

Welcome students and parents to Ms. Sadler's class for the 2018-2019 school year!

Course Name: Home Economics

Grade: 10 (HomeEc10F)

Course Description

Welcome to Grade 9 Home Economics. This course puts together hands-on learning experiences with real-life situations. It will give you the opportunity to learn more about yourself so you will be able to make more informed decisions throughout your life.

This course is being presented in conjunction with the Community School program, providing much needed help with the task of cooking healthy, balanced meals for the students of Alonsa Community School. Because of this, students will be preparing items weekly throughout the year for the Breakfast and Free Lunch Programs available to our students. Students will be required to work on theory modules independently and then as small groups for the hands-on tasks.

How Is This Course Organized?

➤ **Module 1: Nutrition and Food**

Here you will learn about making positive behavioral changes in your diet and lifestyle. You'll understand guidelines related to making good food choices, as well as to purchasing and preparing food for good health.

* Module 1 will continue to run throughout the year

➤ **Module 2: Family Studies**

In this module, you will learn about your own development in relation to your family and your environment. You will reflect on decisions that affect your relationships and well-being, and that guide you in making positive, healthy decisions.

➤ **Module 3: Clothing and Textiles**

This module will provide you with the opportunity to learn about clothing and textiles and to complete a practical sewing project. Other topics include: clothing messages, wardrobe planning, and the construction, care, and selection of clothing.

Weekly Schedule

| Day | Skill | Tasks |
|-----|-----------------|--|
| 1 | No class | |
| 2 | Theory/Planning | These classes will be divided into half theory / module work, and half group planning for the community canteen needs |
| 3 | No class | |
| 4 | Theory/Prepping | These classes will be divided into half theory / module work, and half hands-on prepping for the community canteen needs |
| 5 | No Class | |
| 6 | Cooking | These classes will be spent at the Community hall kitchen, preparing the planned items for the community canteen |

Evaluation Breakdown

Theory/Practical Work _____ 60%
Projects 40%

Academic Expectations

Due Dates:

- ❖ Assignments are created to be completed during the allotted class time – if a student is away or unable to complete the assignment, it is **their** responsibility to contact me and complete their work in a timely matter.
- ❖ Assignments not submitted by their agreed upon due date will be accepted, but with penalties.
- ❖ Overdue assignments **will not** be accepted once the reporting term has ended and report cards have been sent out.

Failing Grades:

- ❖ If you receive a failing grade on an assignment, you will be given the opportunity to make changes and improve the assignment with guidance from myself and your peers.
- ❖ Parents/guardians will be required to acknowledge and **sign all** assignments in which a student earns 49% or less

Classroom Behavioral Expectations

| | |
|-------------------|---|
| RESPECT | Respect each other's bodies, personal space, and belongings. If it does not belong to you, do not touch it! This includes my belongings and supplies! |
| TRY | Not everyone is equal when it comes to their abilities. My job is to challenge you and help you to grow, so I ask that you try to give your best every day, and that today you are trying to be better than yesterday. |
| TEAMWORK | We are allies and are here to help each other on the journey through education. Ask one another for help and guidance – you know more than you think! |
| LANGUAGE | Monitor your language use in this space! You're human, but have respect for those around you. |
| SAFE SPACE | I do my best to make this a safe space for all students to feel comfortable being in – if you are preventing that from happening, you will be asked to leave. This is a room of tolerance, understanding, and empathy. |

I, _____ acknowledge that I understand what is expected of me as a student in Ms. Sadler's class, both behaviorally and academically, and agree to abide by them. I have also shown these expectations to my parents/guardians.

Student Signature

Parent Signature