

Gallatin County High School  
Wellness Plan

All freshmen at Gallatin County High School take a Wellness P/E course that incorporates health instruction and physical education instruction. During this course, each student's Body Mass Index (BMI) is evaluated and students are all CPR certified (COVID-19 dependent).

While not required, upperclassmen are offered an advanced physical education course that also evaluates each student's BMI and a nutritional plan.

Students are also offered opportunities to engage in physical activity in various athletic teams throughout the year, including golf, bass fishing, football, cross country, track, baseball, softball, basketball, volleyball, tennis, soccer, and cheerleading.

GCHS's wellness program states that teachers will give students the opportunity to have five extra minutes of activity time in the morning and again in the afternoon to avoid periods of inactivity.

approved  
9-9-21

Angela Lewis

## Work Ethics Program

Gallatin County High School will provide all students with a work ethics program that includes curriculum and activities through the online program Xello ([www.careercruising.com/ilp](http://www.careercruising.com/ilp)). In addition, students will receive additional instruction on the 8 work ethic standards attached. In collaboration with community partners, our multimedia students will record local community members presenting the importance of the 8 work ethics to students (recorded due to COVID-19) and students will receive the instruction along with the ILP instruction in their classrooms throughout the year.

Approved  
8-9-21  
Angela Lewis

## ***Work Ethic Standards***

### ***Standard #1: Attendance & Tardiness***

Students are expected to work hard to miss very few (if any) days of school and avoid repeated tardies and absences. Students are expected to build the habit of arriving to school on time daily.

### ***Standard #2: Personal Responsibility and Accountability***

Students are expected to meet discipline standards consistently, follow classroom behavior guidelines, respond quickly and respectfully to behavior corrections, cooperate in class, display a sincere service attitude, and demonstrate responsibility for their own actions.

### ***Standard #3: Academic Performance***

Students are expected to perform at or above their grade level. They work hard and are dedicated to promoting their future. Students are expected to have self-discipline and apply their skills and talents in a productive manner.

### ***Standard #4: Work Habits and Persistence***

Students are expected to have strong work habits, a high level of determination and stick with a job until it is completed correctly.

### ***Standard #5: Punctuality, Preparedness and Organization***

Students are expected to be punctual, prepared, and organized, get to class on time and have all of the materials they need for class and approach their work in an organized fashion.

### ***Standard #6: Respectful Interactions/Communication***

Students are expected to be respectful, polite and considerate of other people and their property. They are expected to listen and communicate clearly, effectively and professionally.

### ***Standard #7: Cooperation and Teamwork***

Students are expected to work cooperatively with others to problem solve, work together to complete projects, handle conflict professionally, accept their role as a leader and/or a team members and do what they can to help get things done.

### ***Standard #8: Community Service***

Students get involved in service projects that help people in their community.