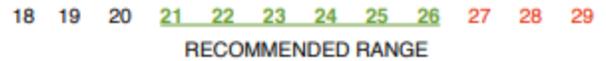




## Healthy and Balanced

### Sustainability Scale (pts)



\*Students outside the recommended range may be counseled to re-evaluate their commitments, strength of schedule, goals and priorities.

In an effort to guide and direct students in making healthy and balanced choices regarding their time and commitments, all students are required to complete the following chart and submit it with their course requests. This is a guideline and requires individual discernment. Loads will vary depending on factors that this chart cannot measure (i.e. how long a particular student may take to master concepts and content.) While impossible to factor in all variables for every student, the following scale was built around the following assumptions regarding time.

- 24 hours in a day
  - 8 hours of sleep (research says min. 9)
  - 8 hours of school, including average travel time (7:30 – 3:30)
    - 1 hour for dinner, time with family, chores
    - 1 hour of “mental health time” (relaxation, social media, time with friends, TV)
  - 6 hours remain for homework and other commitments/interests

	Sem 1	Sem 2
<b>Academics</b>		
Core Academic Class = 3 pts		
Honors/AP/Dual Credit = 4-5pts		
PE/Art/Elective = 1pt		
Journalism/Yearbook =2pts		
<b>Co-Curricular</b>		
Sport = 2pts per season		
Theater =2-4 pts		
Search Leader = 1 pt		
Club/Activity = 0.5 to 4pts depending on activity		
Outside Commitments = Job/Volunteer/Family = 1.5; 2.5		
Outside Sport/Club Activity = 0.5-4pts		
<b>Total</b>		

**Using the score guide:**

**Variable scores are based on the rigor or amount of time needed for the class/activity.**

**Time Needed for Activity/Job/Club Sport:**

Less than an hour a week	= 0.5pts
1-2 hours a week	= 1.0pts
3-4 hours a week	= 2.0pts
4-5 hours a week	= 3.0pts
6+ hours a week	= 4.0pts

**Example scores:**

Honors Physics 4pts, AP Physics 5pts

Theater Supporting Role 2pts, Theater Lead Role 4pts

Activity Math Club 0.5 pts, Activity Robotics 4pts, Activity Pep Band 2-3pts