

eSchool Spring 2023

Enrollment opens November 29, 2022, Deadline to enroll is January 19, 2023.
Course dates are January 17 - April 18, 2023.

What to expect?

- Student should be a Self starter
- Must be your own advocate (it is your class not your parents)
- Must have excellent communication skills (emails), especially since it is an online course
- Remember it's a real class (like a online college course)
- 60-65 hours online coursework: video lessons, reflection, quizzes, tests, projects (different for Fitness)
- Health includes hands only CPR demonstration

Fitness for Life 1 and Fitness for Life 2

Course Information & Expectations

- Deadline and expectations are followed...**NO EXCEPTIONS**
- Manage your time effectively
- Pre and Post Fitness tests in person
- Weekly turn-in fitness logs- 48 total hours
- Students will do a variety of different workout types and exercises through those workouts
- Consistency is key when it comes to exercise in this class
- Understanding of exercise intensity- not just house chores and times you sweat

Completing an eSchool Orientation is mandatory. If you have attended a meeting in a previous semester, you may sign and return the Student Sign-Off page instead of attending a meeting. Meeting opportunities include:

- January 12, 2023, 3:30-4:15 p.m. @ SM North Auditorium
 - Fitness for Life 1 & Fitness for Life 2 pretests, 4:15 p.m. @ SM North Auditorium
- January 19, 2023, 6:00-6:45 p.m. @ SM North Auditorium
 - Fitness for Life 1 & Fitness for Life 2 pretests, 5:15 p.m. @ SM North Auditorium

Students will also be responsible for taking their final exam in a supervised environment. Opportunities are below:

- April 18, 2023, 3:30-6:00 p.m. @ SM North Cafeteria
- Or by Appointment with Dr. Laura Brogdon
- Fitness for Life post test April 18, 2023 @ SM North Cafeteria

Course Withdrawal and Refund Policy

- If withdrawal is made by February 7, 2023, no record will appear on the transcript. If a withdrawal request is made after 2/7/23 but before midnight on 4/11/23, the record will show the e-course and a notation of withdrawal will be made as WP (withdrawn, passing grade, no credit). Any withdrawal requests made after 4/11/23 will not be honored and students will receive the grade earned on the transcript.
- **THERE ARE NO REFUNDS FOR WITHDRAWALS AFTER CLASS BEGINS.** *If a student withdraws from a course for any reason prior to the beginning of class, they will be charged a 20% cancellation fee.* A written or email request from the parent is required for a refund or withdrawal. Please email laurabrogdon@smsd.org with your requests.

Please check out our website to learn more details about the eSchool program!

<https://www.smsd.org/academics/eschool>

eSchool Office 913/993-9740