**Healthy Choices Letter Rubric**

**Standard 2: Analyzes the Influence of media, culture and values on personal health**

**Standard 4: Sets and Reflects upon personal health goals**

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|  | **Beginning** | **Approaching** | **Meeting** | **Exceeding** |
| **Content****Standard 2****How do the choices I make at school affect my personal health?** | \*Did not include healthy choices involving physical activity, nutrition, sleep, computer usage, etc in their letter. \*Explanations were unclear and did not use enough detail to explain WHY making healthy decisions are important.  | \*Included 2 healthy choices involving physical activity, nutrition,, sleep computer usage, etc in their letter.\*Letter explained the importance of making healthy choices and decisions, but did not always include WHY making these healthy choices is important. | \*Included at least 3 healthy choices involving physical activity, nutrition, sleep, computer use, etc in their letter. \*Student explained in detail the importance of making healthy choices and **WHY** making these healthy decisions is important. | \*Included at least 3 healthy choices involving physical activity, nutrition, sleep, computer use, etc in their letter. Student explained in detail the importance of making healthy choices and **WHY** making these healthy decisions is important. Student also included personal examples to help explanation. |
| **Organization/Neatness****4.4 Describing how health goals can vary with changing abilities, priorities, & responsibilities** | Student failed to use paragraphs to organize ideas and thoughts making the letter hard for the reader to follow.Letter has more than 4 spelling and/or grammar errors and is very difficult to read. | Student failed to use paragraphs to organize ideas and thoughts making the letter hard for the reader to follow at times.Letter has 3-4 spelling and/or grammar errors and handwriting is somewhat difficult to read.  | Student used paragraphs to organize ideas and thoughts and each paragraph was focused on one topic. Letter has 1-2 spelling or grammar errors and formatting is neat and easy to read. | Student used paragraphs to organize ideas and thoughts and each paragraph was focused on one topic. Letter is perfectly perfect, with no spelling and grammar errors and formatting is extremely neat and easy to read. |
| **Learning Behaviors** |  |  |  |  |
| **Preparation and Organization** | Was often tardy and missing required materials needed for class. (ex writing utensil). Health materials are not organized and projects/assignment was turned in late. | At times was tardy and missing required materials needed for class. (ex writing utensil). Health materials mostly organized and project/assignment turned on time but incomplete. | Nearly always on time, had required materials needed for class. (ex writing utensil). Health materials are organized and projects/assignments were turned in on time. | Always on time, had required materials needed for class. (ex writing utensil). Health materials are always organized and projects/assignments were turned in on time. |
| **Integrity and Attitude**  | Was often negative and disruptive in the classroom learning environment and during work time. | At times was negative or disruptive during class and towards others.  | Displayed a positive attitude toward learning. Respected classroom and others.  | Passionate about health. Always displayed a positive attitude toward learning and is a trusted, caring leader. |
| **Active Learning and Effort** | Project/assignment incomplete. Rarely participated in discussions. Often needed reminders to stay on task. | Work is lacking in effort. Inconsistent participant in class discussions. Often needed reminders to stay on task. | Worked hard to complete projects/assignments with a great effort. Consistently participated in discussions. Independent worker. | Exhibits pride in going well beyond requirements. Leads by example and inspired others during discussions with thought provoking ideas. |