STAYING HEALTHY AND BALANCED

In an effort to guide and direct students in making healthy and balanced choices regarding their time and commitments, all students are required to complete the following chart and submit it with their course requests. This is a guideline and requires individual discernment. Class loads will vary depending on factors that this chart cannot measure (i.e. how long a particular student may take to master concepts and content.) While impossible to factor in all variables for every student, the following scale was built around the following assumptions regarding time.

24 hours in a day

- 8 hours of sleep (research says minimum 9)
- 8 hours of school, including average travel time (7:30 A.M.– 3:30 P.M.)
- 1 hour for dinner, time with family, chores
- 1 hour of "mental health time" (relaxation, social media, time with friends, TV)
- 6 hours remain for homework and other commitments/ interests

Using the score guide:
Variable scores are based on the rigor or amount of time needed for the class/activity.

Time Needed for Activity/Job/Club Sport:

Less than an hour a week:	.5 points
1-2 hours a week:	1 point
3-4 hours a week:	2 points
4-5 hours a week:	3 points
6+ hours a week:	4 points

Example scores:

Honors Physics:	4 points
AP Physics:	5 points
Theater Supporting Role:	2 points
Theater Lead Role:	4 points
Activity Math Club:	.5 points
Activity Robotics:	4 points
Activity Pep Band:	2-3 points

Sustainability Points Scale

18 19 20 21 22 23 24 25 26 27 28 29

RECOMMENDED RANGE

Students outside the recommended range may be counseled to re-evaluate their commitments, strength of schedule, goals, and priorities.

Academics	Semester 1	Semester 2
Core Academic Classes 3 points per class		
Honors/AP/Dual Credit 4-5 points		
PE/Art/Elective 1 point		
Journalism/Yearbook 2 points		
Co-Curriculars	**Semester 1**	**Semester 2**
Sports 2 points per season		
Theater 2-4 points		
Search Leader 1 point		
Club/Activity .5-4 points (depending on activity)		
Outside Commitments: Job/Volunteer/Family 1.5-2.5 points		
Outside Sport/Club/Activity .5-4 points		
Total:		