



2020-2021 Class Expectations

Welcome Back and Welcome New Heatherwood Parents & Students!

During this time of social distancing I want to ensure that each of my students have access to enriching online curriculum and assignments. The plan is to deliver instruction through the virtual learning platform CANVAS, and I need your support to ensure success. Please take a moment to review the plan below and talk with your child about the importance of embracing their education during this time.

Students should:

- Log in and receive fitness and health instruction through Canvas during their scheduled class days.
- Assignments should be submitted by the due date and weekly activity logs are due on the Friday of each assigned week.
- On my CANVAS home page, click on the grade level link (6th, 7th, or 8th grade) at the bottom of the page. Those links will take you to the grade level fitness or health units and information needed for the day.
- CANVAS announcements will be updated every Sunday PM.
- Zoom meetings will be on scheduled class days with prior notice (No worries – We got this!)
- Beginning Wednesday, September 9th, instructional videos, and curriculum support will be uploaded to CANVAS.

A zoom meeting invite will be sent out to explain CANVAS, introduce myself, show how to find of the information that you will need for the year.

- Instructional content such as power point presentations, study guides, Q &A videos, Focused Fitness, and other links will be posted for scheduled class times and remain posted for 2 weeks.

Grading, Late Work, Sex Ed Curriculum, Sample Format

GRADING: 50% Academics (quizzes/Assignments) 50% Activity Participation and Activity Logs

LATE WORK: Class time for Quizzes and most assignments will be given to help the process. Late work can always be submitted but after 2 weeks, the highest score possible will be a C.

SEX ED CURRICULUM: Scheduled for 2nd Semester. Dates and more information will be forthcoming.

Sample 2 week schedule

DAY 1	DAY 2	DAY 3 (2 ND week)	Day 4 (2 nd Week)	Fridays
Introduce Content	Content/Review	Content Review	Content Quiz	SEL lessons
Hydrate & Stretch	Hydrate & Stretch	Hydrate & Stretch	Hydrate & Stretch	2 nd Step
Workout Activity	Workout Activity	Workout Activity	Workout Activity	Activity Log
Record Activity Log	Record Activity Log	Record Activity Log	Record Activity Log	Self-Reflection
Exit Ticket	Exit Ticket	Exit Ticket	Exit Ticket	

Communication will be a key part of our online success.

	rwatson@everettsd.org
	425-385-6454

I will also be using REMIND as another form of communication. Click on REMIND for directions.

Class codes are:
6th Grade: f68eg62

7th Grade: 48c384

8th Grade: gbe7dk

Sincerely,
Reija Watson

