

**Instructor: Mrs. Amanda Wysocki**

FCS Classroom # 211

715-595-4241 ext. 243

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Website: See link on school website

**Course Description:**

This is an introductory course that will touch on a variety of areas within Family and Consumer Sciences. Topics that will be covered include: measuring, cooking, nutrition, MyPlate and sewing.

**Supplies:**

Please bring the following materials with you each day you come to class:

Pen/pencil, notebook, folder

**\*\* Students will need to purchase additional sewing supplies later in the semester. The materials will cost about \$4.00. Please plan ahead for this! A note will be sent home for parents about 2 weeks before the supplies are needed in class.\*\***

**General Course Outline:**

- I. Kitchen Basics
  - a. Kitchen safety
  - b. Measuring and Tools
- II. Nutrition
  - a. MyPlate
  - b. Nutrients
  - c. Meal planning
- III. Drawstring back pack
  - a. Get familiar with sewing machines and tools
  - b. Sewing project – in class work time

\*\* This list is to serve as a general guideline of the topics covered in the course; it is not a complete schedule and may change as needed for the course, school, students and time allowed.

**Assignments and Grading**

Your final grade will be calculated by the following:

Participation, attitude, in-class work	25%
Worksheets and assignments	20%
Tests and Quizzes	20%
Projects	35%

*Note: Your attitude, effort and/or participation – Good or Bad -- can affect your grade!*

Grades will be updated and posted on Skyward as soon as possible. You are expected to keep updated on your grade. See me with any questions or problems.

Percentage	Letter Grade
100-98	A+
97-93	A
92-90	A-
89-87	B+
86-83	B
82-80	B-
79-77	C+
76-73	C
72-70	C-
69-67	D+
66-63	D
62-60	D-
59-0	F

### Late Work

Assignments that are turned in late will automatically receive a deduction in score by 10% for each day it is late. Choosing to not complete assignments or work in class will result in disciplinary consequences. A grade is intended to be a measure of your learning progress and knowledge; a zero does not prove what you know or have learned only that you have chosen to be lazy, defiant, disobedient, etc.

**- - - You are responsible for completing your work and turning it in! - - -**

### Absences

All work that was due on the day of absence needs to be turned in upon the students return to class. Students are responsible for getting notes, assignments and any information missed. In case of excused absence, students will have two class days from the missed class to complete and turn in work.

### Cheating

Students are expected to demonstrate honesty and integrity. This includes, but is not limited to: test taking, homework, class assignments, and the original creation of projects, papers, and research. All work submitted by students should be a reflection of their effort and ability. The following are examples of cheating, including but not limited to: cheating on a test, plagiarism, submitting another person's work as one's own, copying another student's work (test, quiz, homework, and project), allowing another student to copy your work, doing a project for another student.

In any instance where a student is caught cheating, they will receive a zero on the assignment, a referral and a phone call home. Additional infractions will be addressed as needed in accordance with the student handbook and school administration.

### Responsibilities

Students will:

- Come to class with necessary materials and be prepared to work
- Be to class on time
- Do own work and have it done on time
- Give their best effort
- Follow all safety guidelines for use of technology, sewing and kitchen equipment. (These will be covered separately)

**Personal Electronic Devices**

Students are expected to follow school policies on the use of personal electronic devices (cell phones, iPods, MP3 players, e-readers, laptops, etc). If students are allowed to use such devices in class, they are expected to use them RESPONSIBLY. Failure to do so may cause the student to lose the device (will be turned in to the office), earn referrals, phone calls to parents, etc.

**Grading for Writing**

Grading for writing will be based off of the Writing Rubric (see next page). This rubric will not be printed for assignments but you should notice on project grade rubrics there are points assigned for English mechanics and writing content. This is for your information and reference so that you understand my expectations.

**Consequences**

Students failing to follow the guidelines and rules set will be subject to disciplinary actions including, but not limited to, the following:

- Grade reduction or Zero
- Phone call to parents
- Disciplinary referral – Major/minor
- Removal from food labs and/or certain class activities
- Conference with parents
- Conference with principle/administrator

**You will show RESPECT!**

- You will respect me
- You will respect your peers
- You will respect yourself
- You will respect the classroom
- You will respect the equipment