**Welcome Parents and Seventh Graders!**

        In seventh grade Health and Physical Education, students will learn to assess their own health status and understand the relationship of healthful living to their quality of life.  They will develop an awareness of their own control in the areas of stress management, accept responsibility for the prevention of major health problems, and demonstrate conflict resolution skills.  Students will understand concepts of fitness and wellness, accept responsibility for personal fitness and demonstrate a variety of skills needed to participate in a lifetime of physical activity.

**Grading Scale:**

40% PE Assessment & Participation

30% Health Test

20% Classwork/Homework

10% Participation

\*\*\*Students will lose 1 participation point for not following classroom rules or procedures.  This translates to a possible 10 point loss on report card.

**Supplies needed for class are:**

* Athletic/Tennis  Shoes
* 3-ring binder (1 inch)
* Dividers (6 in total)
* Highlighters
* Loose-leaf paper
* Pen or Pencils
* Earbuds/Headphones (Optional for when we use computers/ipads/ipods)

**Teacher wish list:**

* TISSUES!!!!
* HAND SANITIZER!!
* Clorox/Disinfecting Wipes

                                                                                                              The classroom syllabus will be sent home with students on the first day of school. Review and discuss it with your student, sign it, and return it to me within the first week of school. Also, expect to receive a contact information sheet to fill out and return along with other information.

**Please feel free to contact me if you have any questions.**

Email: belchll@gatescountyschools.net

The school phone number is 357-0470. My planning period is from 2:00 - 3:00.

I look forward to working with you and your seventh grader this year!

                                                                 Lauren L. Belch, M.A. Ed.