



# eSchool Summer 2025

Enrollment opens February 18, 2025, Deadline to enroll is May 29, 2025.

Course dates are May 19 - July 14, 2025.

## 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), 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 do **not** have to attend again. Meeting opportunities include:

- May 14, 2025, 3:30 p.m. @ SM **West Library**
- May 15, 2025, 3:30 p.m. @ SM **West Cafeteria**
- May 19, 2025, 5:00 p.m. @ SM **West Library**
- May 29, 2025, 5:00 p.m. @ SM **West Cafeteria**
  - Fitness for Life 1 & Fitness for Life 2 pretests on above dates, at **4:00 p.m.**

Students will be responsible for taking their final exam in a supervised environment. Exam dates:

- July 1, 2025, 9:00-11:00 a.m. @ **SM West Library**
- July 8, 2025, 9:00-11:00 a.m. @ **SM West Library**
- July 17, 2025, 3:00-5:00 p.m. @ **SM West Cafeteria**
- July 18, 2025, 1:00-3:00p.m. @ **SM West Cafeteria**
- July 21, 2025 8:00-10:00a.m. @ **SM West Library**
- Or by Appointment with an eSchool Administrator
  - Fitness for Life 1 & Fitness for Life 2 post tests on above dates

### Course Withdrawal and Refund Policy

- If withdrawal is made by 6/11/25, no record will appear 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 ([laurabrogdon@smsd.org](mailto:laurabrogdon@smsd.org)) from the parent is required for a refund or withdrawal.*

Please check out our website to learn more details about the eSchool program!

<https://www.smsd.org/academics/eschool>

eSchool Office 913/993-9740