

*Mount Vernon High School  
Home of the Majors*

*"Majors achieve and  
thrive together with  
purpose and pride."*



#ProudMajors

# Admin and Counselors

(Shift to the Alpha Model)

Admin <i>Administrador</i>	Alpha <i>Asignación por Apellido</i>
Karen Boyd	A-Der
John Shaffer	Des-Lay
Lashonda Reed	Laz-Ram
Gina Brooks	Ran-Z
Adrian Williams	CSS & STEP

New Alpha <i>Nueva Alfa</i>	School Counselor <i>Consejero/a Escolar</i>
A-B	Bryce Green
C - Ev	Niasharee Frater
Ew-Hop	Ericka Jeter
Hoq-Mc	Mary McAlevy
Md-Pie	Camille Moore
Pif-Sli	Melissa Mentzel
Slj-Z	Paul Guillion
CSS & STEP	Karen Mazzocoli
ESOL Level 1 and 2	Catherine Samper

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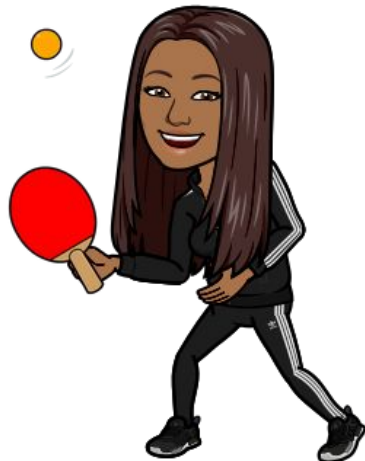
<b>P.R.I.D.E.</b>	<b>IB Learner Profile</b>	<b>WITHIN OUR SCHOOL</b>
<b>Preparation</b>	<ul style="list-style-type: none"> <li>• Communicators</li> <li>• Inquirers</li> <li>• Knowledgeable</li> <li>• Reflective</li> <li>• Thinkers</li> </ul>	<ul style="list-style-type: none"> <li>• Majors walk with a purpose and; with the goal of arriving to class on-time.</li> <li>• Majors aim to</li> <li>• Majors are available to engage in all aspects of the learning process.</li> <li>• Majors advocate appropriately when they need assistance (academic, behavior, social/emotional).</li> <li>• Majors communicate with teachers and plan in advance for when they are not in class and to follow up on lessons missed.</li> </ul>
<b>Respect</b>	<ul style="list-style-type: none"> <li>• Balanced</li> <li>• Caring</li> <li>• Communicators</li> <li>• Principled</li> <li>• Reflective</li> </ul>	<ul style="list-style-type: none"> <li>• Majors use appropriate tone of voice, word choice/language and body language.</li> <li>• Majors are mindful of their environments and conversations.</li> <li>• Majors respect the boundaries and personal space of others.</li> <li>• Majors greet each other and return greetings to others.</li> <li>• Majors follow the expectations set forth by teachers in their classrooms &amp; the SR&amp;R.</li> </ul>
<b>Integrity</b>	<ul style="list-style-type: none"> <li>• Balanced</li> <li>• Communicators</li> <li>• Open mindedness</li> <li>• Principled</li> </ul>	<ul style="list-style-type: none"> <li>• Majors are truthful and courageous enough to communicate with staff/peers.</li> <li>• Majors are responsible and accountable for their actions and success.</li> <li>• Majors are mindful of others and respect diverse perspectives.</li> <li>• Majors are aware of their behaviors and how their behaviors can impact others.</li> </ul>
<b>Determination</b>	<ul style="list-style-type: none"> <li>• Communicators</li> <li>• Inquirers</li> <li>• Knowledgeable</li> <li>• Risk-Takers</li> </ul>	<ul style="list-style-type: none"> <li>• Majors are committed and present in the moment.</li> <li>• Majors follow through with assigned tasks.</li> <li>• Majors complete tasks to the best of their abilities.</li> <li>• Majors persevere through difficult situations, tasks, conflicts and roadblocks and promptly communicate with teachers/staff for assistance.</li> </ul>
<b>Excellence</b>	<ul style="list-style-type: none"> <li>• Balanced</li> <li>• Inquirers</li> <li>• Communicators</li> <li>• Knowledgeable</li> <li>• Reflective</li> <li>• Risk-Takers</li> </ul>	<ul style="list-style-type: none"> <li>• Majors show maximum effort in all that they do.</li> <li>• Majors strive to create balance between school and home and minimize distractions.</li> <li>• Majors self-reflect as they grow and develop into life-long learners.</li> <li>• Majors are able to self-regulate their actions in order to accomplish goals.</li> <li>• Majors are team players and are always willing to lend a hand.</li> </ul>



**Introduce yourself**



**Mrs. Rowe**



**Mrs. Lazo**



**Mrs. Ali Marina**



**Ms. Dentler**

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## Curriculum Overview

### HPE 9

- The students will explain the benefits of a healthy lifestyle.
- The students will describe behaviors that promote wellness, disease prevention, and community health.
- The students will self-assess their skills performance and develop a personal physical activity program aimed at improving motor skills and movement patterns.
- The students will demonstrate independence in making choices, respecting all others, avoiding conflict and resolving conflicts appropriately
- The students will demonstrate the ability to plan for and improve components of fitness and achieve and maintain a health-enhancing level of personal fitness.

### Health Unit Topics

- Safety/Injury Prevention
- Personal Health
- Community Health
- Physical Wellness
- Physical Fitness
- Mental & Emotional Wellness
- CPR

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## Curriculum Overview

### Personal Fitness

- Explain how body systems are impacted by physical activity
- Explain and apply biomechanical principles related to strength and conditioning.
- Explain the relationship of nutrition, physical activity, and rest to physical performance and disease prevention.
- Plan for personal fitness through analysis, goal setting, implementation, and evaluation.

### Health Unit Topics

- Safety/Injury Prevention
- Skill movements
- Muscular Systems
- Fitness Planning
- Healthy Lifestyle

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## Recommended Supplies for Class

### ❖ PE

- Athletic Attire
- Shorts/Pants
- T-shirt
- Sneakers (no croc/slides)
- Bottle of water

### ❖ Health

- Laptop & Charger

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## Grading and Assessments

### Health & PE

Criterion A (20%)

Criterion B (20%)

Criterion C (30%)

Criterion D (20%)

Formative (10%)

### Personal Fitness I & II

Participation (30%)

Skills Progression (30%)

Warm up/Cool down (20%)

Knowledge Assessment (20%)

A	93- 100
A-	90- 92
B+	87- 89
B	83- 86
B-	80- 82
C+	77- 79
C	73- 76
D-	70- 72
D+	67- 69
D	64- 66

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# Sports Medicine

Sports Medicine is offered as an elective course for high school students. The course was developed to introduce students to the field of sports medicine and other health related professions. This course has a strong focus on human anatomy and physiology, prevention of athletic related injuries, and basic first aid.

## Grade Weighting

- Tests- 25%
- Quizzes -20 %
- Homework/Classwork-20%
- Projects- 20%
- Labs- 15%

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