

# eSchool Summer 2023

Enrollment opens February 21, 2023, Deadline to enroll is June 1, 2023.  
Course dates are May 30 - July 25, 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- 40 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:

- May 15, 2023, 3:30 p.m. @ SM North Auditorium
- May 18, 2023, 3:30 p.m. @ SM North Auditorium
- May 25, 2023, 6:00 p.m. @ SM North Auditorium
- June 1, 2023, 6:00 p.m. @ SM North Auditorium
  - Fitness for Life 1 & Fitness for Life 2 pretests on above dates, times vary.

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

- July 21, 2023, 8:00-10:00 a.m. @ SM North Cafeteria
- July 24, 2023, 4:00-6:00 p.m. @ SM North Cafeteria
- July 25, 2023, 1:00-3:00 p.m. @ SM North Cafeteria
- Or by Appointment with an eSchool Administrator
  - Fitness for Life 1 & Fitness for Life 2 post tests July 25, 2023, time TBD

## Course Withdrawal and Refund Policy

- If withdrawal is made by June 20, 2023, no record will appear on the transcript. If a withdrawal request is made after 6/20/23 but before midnight on 7/18/23, the record will show the e-course and a notation of withdrawal will be made as WP (withdrawn, passing grade, no credit).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 7/18/23 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](mailto: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