



7th Home and Careers

Teacher: Mrs. Mapes



Course Goals: In Home and Careers, you will learn skills needed to become successful and independent in the future. This year, we will cover a variety of topics, and our major goals are listed below.

- ❖ Follow a recipe to safely prepare a meal using the proper kitchen equipment.
- ❖ Read a food label to gain an understanding of the food's ingredients and the nutrition it provides.
- ❖ Adjust the ingredients or cooking method of a recipe to improve its nutrition.
- ❖ Name all of the food groups on the MyPlate diagram and provide an example of how each one contributes to your overall health.
- ❖ Implement key banking safety tips, learn how to open a bank account and use a debit card.
- ❖ Evaluate the pros and cons of using a credit card and learn strategies to avoid credit card debt.
- ❖ Write out a check correctly.
- ❖ Develop a personal budget to achieve a financial goal and learn how to use saving strategies to stick to it.
- ❖ Use available career resources to research a future career path.
- ❖ Practice applying and interviewing for a job.
- ❖ Review and practice practical skills needed to maintain the cleanliness of a living space.
- ❖ Sew on a button back onto a piece of clothing.

Course Expectations:

Be Respectful – Be Responsible – Be Ready to Learn

Beginning of Class → Please enter the classroom quietly and look at the board for instructions on what materials will be needed for the days' lesson. Students should follow these directions and take out these materials without being told.

During Instruction → Please model respectful and positive behavior. Do not shout out answers or comments or speak over others. Raise your hand if you would like to contribute and I will call on you.

Partner/Group Work → Treat all group members with respect and come and speak with me privately if you have an issue. I will not tolerate disrespectful comments about your classmates or teachers.

Working in the Kitchen → Be responsible and SAFE when working in the kitchen area and follow directions on the proper use of equipment. Failure to do so will result in your removal from the kitchen and a re-evaluation of those privileges. I expect students to fully clean their kitchens and put away all food, dishes and equipment before leaving the classroom.

Ending Class → I will allow time for students to pack up at the end of class, so I expect you to continue working until you receive that instruction. Please do not pack up early. If you finish your work early, you may work on an assignment for another class or take out something to read.

Materials/Supplies:

Students are responsible for coming to class with a pen or pencil and a charged iPad.

Students will also be given a classroom folder and composition notebook that should be kept in your classroom mailbox. Please do not remove them from the classroom unless you speak to me first. Check the board each day when you walk into class to see what materials you need to get from your mailbox.

Classroom Policies and Behavior Expectations:

iPads: Please bring your iPad to class every day and make sure it is charged enough to make it through the entire class period. iPads should stay in your backpack unless we are using them that day.

Bathroom: If you need to use the bathroom, please ask when you first enter the classroom so that we can all be present during the full lesson. You must be back within the first 3 minutes of class, or you will be marked tardy. You may only use the bathroom during class if it is an emergency.

Water: Please drink at the fountain BEFORE coming to class – I will not let you leave to go get a drink. If you need water during class, please bring a water bottle with you (fill it before you get to class).

Attendance: If you are absent from class, it is your responsibility to check Teams for assignments that you have missed and make them up. You will also be responsible for checking your classroom mailbox when you return to school for any papers you have missed. You will have one day for every day you were absent to turn in assignments.

Tardy Policy: Per the GVCSD Student Handbook, students will be referred to the main office and receive a lunch detention and phone call home following their 3rd tardy within a quarter.

Leaving Class: I will only send you to the main office or guidance if you are called down or if there is an emergency. The nurse's office should only be visited if absolutely necessary (I have band-aids in my room). Please sign out EVERY time you leave the room and sign back in when you return.

Propping the Door: If you are leaving the classroom, please make sure to prop the door against the wall magnet. Please shut the door when you return.

Talking/Disruption: Side conversations or disruptions during class are very distracting and will prevent us from getting our work done. Please save conversations for lunch and focus on our work during class.

Participation: I expect you to participate in class discussions and activities and to keep your comments relevant to the topic we are discussing. Please raise your hand and wait to be called on if you would like to speak. I may ask you to wait until the end of class to share stories, since we have limited time together each day.

Classroom: Please do not touch or use anything in the classroom without permission. This includes anything on or in my desk, the cabinets, whiteboard, outlets and kitchen equipment. I will almost always let you use classroom supplies, but I would like you to ask permission first so that I know who is using what.

Pen/Pencils: If you need a pen or pencil, you may borrow one from the cup on my desk at the beginning of class. Please treat our materials with respect and return them at the end of class. Do not tear off erasers or chew on pens/pencils.

Folders: Classroom folders and notebooks must stay in the classroom in your assigned mailbox. Please check the board when you get to class and get them out if we are using them.

Cellphones and Device Policy: As per the student handbook, students are prohibited from having the following devices on their person for the duration of the school day: Cell phones, wireless headphones, ear buds, smart watches and any other smart device that can send or receive messages. If you have a device on your person in this classroom, I will ask you to place it in the bin behind my desk and it will be in the main office at the end of the school day. Further consequences will be at the discretion of the school principal.

Class Headphones: Please ask before using a pair of class headphones. These must be treated with respect and should be returned in their original plastic bag to the bin before the bell rings. Volume on the headphones should be low enough that I can't hear what you are listening to. Failure to follow these rules will result in a loss of the privilege to use them.

Hats: Hats are allowed in class, however, I may ask you to remove them and place them in your backpack if they are a distraction or safety issue.

Backpacks: Please place your backpack or bag in the kitchen area of the classroom against the cabinets of kitchen #1. Do not use the kitchen table for bags, as we may need it clear for activities. All class materials should be taken out of your backpack before sitting down.

Food: You may have a water bottle out in class, but all food and sugary drinks must stay in your backpack. The exception is if you bring enough food for the whole class to enjoy 😊

Assigned Seats: After the first week, I will assign you to a seat, and I expect you to sit in that seat at the beginning of each class. I will change the seating chart throughout the year or during some projects, so you get to work with different members of the class.

Desks: Keep your desks clear of everything except the materials we are working with on that day and a water bottle. If you take out other items during class, I will ask you to put them on my desk until the end of the period.

You are expected to sit properly at your assigned desks with your feet on the floor at all times during class. Sitting incorrectly on desks can be dangerous.

Drills and Emergencies: I expect you to be quiet and cooperative during any school emergencies or drills. No talking, no phones, follow directions, line up in a straight line outside, etc.

Pack Up: I will plan in at least one minute for pack-up time each day. **Please do NOT pack up materials, go to the mailboxes or stand up before that time.** It is important that you are focused during the last few minutes of class for the wrap up of our lesson. If class accidentally runs to the bell, I will write you a pass to your next class if needed.

Done with your work?: If you are done with independent work early, you may choose one option from the following list to work on silently.

- Read a book (I have physical books in the back that can be borrowed. Please return them before the bell rings.)
- Draw something (There are supplies above the mailboxes).
- Work on HW from another class.
- Silently use your iPad.

6 Extra Tips for a Successful Year in my Classroom:

- If you are unhappy with the group you have been assigned to – please keep those feelings private and show your group members respect. Have a private conversation with Mrs. Mapes after class if there is a true issue that needs to be addressed.
- Use appropriate and thoughtful language when discussing a dish or recipe. It is okay to not like something, but please use observations about color, texture, taste, sweetness, bitterness, etc. to form a respectful opinion about what you’ve tasted.
- When you raise your hand – please be ready to share or ask something relevant to the discussion.
- Remember that we are all still learning (myself included)! Don’t put down someone else for not knowing something.
- If you don’t enjoy a hands-on activity, please offer respectful constructive criticism or suggestions for improvement instead of complaining to your classmates. Activities take a lot of hard work to set up and prepare.
- You worry about you 😊 If you truly need to talk to me about an issue with another student, the time to do this is privately after class.

Grading Policy:

Students will be assessed on their day-to-day classwork and their work during projects using standards-based grading. There are no individual homework assignments in this course unless a student needs to make up missing classwork.

4	Exceeding Expectations
3	Meeting Expectations
2	Working Towards Expectations.
1	Not Meeting Expectations.

Day-to-Day Classwork: An appropriate amount of time will be given during class for all students to complete their classwork. If a student is not working in class and as a result does not finish the classwork, it will be assigned as homework.

Projects: Students will complete projects during class, usually over the course of several classes. If a student misses a portion of a hands-on project, their grade will be based on the work they did when they were present. If a student misses an entire hands-on project, a make-up assignment will be given for them to complete, if possible.

Contact Information:

If you have any questions, comments or concerns I encourage you to come talk to me after class, or reach out through an email or TEAMS message.

Please don't hesitate to come talk to me if you are ever stressed, anxious or frustrated about an assignment, project, class policy or anything else going on in our class. I am always happy to talk things through with you and come up with a solution 😊 I am always rooting for all of you and want you to have a successful school year!

Mrs. Mapes - Room 2101**ParentSquare: Caroline Mapes****Phone: 268-7900 Ext. 2101****Email: cmapes@genvalley.org****Please take your syllabus home and review it with your parent/guardian(s).**