

**Tokyo International Progressive School
Grades 8-10 Lifelong Wellness**

2026-2027

Mr. Jessen-Petersen

Common Room



**"The highest activity a human being can attain is learning for understanding,
because to understand is to be free" – Baruch Spinoza**

DESCRIPTION OF COURSE

Lifelong Wellness is a class that focuses on important skills related to right now, based in research, and as life goes on as well. The class will focus on areas such as:

- Executive Functioning Skills
- Self-Awareness and Self-Management
- Collaboration and Communication
- Critical Thinking
- Metacognition
- Foundational Knowledge
- Transfer
- Ideas in basic Psychology and Philosophy

STUDENT EXPECTATIONS

Students are expected to bring the following materials to class each day:

- Class Notebook (If taken home or from class)
- Pencilcase (or a handwriting material)

- Any materials for formal accommodations
- Work due if there was an assignment

* Strongly recommended to bring a closed drink water bottle

* If a student is unable to complete work by the expected due date, the grade will be a 0 on Quickschools until the work is completed. The student and the teacher will set a new due date together. If the assignment is not completed by the new due date, the grade will remain a 0 in Quickschools and will not be able to be changed.

* If you have assistive technology as a formal accommodation, please communicate this with the teacher to go over expectations for use in class.

EARNING YOUR GRADE

Your work in these categories will determine your grade:

Grade Category Percentage of your grade

6Ps	60%
Projects	40%

* The biggest factor in your 6Ps grade, which is graded in each class, is the completion of work in class, including your note-taking and responding to slides questions. And the following of the classroom expectations and helping yourself and others in the class have the best chance of learning.

The grading scale for this course will be:

	Mark Range	Grade Points
A+	98-100	4.0
A	93-97	4.0
B+	90-92	3.5
B	85-89	3.0
C+	82-84	2.5

C	77-81	2.0
D+	74-76	1.5
D	70-73	1.0
F	69 or below	0.0

IMPORTANT DATES The projects will be completed at the end of each quarter and will need to be completed by the date set at the end of the quarter.

Plagiarism Policy

Students who are found guilty of plagiarism will be followed up with in the following way:

First offense:

- phone call to parents and the work redone and the grade reported
- preamble with parents the consequences for second offense

Second offense:

- phone call to parents and the work redone and assessed, with a grade of "0" recorded
- preamble with parents consequence for third offense

Third offense

- phone call to parents and the work redone and assessed, and a grade of "0" recorded
- Saturday School assigned by the principal
- Preamble with parents the consequence for fourth offense

Fourth offense

- phone call to parents and the work redone and assessed, and a grade of "0" recorded
- 2 day home leave administered by the principal
- preamble with parents expulsion on fifth offense

Fifth offense

- extended home leave

School Expectations

1. Do I speak positively about myself and others while helping others to be successful academically and socially?
2. Do I use good manners by raising my hand silently when I have a question or comment?
3. Do I always respond positively to adult requests?
4. Am I an understanding and courteous listener who considers the point of view of others?
5. Do I treat the environment in respectful and gentle ways?
6. Do I bring all required materials to class, including any preparatory work?
7. Am I on time for class and ready to begin work at the bell?
8. Do I participate fully, asking for help when needed with a growth mindset?
9. Do I use my laptop on my desk responsibly, following teacher instruction?
10. Do I take care of my own health so I am fully engaged in learning?