

## St. Paul 7th Grade Orientation

### 1 - What has already happened already to transition 6th graders to 7th grade:

- **Wednesday, Feb. 12th (2:00 out)** - 1st period Rotation
  - Discuss what a schedule looks like for rotations
  - Take their partner to rotation 1st period... kids will have to stand around the walls of the room probably.
  - Transition to 2nd period
- **Thursday, Feb. 13th (2:00 out)** - 3rd period and 3b on 2:00 out...
  - 7th graders take 6th grade partners to 3rd period
    - transition from 3rd period 3b
    - Ambassador's will work through activity with their groups + 6th grade partners
- **Wednesday, Feb. 19th (2:00 out)** 6th period PE
  - Mrs. Hagen will chat first... probably around 10 minutes.
  - We will split them into boy/girl groups to see lockers.

### 2 - What students are really worried about... finding their classes and reading their schedules :):

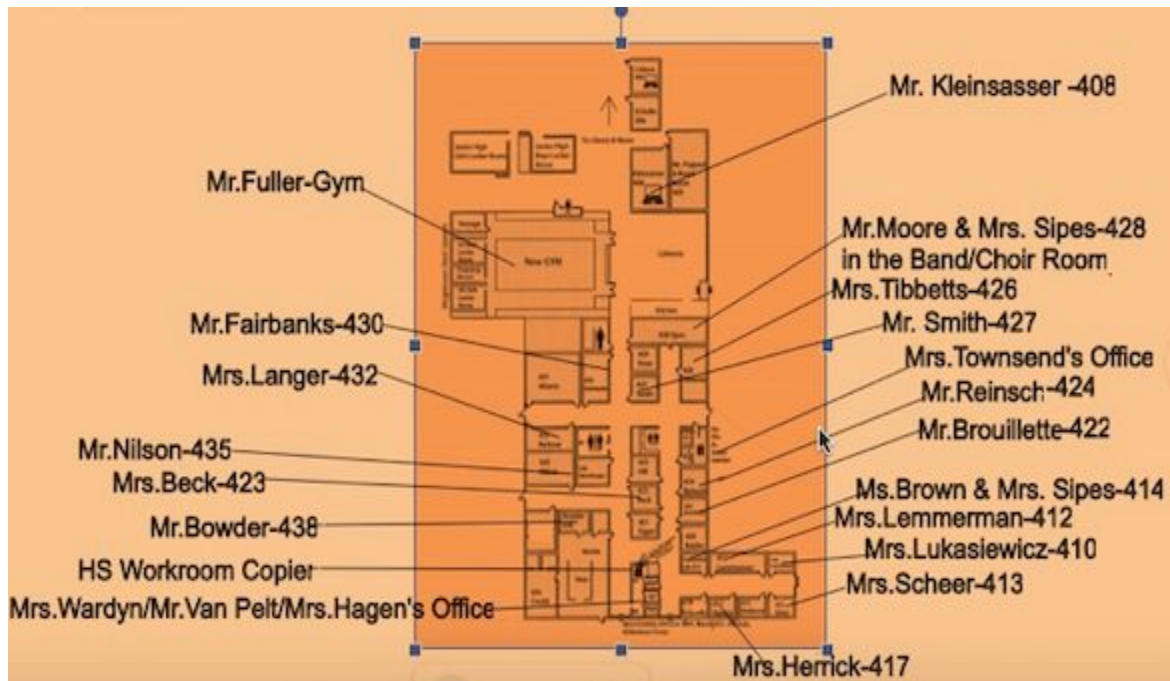
Mrs. Hagen will send out a video “walking students through the school”... but here are the trickiest periods:

- a) **Period 1** consists of six classes that rotate every 6 weeks (Art, FACS, STEM, World Language, Life Skills, Ag)
- b) **Period 2** is either junior high band, junior high choir, and/or study hall (M-W-F is band, T-TR is choir)
- c) **Period 6** is either PE or Computers (M-W-F or TR)

\*\*\* Just a note... locker numbers are on the top of each student's schedule :).

	Term First Quar (08/19/19-10/18/19)	Term Second Qua (10/21/19-12/20/19)	Term Third Quar (01/06/20-03/12/20)	Term Fourth Quar (03/13/20-05/22/20)
00	EMPTY	EMPTY	EMPTY	EMPTY
01	00146-1 JH STEM Nilson, Dustin M. Rm: 435 	00163-2 Art JH Lemmerman, Catherine M Rm: 412 	00134-5 World Language Beck, Elizabeth M Rm: 423 	00134-5 World Language Beck, Elizabeth M Rm: 423 
	00163-2 Art JH Lemmerman, Catherine M Rm: 412 	00183-3 AG JH Bowder, Boyd Rm: 438 	00174-4 JH Life Skills/Econ Koehn-Fairbanks, Shawn Rm: 430 	00153-6 FACS JH Tibbetts, Patricia Rm: 426 

Map of the 7-12:



### 3 - Main Rules to be Aware of (all in handbook):

Rules... School Wide Discipline Plan: Be Safe, Be Respectful, Be Responsible

You are expected to...

- be on time. Be prepared. Follow instructions.
- give your best effort each and every day.
- help others.
- take care of your own belongings.
- respect school property and the property of others.
- keep your hands and feet to yourself.
- communicate respectfully, both in person and digitally.
- use school appropriate language and voice levels.
- no cellular for phones for junior high (new for 20-21)

#### Absences:

##### Expectations for Regular Attendance:

1. Students are expected to attend every class, every day.
2. "Medical" (MED) absences shall be:
  - a. excused absences when a licensed health care provider has confirmed in writing that, in his/her professional medical opinion and within his/her scope of practice, the student is so physically or mentally ill that attendance is impractical or impossible.
3. "Activity" (ACT) absences shall be:
  - a. excused when a student attends a mandatory school-sponsored activity;
  - b. excused when a student has been suspended (in-school suspension -ISS, out-of-school suspension-SUS) or expelled (EXP) from school by the school district;
  - c. excused absences for the observance of religious holidays of the student's own faith; and
  - d. excused when upperclassmen wish to visit a college of their choice with administrator or counselor approval. Upperclassmen wishing to attend a college should bring a note from their parents, make arrangements with the college or university, schedule the visit with the Guidance Counselor, and secure an admit slip to be signed by the student's teacher. Students are allowed 3 "Activity" excused college visits per year. All college visits following the 3 "Activity" (ACT) excused visits will be considered "Excused" (EXC) with a parent note.
4. "Excused" (EXC) absences shall be:
  - a. excused absences when the Law Enforcement confirms that weather conditions have made the roads impassable so that the student's attendance impracticable or impossible and a parental note is written.
  - b. excused absences marked "illness" (ILL) for all minor illnesses of a student, including the illness of a student's child when a parental note is written.
  - c. excused for all other absences, such as family events, funerals, or weddings when a parental note is written;
  - d. excused absences that are required by law enforcement, child protective services or a court of competent jurisdiction, confirmed in writing to the school district.
5. Attendance Procedures:
  - a. An automated call will be sent out to parents via telephone for every absence, if the parent has not contacted the school in advance.
  - b. Letters will be sent to families on day 5, 10, 15, and 20.
  - c. When a student receives between 12 to 15 excused and/or unexcused absences or the hourly equivalent, the Attendance Officer (or their designee) will follow the procedure for addressing barriers to the student's attendance. These services shall include the following:
    - i. A meeting or meetings between the school attendance officer, school social worker (or school principal or a member of the school administrative staff, if the school has no social worker), the student's parent/guardian and the student to solve the excessive absenteeism problem.
    - ii. Educational counseling to explore curriculum changes such as alternative educational programs to solve the excessive absenteeism problem.
    - iii. Educational evaluation to assist in determining the specific condition(s) contributing to the excessive absenteeism problem, supplemented by specific efforts by the school to help remedy any condition diagnosed.
    - iv. Investigation of the problem by a school social worker (or principal or administrative staff member) to identify conditions contributing to the excessive absenteeism problem. If services for the student and student's family are determined to be needed, the investigator shall meet with the parent/guardian and child to discuss any referral to appropriate agencies to remedy the conditions. If the student is absent more than twenty days per year, or the hourly equivalent, the attendance officer shall file a report with the county attorney of the county in which such person resides. (Neb. Rev. Stat. § 43-247(3)(a) and (b).
      1. In cases where excessive absences are documented by a doctor's note, the attendance officer will advise the county attorney not to file a complaint with the County Judge.
      2. In cases where students will be absent for medical appointments throughout the year, it is critical that when students return from the appointment they turn in a doctor's note to the principal's office. All doctor's notes will be kept on file and given to the county attorney as documentation of exoneration, should the student accrue the twenty day limit.
    - v. Each student is expected to be in school every day unless excused by the Principal. ***If a student is absent, the parent or guardian should phone the Principal's Office to inform the school of the absence. WITHIN THREE DAYS of a student's return to school, the student must bring a written excuse from a parent/guardian or a doctor's note (with absent dates specified)... even though the parent/guardian has called the school to report the student's absence. The parent's/guardian's excuse is to be signed, dated, and state why the student was absent. Absences unverified with a parent/guardian or doctor's note within 3 days of a student's return to school, will be left unexcused (UNX) if the parent/guardian called the school or truant (TRU) if the parent does not call the school. Parent/guardian or doctor's notes that come in after the three day window will not be accepted.*** All excuses must be presented to the Principal's Office, where an admit slip to class will be issued. The admit slip must be shown to the teacher of each class that the student missed while absent, so that make-up work can be assigned. Students will be allowed one day for each day absent to complete make-up homework (with the exception of previously announced exams, which would be taken immediately upon a student's return or at the discretion of the instructor); for example, if a student was absent Monday and Tuesday and returned to school on Wednesday, the assigned homework that was missed on Monday would be due Thursday and Tuesdays missed homework assignments would be due Friday. Work not turned in on time will be graded down, according to each teacher's classroom rules or one grade per day, up to a limit of three (3) days late. Work not completed by that time will receive a zero.
    - vi. Unexcused/truant absences (any absences without a note from a parent/guardian or doctor), will result in the student not being permitted to make-up work that was missed. Unexcused/truant absences will be reported as such on the mandatory State Truancy Report.
6. Upon return from an absence or partial-day absence, teachers may require junior high students to remain in for lunch or before/after school for 30 minutes to serve a "WIN" (What I Need). During this time, students will meet with the teacher, work on missed assignments, re-do past failing assignments, or simply study. The location and supervision of the student will be determined by the student's classroom teacher(s) assigning the WIN.

7. Any high school student with 10 or more unexcused absences per class, per semester is subject to loss of grades and credits for any course(s) in which the absences occurred during that semester and/or summer school. Because co-curricular activities (i.e., music, dramatics, FFA, FCCLA, and athletics) are an important part of the educational program, absences that occur because of participation in these activities will not be counted against the ten absence total. There may be extenuating or unusual circumstances that cause students to be absent for more than ten school days and still allow them to retain credit in their classes. Such things as extended hospitalization, serious illness, or family emergencies may be taken into consideration when reviewing individual cases. If unusual situations arise that will cause a student to be absent from school for an extended period of time, the parents are requested to contact the school as quickly as possible so school work and assignments can be made available to the student. Exceptions will be made for students who have a note from the medical doctor verifying that their absences were due to illness. Doctor's notes must be turned in at the time of the illness. The Principal will make the decision about possible loss of credit based on each individual case. Official records of attendance are kept in the Assistant Principal's office.

**Students are obligated to:**

1. complete all class work in advance for any absence that can be anticipated;
2. attend school a half-day (4 periods) before attending practice or participating in a scheduled student activity except in cases of family emergencies or pre-arranged absences;
3. check out of school at the office if leaving school during the school day; and
4. make up any and all work that is assigned by teachers as make-up work for the instructional time that has been missed. It is the student's responsibility to approach each teacher to request assignments. Students will be allowed one day for each day absent to complete make-up homework (with the exception of previously announced exams, which would be taken immediately upon a student's return or at the discretion of the instructor); for example, if a student was absent Monday and Tuesday and returned to school on Wednesday, the assigned homework that was missed on Monday would be due Thursday and Tuesdays missed homework assignments would be due Friday. Work not turned in on time will be graded down, according to each teacher's classroom rules or one grade per day, up to a limit of three (3) days late. Work not completed by that time will receive a zero.

**Parents are obligated to:**

1. make every attempt to schedule medical and other appointments after school hours when possible;
2. call the appropriate building office to inform the school of the reason for each absence; and
3. submit a note and/or doctor's statement for each period of absenteeism.

**Tardiness:**

Students are considered tardy if they are not in the classroom when the tardy bell rings. Students who are tardy when arriving at school for the first time during the day are to go to the Principal's Office to receive tardy slips for admission to class. The tardy will be designated as excused or unexcused. If a student is tardy coming from another class, he/she should bring an excused tardy pass from the previous teacher. Students who do not have such a pass should be considered unexcused. **High School Tardies:** When dealing with unexcused tardies, the following procedure will be followed: **1.** On the 4th unexcused tardy/class/semester, the student will be issued a tardy recovery session via their school email. Each unexcused tardy after four will result in the student being assigned an additional tardy recovery session. Students assigned tardy recovery time will be retrieved from 8th period to report to an assigned area/classroom on an *Early Out* to serve all accumulated time. **2.** Students with work release or riding the bus will need to make arrangements prior to an *Early Out*. **3.** Students skipping tardy recovery time as assigned, will have the amount of recovery time doubled and will report to the next *Early Out* Detention Session. **Junior High Tardies:** Students receiving a tardy recovery session will serve it during their 30-minute lunch break.

**Parents are obligated to:**

1. make every attempt to schedule medical and other appointments after school hours when possible;
2. call the appropriate building office to inform the school of the reason for each absence; and
3. submit a note and/or doctor's statement for each period of absence.

**Eligibility:**

**A. Grades** - Students must be continuously enrolled in at least 20 credit hours of instruction per semester to be eligible to participate in activities. There will be no report run on the first week of each quarter. If the student is listed on the week's report, they will be notified of their status that day by email.

**Down in 1 class (the same class):** 1. Students will get a warning on the day of the eligibility calculation report. 2. If students are still down when the third eligibility calculation report is run, they will be ineligible the upcoming Monday through Sunday. 3. If the class changes (down in a different class) the process starts all over.

**Down in 2 classes or more:** 1. Students will get a warning on the day the eligibility calculation report is run. 2. If the students are still down on the second eligibility calculation-reporting day, they will be ineligible the upcoming Monday through Sunday. 3. If a class changes, the process will not start over. The only way this process would start over is when both classes are different. 4. If the student is down only in one class when the second eligibility calculation report is run, they will NOT get an additional warning week. Students who are ineligible when the eligibility calculation report is run the last week of a quarter, will be ineligible the first week of the next quarter. This does not include grade-based school activities, Graduation, or activities requiring a non-refundable deposit. If you are on the ineligible list you may not attend PROM, as this is not considered a non-refundable activity. Students will be expected to continue practicing during the week of ineligibility and attend FIT. In addition to the participation rule, students will also lose their hall pass privileges and Work Release privileges during the week of ineligibility, except for emergency situations.

**B. Class Attendance** - Any student participating in an event must attend at least ½ day (4 periods), of school, the day of the event. It is the Coach's or Sponsor's responsibility to check the student's attendance before allowing him/her to participate. The Activities Director can make exceptions to this rule.

**C. Participation** - No student will be allowed to practice or participate until he/she has turned into the Activities Office the physical/consent form signed by the Student and Parent.

In order to represent a high school in interscholastic athletic competition, a student must abide by eligibility rules of the Nebraska School Activities Association. Eligibility requirements are established by the NSAA in its Constitution and its Bylaws and Approved Rulings. These documents can be found online at <http://nsaahome.org/yearbook.php>. A summary of the major rules is given below. Contact the principal, activities director or the activity sponsor or coach for an explanation of the complete rule.

1. Students must be a bona fide student of their member school and have not graduated from any high school.
2. After a student's initial enrollment in grade nine, he/she shall be ineligible after eight semesters of school membership beginning with his/her enrollment in grade nine.
3. Students are ineligible if nineteen years of age before August 1 of current school year. (Students in grades 7 or 8 may participate on a high school team if he/she was 15 years of age prior to August 1 of current school year.)
4. Students must be enrolled in some high school on or before the eleventh school day of the current semester.
5. Students must be continually enrolled in at least twenty credit hours per semester and regular in attendance, in accordance with the school's attendance policy at the school he/she wishes to represent in interscholastic competition.
6. Students must have been enrolled and received twenty credit hours in school the immediate preceding semester.
7. Guardianship does not fulfill the definition of a legal parent. If a guardian has been appointed for a student, the student is eligible in the school district where his/her legal parent(s) have their domicile. Individual situations involving guardianship may be submitted to the Executive Director for review and a ruling.
8. A student entering grade nine for the first time after being promoted from grade eight of a two-year junior high, or a three-year middle school, or entering a

- high school for the first time after being promoted to grade ten from a three-year junior high school is eligible. After a student makes an initial choice of high schools, any subsequent transfer, unless there has been a change of domicile by his/her parents, shall render the student ineligible for ninety school days. If a student has participated on a high school team at any level as a seventh, eighth, or ninth grade
9. student, he/she has established his/her eligibility at the high school where he/she participated. If the student elects to attend another high school upon entering ninth or tenth grade, he/she shall be ineligible for ninety school days. Student eligibility related to domicile can be attained in the following manners: If the change in domicile by the parents occurs during a school year, the student may remain the school he/she is attending and be eligible until the end of the school year or transfer to a high school located in the school district where the parents established their domicile and be eligible.
    - a. If the domicile is changed during the summer months and the student is in grade twelve and the student has attended the high school for two or more years, the student may remain at the high school he/she has been attending and retain eligibility.
    - b. If a student elects to remain at the same high school initially enrolled after being promoted from grade eight of a middle or junior high school, or grade nine of a junior high school, he/she is eligible at that school, or is eligible at a high school located within the school district in which the parents established their domicile.
    - c. If the legal parents of a student change their domicile from one school district that has a high school to another school district that has a high school, the student shall be eligible immediately in the school district where the parents established their domicile. Nebraska transfer students whose name appears on the NSAA transfer list prior to May 1 shall be eligible immediately in the fall. Those students whose name does not appear on the NSAA transfer list prior to May 1 shall be ineligible for ninety school days, with such transfers being subject to hardship waiver guidelines.
  10. Nebraska transfer students must have signed and delivered all forms necessary to make such transfer to the school in which he/she intends to enroll for the 2016-17 school year prior to May 1, 2016; for the student to be eligible, the school to which the transfer is being made must have notified the NSAA office via an NSAA online transfer form, no later than May 1, 2016. The student would become ineligible for ninety school days the next fall if the student were to change his/her mind and decide not to transfer. If such student were to transfer to the new school, but later decides to return to his/her former district before 90 school days have elapsed, such student will be ineligible in the former district for 90 school days, with the ineligibility period commencing at the start of the fall semester. Those students, who did not have their enrollment forms signed, delivered and accepted prior to May 1, 2016, shall be ineligible for ninety school days, with such transfers being subject to hardship waiver guidelines.
  11. Once the season of a sport begins, a student shall participate in practices and compete only in athletic contests/meets in that sport, which are scheduled by his/her school. Any other competition will render the student ineligible for a portion of, or all of, the season in that sport. The season of a sport begins with the first date of practice as permitted by NSAA rules
  12. During the season of a particular sport, athletes participating in that sport for a high school may attend, but may not physically take part, either as an individual or as a member of a team, in the sport activity in which instruction is being offered in the clinic, camp or school. (\*Refer to NSAA Bylaw 3.5.1.1 for exception in Swimming and Diving.)
  13. A student shall not participate on an all-star team while a high school undergraduate.
  14. A student must maintain his/her amateur status.

#### **St. Paul Extracurricular Expectations:**

All students associated with St. Paul Public Schools and participating in extracurricular or school sponsored activities (including all NSAA activities) are required to avoid conduct that is detrimental to the integrity of and public confidence in the school. Rules promoting lawful, ethical, and responsible conduct serve the interests of all people associated with the school. Illegal and irresponsible conduct puts people at risk, tarnishes the reputation of the offender and everyone else associated with the school, and undermines the public support and respect of the school district.

**Standard of Conduct.** Participation in school-sponsored or extracurricular activities is a privilege and not a right. Participants must follow board policy, this code, and all the training rules and rules of conduct of the coaches and/or activity sponsors. Students participating in school-sponsored or extracurricular activities are held to a high standard. Students are expected to conduct themselves in a way that is lawful, responsible, promotes the values upon which the school is based, and that brings credit to themselves and the school. Students who fail to live up to the required standard of conduct are guilty of detrimental conduct and subject to discipline under all school policies, the general student code of conduct, and these Activity Participation Rules.

**Coach and Sponsor Rules.** Coaches and/or activity sponsors shall establish training rules or rules of conduct for participation in or attendance at the activity or event. General training rules or rules of conduct shall be established prior to the activity or event. This Code shall control in the event that there is a conflict with coach or sponsor rules.

**Prohibited Conduct.** Students in school-sponsored and/or extracurricular activities may not engage in the following conduct:

1. Receipt of a criminal citation by law enforcement for any reason.
2. Conviction of a crime in adult court or the adjudication of a criminal charge in juvenile court.
3. Any behavior that is illegal under the laws of Nebraska or the United States of America regardless of whether it results in a criminal charge or conviction.
4. Any conduct that substantially interferes with the educational process or disrupts the activity or event.
5. Engaging in initiations, defined as any ritualistic expectations, requirements, or activities placed upon new members of a school organization for the purpose of admission into the organization, even if those activities do not rise to the level of "hazing" as defined below. Initiations are prohibited except by permission of the superintendent.
6. Engaging in hazing as defined by state law and this policy Hazing is defined as any activity by which a person intentionally or recklessly endangers the physical or mental health or safety of an individual for the purpose of initiation into, admission into, affiliation with, or continued membership in any school organization. Under state criminal law, hazing activities include, but are not limited to, whipping, beating, branding, an act of sexual penetration, an exposure of the genitals of the body done with the intent to affront or alarm any person, a lewd fondling or caressing of the body of another person, forced and prolonged calisthenics, prolonged exposure to the elements, forced consumption of any food, liquor, beverage, drug, or harmful substance not generally intended for human consumption, prolonged sleep deprivation, or any brutal treatment or the performance of any unlawful act that endangers the physical or mental health or safety of any person. For purposes of school rules, hazing also includes any activity expected of someone joining a group, team, or activity that humiliates, degrades or risks emotional and/or physical harm, regardless of the person's willingness to participate; personal servitude; restrictions on personal hygiene; yelling, swearing and insulting new members/rookies; being forced to wear embarrassing or humiliating attire in public; consumption of vile substances or smearing of such on one's skin; binge drinking and drinking games; sexual stimulation and sexual assault.
7. Bullying which shall include cyber-bullying, defined as the use of the internet, including but not limited to social networking sites such as Facebook, cell phones or other devices to send, post or text message images and material intended to hurt or embarrass another person. This may include, but is not limited to; continuing to send email to someone who has said they want no further contact with the sender; sending or posting threats, sexual remarks or pejorative labels (i.e., hate speech); ganging up on victims by making them the subject of ridicule in forums, and posting false statements as fact intended to humiliate the victim; disclosure of personal data, such as the victim's real name, address, or school at websites or forums; posing as the identity of the victim for the purpose of publishing material in their name that defames or ridicules them; sending threatening and harassing text, instant messages or emails to the victims; and posting or sending rumors or gossip to instigate others to dislike and gang up on the target.
8. Using any Internet or social networking websites to make statements, post pictures, or take any other actions that are indecent, vulgar, lewd, slanderous, abusive, threatening, harassing or terrorizing.
9. Violating any school policy or a coach's or activity sponsor's training rules or rules of conduct.
10. Dressing or grooming in a manner which is (A) dangerous to the student's health and safety or a danger to the health and safety of others, (B) lewd, indecent, vulgar, or plainly offensive, (C) materially and substantially disruptive to the work and discipline of the school or an extracurricular activity, (D) interpreted

to advocate the use of illegal drugs or other substances by a reasonable observer.

11. Failing to report for an activity at the beginning of a season unless excused by the coach or activity sponsor.
12. Failing to attend scheduled practices and meetings unless excused by the coach or activity sponsor.
13. Students participating in any activity sponsored by the school will be suspended for the following violations of conduct: possession or use of alcohol, tobacco, or illegal drugs.
  - **Length for First Offense-Self Reported** -Two weeks (14 consecutive days), including all pre-season practices (such as band, volleyball, and football) and vacation days during the school year. The student will be suspended from participation in all activities but will continue with practices. The student will not be allowed to attend any school activities unless they are a participating member of the activity. Suspension will start from the time the student makes the voluntary admittance of guilt **within 24 hours of the infraction or at time of getting caught** to the Head Coach, Activities Director, or Administrator and wishes to start suspension immediately.
  - **Length for First Offense-Non Self Reported**- Three weeks (21 consecutive days), including all pre-season practices (such as band, volleyball, and football) and vacation days during the school year. The student will be suspended from participation in all activities but will continue with practices. The student will not be allowed to attend any school activities unless they are a participating member of the activity. Suspension will start from the time the student is cited by law enforcement officials, or when the student makes a voluntary admittance of guilt **after 24 hours** to the Head Coach, Activities Director, or Administrator.
  - **Second Offense** - Suspension from all activities for the remainder of the school year including participation in graduation activities.

Such conduct is prohibited during the school year, regardless of whether it occurs on-campus or off-campus. School year means the period commencing on the first day of fall sports practice through the last day of spring sports practice, events, or attendance at school for a given school year.

**Discipline.** Students who violate any provision of these Activity Participation Rules may be subject to discipline up to and including expulsion from extracurricular activities and school sponsored events. Disciplinary action may include a probationary period and conditions that must be satisfied prior to or following reinstatement. Administrators and coaches will take the following into consideration when making disciplinary decisions:

1. Any prior or additional misconduct;
2. The nature and seriousness of the offense;
3. The motivation for the offense;
4. The amount of violence involved;
5. The student's demeanor and attitude regarding the violation;
6. The actual, threatened, or potential risk to the student and others due to the student's behavior;
7. Whether the student has compensated or will compensate the victim in the event of property damage or personal injury;
8. Whether the circumstances of the violation are likely to recur;
9. The student's willingness to participate in evaluations, counseling, or other programs;
10. Any mitigating factors;
11. Any other relevant factors.

If suspended, the student must continue to participate in practices and conditioning during the suspension if required by the coach or activity sponsor. The failure to comply with the practice and conditioning requirement will make the student ineligible for reinstatement to the activity.

#### **St. Paul Locker Room Procedures:**

Padlock Procedures: Padlocks will be issued out at the beginning of the school year to all PE students and collected at the end of the year. If you lose the padlock at any time, you will be charged \$7.00. Do not bring any valuables or large sums of money into the locker rooms. The problem of theft does exist. Lock your locker at all times and do not give your combination to anyone! If you forget your combination or lose your padlock, see the PE teacher immediately. Locker Room Procedures:

1. The teacher of each class will assign lockers.
2. Make sure your locker is locked at all times.
3. You have 5 minutes to change at the beginning of class and 10 minutes to shower and change at the end of class.
4. No food or beverage allowed in the locker room.
5. No horseplay!
6. Do not leave any items of clothing on the locker room floor.
7. Cell phones, ipads, or any other electronic devices are not allowed in the locker room.
8. Students may not leave the gym area without permission. Any student caught violating the rules and procedures of the locker room will result in detention for the day or an office referral. Please be responsible!

#### **Dress Code**

Students must come to school dressed in clean, neat and appropriate clothing to conform with educational standards.

**Students are prohibited from wearing the following attire:**

1. Clothing displaying indecent, suggestive or profane writing, pictures or slogans
2. Clothing that advertises or displays alcohol, tobacco or any illegal substance
3. Caps, hats and bandanas during the school day
4. Bare feet (some type of footwear must be worn)
5. Cleated shoes
6. Short-shorts/short-skirts (shorter than fingertip length)
7. Hairstyles which distract from the learning process or the health and safety for either the student or others
8. Any clothing that could cause damage to others or school property
9. Clothing that is torn, ripped, or cut above the knee (if there is a tear or rip above the knee there must be fabric underneath)
10. Shirts, blouses, or other clothing worn unbuttoned, unzipped, or otherwise purposely unfastened
11. "Grubby clothes," those which are purposely torn or bedraggled or threadbare, dirty or disheveled
12. Costumes and/or those clothes intended only for leisure, entertaining or special occasions
13. Bare "midriff" (belly button) styles, see-through and low cut blouses, halters, tank tops or thin-strapped tops (spaghetti straps), off the shoulder tops, one shoulder sling tops
14. Pants and shorts worn below the waist so as to expose undergarments
15. Pants that drag on the floor
16. Pajama pants
17. Chains hanging or attached to pants or shorts
18. Coats during school hours unless the student has permission from a faculty member

Students who violate dress code guidelines will be required to correct the violation by changing into something appropriate at school or returning home to change. A detention or suspension may be given to make up the time away from school. Students will also receive zeros for any class time they miss while correcting the violation. Repeated dress code violations may result in more severe consequences. **Tattoos** - Students shall not be allowed to display tattoos while at school. Students

with tattoos must keep them covered with clothing, a bandage or some other covering at all times while on school property, in a school vehicle or at a school activity.

**Body Piercing** - Students shall not be permitted to wear visible body piercing jewelry, including tongue adornment, while at school or during a school function on or off of school premises. This prohibition applies to all visible parts of the body other than the ears. A student who wears such jewelry at school or at a school-sponsored function shall be required to remove it. A student who fails to comply with the directive or a violation of the policy on a repeated basis shall be subject to disciplinary action as determined appropriate by the school administrator. This policy does not prohibit the adornment of the ears with jewelry connected to the ear by piercing or clasp.

#### **Student Fees:**

The school district shall provide free instruction in accordance with the Nebraska State Constitution and the Nebraska statutes. The district also provides activities, programs, and services that extend beyond the minimum level of constitutionally required free instruction. Under the Public Elementary and Secondary Student Fee Authorization Act, the district is permitted to charge students fees for these activities or to require students to provide specialized equipment and attire for certain purposes. This policy is subject to further interpretation or guidance by administrative or board regulations. Students are encouraged to contact their building administration, their teachers or their coaches, and sponsors for further specifics.

#### **A. Definitions:**

- a. "Students" means students, their parents, guardians or other legal representatives.
- b. "Extracurricular activities" means student activities or organizations that (1) are supervised or administered by the district; (2) do not count toward graduation or advancement between grades; and (3) are not otherwise required by the district.
- c. "Post-secondary education costs" means tuition and other fees associated with obtaining credit from a post-secondary educational institution.

#### **B. Listing of Fees Charged by this District:**

- a. Guidelines for Clothing Required for Specified Courses and Activities. - Students are responsible for complying with the district's grooming and attire guidelines and for furnishing all clothing required for any special programs, courses or activities in which they participate. The teacher, coach, or sponsor of the activity will provide students with written guidelines that detail any special clothing requirements and explain why the special clothing is required for the specific program, course or activity.

**C. Safety Equipment and Attire** - The district will provide students with all safety equipment and attire that is required by law. Building administrators will assure that (a) such equipment is available in the appropriate classes and areas of the school buildings, (b) teachers are directed to instruct students in the use of such devices, and (c) students use the devices as required. Students are responsible for using the devices safely and as instructed.

**D. Personal or Consumable Items** - The district does not provide students with personal or consumable items for participation in courses and activities including, but not limited to, pencils, paper, pens, erasers and notebooks. Students who wish to supply their own personal or consumable items may do so, as long as those items comply with the requirements of the district. The district will provide students with facilities, equipment, materials and supplies, including books. Students are responsible for the careful and appropriate use of such property. Students will be charged for damage to school property caused by the student and will be held responsible for the reasonable replacement cost of any school property that they lose.

**E. Materials Required for Course Projects** - The district does not provide students with the materials necessary to complete all curricular projects. In courses where students produce a project that requires more than minimal cost for materials, the finished product will remain the property of the district unless the students either furnish or pay for the reasonable cost of materials required for the course project.

- a. The maximum dollar amount charged by the district for course materials shall be:

i.	Industrial Technology Classes	\$50.00
ii.	Art Classes	\$30.00
iii.	Family and Consumer Science Classes	\$30.00

**F. Extracurricular Activities** - The district may charge students a fee to participate in extracurricular activities to cover the district's reasonable costs in offering such activities. The district may require students to furnish specialized equipment and clothing that is required for participation in extracurricular activities, or may charge a reasonable fee for the use of district-owned equipment or attire. Attached to this policy is a list of the fees charged for particular activities. The coach or sponsor will provide students with additional written guidelines detailing the fees charged, the equipment and/or clothing required, or the usage fee charged. The guidelines will explain the reasons that fees, equipment and/or clothing are required for the activity.

**G.** The following list details the maximum dollar amount of all extracurricular activities fees and the specifications for any equipment or attire required for participation in extracurricular activities:

- i. Student activity card \$20.00 - Covers admission to all extracurricular events excluding all-school play, musical, variety show, district events hosted by St. Paul Schools, and one-act play performances.
- ii. Art Club - \$10.00
- iii. FBLA - Future Business Leaders of America - \$115.00
- iv. FCCLA - Family, Career and Community Leaders of America - \$25.00
- v. FFA - Future Farmers of America students must purchase their own jackets which are approximately \$50 and pay dues of \$25.
- vi. Math and Science Club - \$275.00
- vii. NHS - National Honor Society - \$0.00
- viii. Robotics - \$0.00
- ix. Cheerleading, Drill Team, Flag Corps - Students must purchase uniforms and shoes selected by the sponsor and/or student group. The maximum dollar amount charged by the school district for these items will be \$150.00.
- x. Football students must provide their own football shoes, undergarments, and mouth guard.
- xi. Golf students must provide their own golf shoes, undergarments, and clubs.
- xii. Softball and Baseball students must provide their own shoes, gloves, and undergarments.
- xiii. Volleyball, Basketball, Wrestling, and Track students must provide their own shoes and undergarments.
- xiv. Rifle and Trap Teams students must provide their own weapons and ammunition

**H. Post-Secondary Education Cost** - Some students enroll in postsecondary courses while still enrolled in the district's high school. As a general rule, students must pay all costs associated with such post-secondary courses. However, for a course in which students receive high school credit or a course being taken as part of an approved accelerated or differentiated curriculum program, the district shall offer the course without charge for tuition, transportation, books, or other fees. Students who chose to apply for post-secondary education credit for these courses must pay tuition and all other fees associated with obtaining credits from a post-secondary educational institution.

**I. Transportation Costs** - The district will charge students reasonable fees for transportation services provided by the district to the extent permitted by federal and state statutes and regulations. The maximum dollar amount of the transportation fee charged by this district shall be \$.51 per mile.

**J. Copies of Student Files or Records** - The district will charge a fee for making copies of a student's files or records for the parents or guardians of such student. The Superintendent or the Superintendent's designee shall establish a schedule of student record fees. Parents of students have the right to inspect and review the student's files or records without the payment of a fee, and the district shall not charge a fee to search for or retrieve any student's files or records. The district will charge a fee of \$.25 per page for reproduction of student records.

**K. Participation in Before-and-After-School or Pre-Kindergarten Services** - The district will charge reasonable fees for participation in before-and-after school or pre-kindergarten services offered by the district pursuant to statute. The maximum dollar amount charged by the district for these services shall be \$0.00.



- L. **Participation in Summer School or Night School-** The district will charge reasonable fees for participation in summer school or night school and may charge reasonable fees for correspondence courses. The maximum dollar amount charged by the district for summer and night school shall be \$0.00.
- M. **Charges for Food Consumed by Students -** The district will charge for items that students purchase from the district’s breakfast and lunch programs. The fees charged for these items will be set according to applicable federal and state statutes and regulations. The district will charge students for the cost of food, beverages, and the like that students purchase from a school store, vending machine, booster club or from similar sources. Students may be required to bring money or food for field trip lunches and similar activities.
  - a. The maximum dollar amount charged by the district for the breakfast and lunch programs is as follows:

Breakfast Program:	Lunch Program:	
<ul style="list-style-type: none"> <li>• Grades K-6               <ul style="list-style-type: none"> <li>◦ Regular Price - \$1.65</li> <li>◦ Reduced Price - \$0.30</li> </ul> </li> <li>• Grades 7-12               <ul style="list-style-type: none"> <li>◦ Regular Price - \$1.90</li> <li>◦ Reduced Price - \$0.30</li> </ul> </li> <li>• Adult - \$1.90</li> </ul>	<ul style="list-style-type: none"> <li>• Grades K-6               <ul style="list-style-type: none"> <li>◦ Regular Price - \$2.50</li> <li>◦ Reduced Price - \$0.40</li> </ul> </li> <li>• Grades 7-12               <ul style="list-style-type: none"> <li>◦ Regular Price - \$2.80</li> <li>◦ Reduced Price - \$0.40</li> </ul> </li> <li>• Adult - \$3.60</li> </ul>	Seconds - \$1.00 Milk - \$0.35

- N. **Charges for Musical Extracurricular Activities -** Students who qualify for fee waivers under this policy will be provided, at no charge, the use of a musical instrument in optional music courses that are not extracurricular activities. For musical extracurricular activities, the school district will require students to provide the following equipment and/or attire:
  - a. Band students must provide their own instruments.
  - b. Swing choir students must purchase outfits and shoes selected by the sponsor and/or student group. The maximum dollar amount charged by the district for these materials will be \$75.00.
- O. **Contributions for Class Extracurricular Activities -** Students are eligible to participate in a number of extracurricular activities during their years in Junior/ Senior High school, including prom, various senior recognitions, and graduation. In order to fund these extracurricular activities, the school district will ask each student to make a contribution to their class’s fund beginning in seventh grade. This contribution is completely voluntary. Students who chose not to contribute to the class fund are still eligible to participate in the extra activities. The suggested donation to the class fund will be \$20.00/year.
- P. **Waiver Policy -** Students who qualify for free or reduced-price lunches under United States Department of Agriculture child nutrition programs shall be provided a fee waiver or be provided the necessary materials or equipment without charge for (1) participation in extracurricular activities, (2) materials for course projects, and (3) the use of a musical instrument in optional music courses that are not extracurricular activities. Students are not required to participate in the free or reduced-price lunch program to qualify for the waivers provided in this section. The district is not obligated to provide any particular type or quality of equipment or other material to eligible students. Students who wish to be considered for waiver of a particular fee must submit a completed fee waiver application to their building principal. Application forms are available in each school building office.
- Q. **Voluntary Contributions to Defray Costs -** When appropriate, the district will request donations of money, materials, equipment or attire from parents, guardians and other members of the community to defray the costs of providing certain services and activities to students. These requests are not requirements, and staff members of the district are directed to communicate that fact clearly to students, parents and patrons.
- R. **Fund-Raising Activities -** Students may be permitted or required to engage in fundraising activities to support various curricular and extracurricular activities in which they participate. Students who decline to participate in fundraising activities are not eligible under this policy for waiver of the costs or fees which the fund-raising activity was meant to defray

**4 - Nurse Information - Physical Form <https://www.stpaulpublicschools.org/parent-formsdocs.html>**

**Physical Form** - Physicals must be completed for every student entering 7th grade... regardless of their participation in sports; this is a requirement by the State of Nebraska. Physicals cannot be completed until **AFTER** May 1st. The Howard County Medical Center (HCMC) will have a couple of days during the summer set aside with providers to complete school physicals... more information will be in the May newsletter or you can call the clinic. HCMC tries to schedule “Physical” days around sports camps so your child can attend those.

**Immunizations** - Per the State of Nebraska, every student entering the 7th grade is required to be up to date on all immunizations, plus receive a Tdap booster. There are other vaccinations... Meningitis and HPV... that are available for children this age as well. Please talk to your provider for more information. - St. Paul School Nurse

# Preparticipation Physical Evaluation

**HISTORY FORM**

DATE OF EXAM \_\_\_\_\_

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of birth \_\_\_\_\_  
 Grade \_\_\_\_\_ School \_\_\_\_\_ Sport(s) \_\_\_\_\_  
 Address \_\_\_\_\_ Phone \_\_\_\_\_  
 Personal physician \_\_\_\_\_  
**In case of emergency, contact**  
 Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

Explain "Yes" answers below.  
 Circle questions you don't know the answers to.

- |   | Yes                      | No                       |
|---|--------------------------|--------------------------|
| 1. Has a doctor ever denied or restricted your participation in sports for any reason?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you have an ongoing medical condition (like diabetes or asthma)?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Are you currently taking any prescription or nonprescription (over-the-counter) medicines or pills?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you have allergies to medicines, pollens, foods, or stinging insects?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Have you ever passed out or nearly passed out DURING exercise?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Have you ever passed out or nearly passed out AFTER exercise?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Have you ever had discomfort, pain, or pressure in your chest during exercise?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Does your heart race or skip beats during exercise?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Has a doctor ever told you that you have (check all that apply):<br><input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur<br><input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection |                          |                          |
| 10. Has a doctor ever ordered a test for your heart? (for example, ECG, echocardiogram)   | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Has anyone in your family died for no apparent reason?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Does anyone in your family have a heart problem?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Has any family member or relative died of heart problems or of sudden death before age 50?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Does anyone in your family have Marfan syndrome?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Have you ever spent the night in a hospital?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. Have you ever had surgery?  | <input type="checkbox"/> | <input type="checkbox"/> |



- |  |                          |                          |
|--|--------------------------|--------------------------|
| 20. Have you ever had a stress fracture?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 21. Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability? | <input type="checkbox"/> | <input type="checkbox"/> |
| 22. Do you regularly use a brace or assistive device?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 23. Has a doctor ever told you that you have asthma or allergies?                                  | <input type="checkbox"/> | <input type="checkbox"/> |

- |  | Yes                      | No                       |
|--|--------------------------|--------------------------|
| 24. Do you cough, wheeze, or have difficulty breathing during or after exercise?                           | <input type="checkbox"/> | <input type="checkbox"/> |
| 25. Is there anyone in your family who has asthma?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 26. Have you ever used an inhaler or taken asthma medicine?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 27. Were you born without or are you missing a kidney, an eye, a testicle, or any other organ?             | <input type="checkbox"/> | <input type="checkbox"/> |
| 28. Have you had infectious mononucleosis (mono) within the last month?                                    | <input type="checkbox"/> | <input type="checkbox"/> |
| 29. Do you have any rashes, pressure sores, or other skin problems?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 30. Have you had a herpes skin infection?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 31. Have you ever had a head injury or concussion?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 32. Have you been hit in the head and been confused or lost your memory?                                   | <input type="checkbox"/> | <input type="checkbox"/> |
| 33. Have you ever had a seizure?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 34. Do you have headaches with exercise?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 35. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?     | <input type="checkbox"/> | <input type="checkbox"/> |
| 36. Have you ever been unable to move your arms or legs after being hit or falling?                        | <input type="checkbox"/> | <input type="checkbox"/> |
| 37. When exercising in the heat, do you have severe muscle cramps or become ill?                           | <input type="checkbox"/> | <input type="checkbox"/> |
| 38. Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease? | <input type="checkbox"/> | <input type="checkbox"/> |
| 39. Have you had any problems with your eyes or vision?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 40. Do you wear glasses or contact lenses?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 41. Do you wear protective eyewear, such as goggles or a face shield?                                      | <input type="checkbox"/> | <input type="checkbox"/> |
| 42. Are you happy with your weight?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 43. Are you trying to gain or lose weight?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 44. Has anyone recommended you change your weight or eating habits?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 45. Do you limit or carefully control what you eat?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 46. Do you have any concerns that you would like to discuss with a doctor?                                 | <input type="checkbox"/> | <input type="checkbox"/> |

- FEMALES ONLY**
- |  |                          |                          |
|--|--------------------------|--------------------------|
| 47. Have you ever had a menstrual period?                            | <input type="checkbox"/> | <input type="checkbox"/> |
| 48. How old were you when you had your first menstrual period? _____ |                          |                          |
| 49. How many periods have you had in the last year? _____            |                          |                          |

Explain "Yes" answers here: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete \_\_\_\_\_ Signature of parent/guardian \_\_\_\_\_ Date \_\_\_\_\_

© 2001 American Academy of Family Physicians, American Academy of Pediatrics, American College of Sports Medicine, American Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine, and American Osteopathic Academy of Sports Medicine.

I hereby give permission for the release of the attached student medical history and the results of the actual physical examination to the school for the purposes of participation in athletics and activities.

Parent or Legal Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_



# Preparticipation Physical Evaluation

**PHYSICAL EXAMINATION FORM**

Name \_\_\_\_\_ Date of birth \_\_\_\_\_  
 Height \_\_\_\_\_ Weight \_\_\_\_\_ % Body fat (optional) \_\_\_\_\_ Pulse \_\_\_\_\_ BP \_\_\_\_\_ / \_\_\_\_\_ (\_\_\_\_ / \_\_\_\_\_)  
 Vision R 20/ \_\_\_\_\_ L 20/ \_\_\_\_\_ Corrected: Y N Pupils: Equal \_\_\_\_\_ Unequal \_\_\_\_\_

Follow-Up Questions on More Sensitive Issues	Yes	No
1. Do you feel stressed out or under a lot of pressure?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you ever feel so sad or hopeless that you stop doing some of your usual activities for more than a few days?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you feel safe?	<input type="checkbox"/>	<input type="checkbox"/>
4. Have you ever tried cigarette smoking, even 1 or 2 puffs? Do you currently smoke?	<input type="checkbox"/>	<input type="checkbox"/>
5. During the past 30 days, did you use chewing tobacco, snuff, or dip?	<input type="checkbox"/>	<input type="checkbox"/>
6. During the past 30 days, have you had at least 1 drink of alcohol?	<input type="checkbox"/>	<input type="checkbox"/>
7. Have you ever taken steroid pills or shots without a doctor's prescription?	<input type="checkbox"/>	<input type="checkbox"/>
8. Have you ever taken any supplements to help you gain or lose weight or improve your performance?	<input type="checkbox"/>	<input type="checkbox"/>
9. Questions from the Youth Risk Behavior Survey ( <a href="http://www.cdc.gov/HealthyYouth/yrbs/index.htm">http://www.cdc.gov/HealthyYouth/yrbs/index.htm</a> ) on guns, seatbelts, unprotected sex, domestic violence, drugs, etc	<input type="checkbox"/>	<input type="checkbox"/>
Notes:		

	NORMAL	ABNORMAL FINDINGS	INITIALS*
<b>MEDICAL</b>			
Appearance			
Eyes/ears/nose/throat			
Hearing			
Lymph nodes			
Heart			
Murmurs			
Pulses			
Lungs			
Abdomen			
Genitourinary†			
Skin			
<b>MUSCULOSKELETAL</b>			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand/fingers			
Hip/thigh			
Knee			
Leg/ankle			
Foot/toes			

\*Multiple-examiner set-up only.  
 †Having a third party present is recommended for the genitourinary examination.

Notes: \_\_\_\_\_

Name of physician (print/type) \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Signature of physician \_\_\_\_\_, MD or DO

**5 - Family Resources/Center for Psychological Services Support (email Mrs. Hagen for the form):**

Center for Psychological Services  
change, growth, transformation ●●●●

Date: \_\_\_\_\_

Client Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_ Male  Female

Guardian Name: \_\_\_\_\_ Contact Number(s): \_\_\_\_\_

School: \_\_\_\_\_ School Personnel Referring: \_\_\_\_\_

Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

CPS Counselor that referral was coordinated with; \_\_\_\_\_

Preferred schedule to be seen at school if school setting determined appropriate: \_\_\_\_\_

**Concerns (Check all that apply):**

- Academic  Attendance  Truancy  Isolated/Withdrawn  Teacher/Staff Conflict  
 Social Problems  Bullying  Family Issues  Loss/Death  Behavior  Anger  
 Drugs/Alcohol  Peer Relations  Stress  Suicidal Thoughts  Suicide Attempt(s)   
 Gang Affiliation  Aggressive Behaviors  Other \_\_\_\_\_

**Significant Change In:**

- Behavior  Self-esteem  Academic Performance  Attendance  Friends/Crowd  
 Other \_\_\_\_\_

**Other information:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*My signature below acknowledges that I understand and agree to share my information with Center for Psychological Services for the purpose of setting up services with the in-School Counseling Program. By signing this form, I understand how my information may be used and disclosed. I understand that if I have any questions regarding this referral form, I can contact the Clinical Director of Center for Psychological Services at (308) 234-6029.*

*Primary Guardian or legal Representatives Signature:*

\_\_\_\_\_ Date: \_\_\_\_\_

125 E. 31<sup>ST</sup> STREET  
PO BOX 2583  
KEARNEY, NE 68845

OFFICE: (308) 234-6029  
FAX: (308) 237-4792  
WWW.CENTERFORPSYCHSRVS.ORG

## 6 - What I've learned over the years as a parent and educator:

- Children respond how we respond...keep yourself in check.
- Children who were taught to obey their parent(s)/guardian... will be successful.
- If you don't have expectations for your kids...being a parent will be VERY difficult.
- Out of self-preservation...children will lie to their parents. What is important is how we respond to the lie.
- Don't make excuses for your children...let them learn how to be an adult and take responsibility...if you don't...your children will suffer the consequence.
- There are things on TV, social media, and in homes that children should NOT hear or see... put their well-being first... even if they "think they're old enough."
- 

## 7 - Extra Curricular Activities Available next year and in later years:

<u>Extracurricular Opportunities 7-12:</u>	<u>Extracurricular Opportunities for 9-12 Only:</u>
Art Club - Mrs. Herrick and Mrs. Knox	Tennis - Mrs. Svoboda
Robotics - Mr. Nilson	Baseball - Mr. Reinsch and Mr. Sake (Palmer)
Math and Science Club - Mrs. Svoboda and Mr. Nilson	Softball- Mrs. Volk and Mrs. Svoboda
FCCLA (Family, Career, and Community Leaders of America) - Mrs. Tibbetts	Golf - Mr. Peters (B) and Mrs. Lynch (G)
FFA (Future Farmers of America) - Mr. Bowder and Mrs. Coufal	Dance - Mrs. Herrick
FCA (Fellowship of Christian Athletes) - Mr. Kleinsasser	Cheer - Mrs. Svoboda
Football - Mr. Fuller, Mr. Reinsch, Mr. Smith, Mr. Egger	Interact (Rotary Club on Service Learning) - Mr. Poppert
Cross Country - Mr. Kleinsasser	One Act/ All School Play - Mrs. Meinecke
Wrestling - Mr. Bolling and Mr. Bowder	Speech Team - Mrs. Scheer
Volleyball - Mr. Matt Koehn-Fairbanks and Mrs. Nancy Harrington	FBLA (Future Business Leaders of America) -Ms. Holdsworth
Basketball - Mr. Reinsch, Mr. Smith, Mr. Egger (B-Bball), Mr. Peters, Mr. Elstermeier (G-Bball), JH Boys - Mr. Brouillette, Mr. Shawn Koehn-Fairbanks, JH Girls - Mr. Brouillette, Mrs. Volk	Ambassadors (10-12) - Mrs. Hagen
Track - Mr. Shawn Koehn-Fairbanks, Mr. Matt Koehn-Fairbanks, Mr. Alberts, Mrs. Keller, Mr. Kleinsasser	Student Council and Class Officers are voted on by the class. Mr. Egger is the sponsor.
Musical/Variety Show - Mrs. Sipes	

\*\*\* Sponsors may change before we start the next school year.

## 8 - School Supplies

- There is not a list of school supplies from teachers at the junior high level. Typically students bring pencils, pens, notebooks, highlighters, and some type of filing system for worksheets that they receive. The school provides a planner (aka agenda) and a lock for gym lockers for junior high students.

## 9 - Community Service - Form: <https://www.stpaulpublicschools.org/parent-formsdocs.html>

- In order to graduate from St. Paul, all students must have 40 hours of community service complete and documented in the office.
- Students may start accumulating community service hours the summer BEFORE their 7th grade year.
- Completed Community Service Forms can be emailed or returned to Mrs. Wardyn...they are then entered into each student's community service hours tab in Infinite Campus.

- Community Service Forms can be printed from the school website or picked up in Mrs. Wardyn's office.

**COMMUNITY SERVICE**

Students who graduate from St. Paul Public School must complete 40 hours of community service. Students may start to accumulate community service hours after they have finished their (6<sup>th</sup>) sixth grade year. All hours must be performed outside of school hours. **Seniors must turn in their Community Service Hours before Christmas Break or they will automatically become ineligible for all extracurricular activities until the community service requirement is met.**

DEFINITION: " unpaid, volunteer time served for the benefit of others, primarily for non-profit organizations." (If the activity is part of a class or group requirement, it will not count. If the members of a group or class are asked to help, but not required to, their service will count.)

A shopping list of organizations / activities that will count for community service hours is listed below.

if you have another organization / activity for which you plan on volunteering, that is not on the list below, you must obtain - in advance - written permission from Mrs. Hagen or Mr. Van Pelt

Assisted Living Centers	Howard Co. Comm. Hospital Thrift Store
Big Brothers/Big Sisters	Modern Woodmen
Boy Scouts	Nursing Homes
Chamber of Commerce	PTO
Church	Red Cross
City Governments in Howard	
Rotary	
County (Special Events)	Senior Centers
Fire/Ambulance Departments	St. Paul Summer Recreation Program
4-H Clubs	St. Paul Youth Sports Programs
Girl Scouts	St. Paul After School Program
Habitat for Humanity	Stuhr Museum
Head Start	TeamMates
Historical Society	United Way
Hospitals	Veterans Homes
Howard County Fair Board	
Howard County Food Bank	

A student who is doing community service through the court system, will not be allowed to count that time for graduation requirements. In other words, no "double dipping".

**St. Paul High School**  
Community Service Graduation Requirement  
Validation Form

Student \_\_\_\_\_ Grade \_\_\_\_\_ School Year \_\_\_\_\_

if you have completed community service, a representative of the agency for which the service has been performed must fill in the necessary information and must then sign to verify your hours.

1. Date of Service: \_\_\_\_\_ # Hours \_\_\_\_\_  
Signature of Person Evaluating: \_\_\_\_\_ Phone # \_\_\_\_\_  
Printed name of Person Evaluating: \_\_\_\_\_  
Brief description of the volunteer service provided: \_\_\_\_\_  
\_\_\_\_\_

2. Date of Service: \_\_\_\_\_ # Hours \_\_\_\_\_  
Signature of Person Evaluating: \_\_\_\_\_ Phone # \_\_\_\_\_  
Printed name of Person Evaluating: \_\_\_\_\_  
Brief description of the volunteer service provided: \_\_\_\_\_  
\_\_\_\_\_

3. Date of Service: \_\_\_\_\_ # Hours \_\_\_\_\_  
Signature of Person Evaluating: \_\_\_\_\_ Phone # \_\_\_\_\_  
Printed name of Person Evaluating: \_\_\_\_\_  
Brief description of the volunteer service provided: \_\_\_\_\_  
\_\_\_\_\_

4. Date of Service: \_\_\_\_\_ # Hours \_\_\_\_\_  
Signature of Person Evaluating: \_\_\_\_\_ Phone # \_\_\_\_\_  
Printed name of Person Evaluating: \_\_\_\_\_  
Brief description of the volunteer service provided: \_\_\_\_\_  
\_\_\_\_\_

10 - Questions? Give us a call (308-754-4433):

- 7-12 Secretary - Mrs. Wardyn - ext. 401 or [marcia.wardyn@spwildcat.org](mailto:marcia.wardyn@spwildcat.org)
- 7-12 Guidance Counselor - Mr. Van Pelt - ext. 406 or [mark.vanpelt@spwildcat.org](mailto:mark.vanpelt@spwildcat.org)
- 7-12 Principal - Mrs. Hagen - ext. 402 or [jen.hagen@spwildcat.org](mailto:jen.hagen@spwildcat.org)