Independent 8th Grade Health Class Registration Form

For students enrolling in two full-year electives i.e. Spanish and Band or Leadership

Incoming 8th grade students who would like to enroll in two full-year electives must obtain a health credit outside of the regularly scheduled school day and fulfill a Physical Education class requirement. Full-year electives that qualify for this exception are Band, Chorus, and Orchestra, providing this is not the student's first year in a music elective. Foreign Language and full year elected or appointed officer positions also meet this requirement.

Course Requirements:

1. **Fee:** The Independent 8th grade Health class is a fee-based course**.** The fee for the 2026-2027 school year is **$130**. Payments will not be collected until after school starts in the fall. If you qualify for free or reduced price lunch you are eligible for a scholarship. Complete and return the Scholarship Eligibility Application to your school bookkeeper.

2**. Course Work**: Students will read and complete independent work from the current 8th grade text Essential Health Skills for Middle School. The final date for work completion is approximately April 28, 2027. **The final completion date will be determined by the teacher and provided in the course syllabus.**

3. **Attend FLASH and HIV/AIDS classes:**
Students are to attend one **four-hour** *Family Life and Sexual Health* (FLASH) and one **four-hour** HIV/AIDS session which will take place beyond the school day for students enrolled in this Independent Health class. Information on dates, times, and locations for these classes will be posted on the teacher websites. The teacher names can be accessed on *Academic/Programs* on the ISD website. Due to limited space availability, students will need to sign-up to attend the FLASH and HIV/AIDS classes. More information will be available after the start of the 2026-2027 school year from the teachers in each building program.

4. **Physical Education Requirement:**
Eighth graders who have registered for Independent Health must fulfill their Independent PE requirement by maintaining a Fitness Log that describes the student's physical activity, records a minimum of 75 hours of physical activity, and is verified by a parent.

The Fitness Log will be submitted with all the coursework to the Independent Health teacher(s) by approximately April 28, 2027. The completion date will be determined ty the teacher and provided in the course syllabus.

Failure to complete the Health course requirements will result in a failed grade and impact the student's overall GPA.

For questions, contact Dawn Wallace, Teaching and Learning, (425) 837-7043 or wallaced@issaquah.wednet.edu

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5. A class orientation and syllabus will be available in September, from the teacher(s) at your school.

Complete, sign and return the attached form to the Counseling Center

In order to be scheduled into two full-year electives students need to do the following:

- **Take this form home to your parent/guardian.**
- **Discuss the Course Requirements for taking this fee-based Independent 8th Grade Health Class outside of the regularly scheduled school day for credit and receiving a P.E. waiver for completing 75 hours of documented physical activity.**
- **This form must be signed by both student and parent/guardian and returned to the counseling office.**

If this form is not returned, you will not be scheduled into two full-year elective classes.

To be scheduled into two full-year electives, you must return this signed form to the Counseling Office.

We have read the requirements for the fee-based Independent 8th grade Health class and we are electing to take two full-year electives. We understand that not completing the requirement on time will result in a failed grade on the year-end report card and will impact the student's overall GPA.

_____ _____
Parent/Guardian Signature Date

_____ _____
Student Signature Date

PLMS

_____ _____
Student Name (Please print clearly) School Building

Electives are:

Choice #1: _____

Choice #2:_____