring to class every period**

* 1” - 2” binder to use for your “A” day classes
* 4 binder dividers
* Pens and pencils
* binder paper
* Academic calendar(pick one):
	+ purchased planner
	+ monthly calendar printed from website
	+ Google calendar
* *By signing, I have read and acknowledge the expectations and requirements of this course:*

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Parent Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Email:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_