

Course: Wellness

Instructor: Rachel Humphrey

Contact information: rachel.humphrey@fcsofjackson.org

Description of course: This will be a course to learn and implement tools to promote a healthy, Christian lifestyle. The goals of Wellness will be to develop a knowledge of God as Creator, health pertaining to the body, desire for spiritual health, healthy lifestyle choices, achieve attitudes of respect as well as responsibility and build a deeper love and personal relationship with the Lord.

Teacher's expectations:

- Be ready and prepared
- Be respectful
- Be responsible

The FCS honor code is your ultimate guide.

Lesson Plans & Assignments:

- All lesson plans and assignments will be posted on MySchoolWorx.
- We will have 3 categories of assignments:
 - Tests 40%
 - Projects 40%
 - Daily assignments 20%

Teacher Communication:

MySchoolWorx will be the best way to message me any questions or concerns you may have with Wellness course.

Supplies:

Notebook

Pencil

I look forward to teaching these students topics pertaining to health and life from a Christian perspective.

Sincerely,
Mrs. Rachel Humphrey

