Enrollment opens August 14, 2023, Deadline to enroll is September 7, 2023.
Course dates are September 5 - December 5, 2023.

What to expect?
- Student should be a self starter and manage time effectively
- Must be your own advocate (it is your class not your parents)
- Must have excellent communication skills (emails)
- Remember it’s a real class (like a online college course)
- 60-65 hours online coursework: video lessons, reflection, quizzes, tests, projects
- 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
- Pre/Post tests in person
- Weekly turn-in fitness logs (3-5hrs per week)
- 25 hours online coursework
- Students will do a variety of different workout types and exercises
- Consistency is key!
- Understanding of exercise intensity- not just house chores and times you sweat

Students will need to attend one mandatory orientation meeting to participate in eSchool courses. Meeting opportunities include:
- August 29, 2023, 3:30-4:15 p.m. @ SM Northwest Cafeteria
  - Fitness for Life 1 & Fitness for Life 2 pretests, 4:15 p.m.
- September 6, 2023, 4:30-5:15 p.m. @ SM Northwest Cafeteria
  - Fitness for Life 1 & Fitness for Life 2 pretests, 4:00 p.m.

Students will also be responsible for taking their final exam in a supervised environment. Opportunities are below:
- December 5, 2023, 3:30-6:00 p.m. @ SM Northwest Cafeteria
- Or by Appointment with eSchool administration
- Fitness for Life post test December 5, 2023 @ SM Northwest Cafeteria

Course Withdrawal and Refund Policy
- If withdrawal is made by September 26, 2023, no record will appear on the transcript. If a withdrawal request is made after 9/26/23, the record will show the e-course and a notation of withdrawal will be made as WP (withdrawn, passing grade, no credit).
- 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 vickykopp@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