

Forestview Student Handbook

www.gaston.k12.nc.us/schools/forestview/

2018-2019 School Year



*“Building Champions in
Academics, Athletics and the
Arts.”*

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Welcome from the Principal

Hello Jaguar Students and Families,

Welcome to Forestview High School, home of the Jaguars! It is both an honor and a privilege to lead such an outstanding school. Education is a top priority in both my personal and professional life. We will work to ensure that all students have the opportunity to be successful and excel during their high school career. We sincerely believe that the years spent in high school represent a vital stepping stone into life and we also believe that high school should be a place where every student can find success!

Welcome to a new school year, with new opportunities.

With Jaguar Pride,

Crystal C. Houser

Crystal C. Houser, MSA, CIS

Principal



<https://www.gaston.k12.nc.us/forestview>

MISSION STATEMENT

To provide an educational experience committed to excellence in academics, arts, and athletics, that ensures our students will have success as lifelong learners.

VISION STATEMENT

Forestview High School is dedicated to providing rigorous and relevant experiences that cultivate globally competitive students.

FORESTVIEW ADMINISTRATION

Principal
Assistant Principals

Crystal Houser
Josh Bromley
NaKishia Glenn
Janet Ramsey



Resource Officer
Security
Financial Secretary
Data Manager
Receptionist
Administrative Assistant
Business Manager

Officer Martin
Michael Chambers
Molly Pekarek
Kymme Barber
Angela Olmsted
Jan Strohm
Gordon Cobb

Guidance Counselors

(A-F) Bill Collins
(G-M) Julie Connolly
(N-Z) Kenya Ingram

Career Development Coordinator
Nurse
Social Worker

Heather Forbes
Dawn Hall
Valerie Williams

BELL SCHEDULES

(5 minute class changes for all schedules)

REGULAR SCHEDULE (Monday, Tuesday, Wednesday, and Friday)

First Bell 7:50am
Warning Bell 8:04am
Tardy Bell 8:05am
First Period 8:05-9:40
Second Period 9:45-11:15
Third Period 11:20-1:25

A Lunch 11:20-11:48
B Lunch 11:53-12:20
C Lunch 12:25-12:52
D Lunch 12:57-1:25

Fourth Period 1:30-3:00
Fifth Period (tutoring, ASD) 3:05-4:05

ADVISORY SCHEDULE (Thursday)

First Bell 7:50am
Warning Bell 8:04am
Tardy Bell 8:05am
First Period 8:05-9:25
Advisory 9:30-10:00
Second Period 10:05-11:25
Third Period 11:30-1:35

A Lunch 11:30-11:58
B Lunch 12:03-12:30
C Lunch 12:35-1:02
D Lunch 1:07-1:35

Fourth Period 1:40-3:00
Fifth Period (tutoring, ASD) 3:05-4:05

TWO HOUR DELAY SCHEDULE

(6 minute class change)

1st Period 10:00-10:36
2nd Period 10:42-11:18
3rd & 4th Period Regular schedule for the remainder of the day.

ACADEMICS

GRADES AND GRADING SCALE

GPA Conversion Chart for students who entered ninth grade <u>in 2015-2016 and beyond</u>				
Letter Grade	Numeric Grade	Standard Level Courses	Honors Level Courses	AP and Community College Level Courses
A	90-100	4.000	4.500	5.000
B	80-89	3.000	3.500	4.000
C	70-79	2.000	2.500	3.000
D	60-69	1.000	1.500	2.000
F	59 and Below	0.000	0.000	0.000

INC -Incomplete makes a student ineligible for Honor Roll.

No grade given at this time.

FF – Failure due attendance policy. No credit given for course.

CLASSIFICATION OF STUDENTS

- A student is classified a **FRESHMAN** (9th grade) when he/she has been promoted from grade 8 in middle school.
- A student is classified a **SOPHOMORE** (10th grade) when he/she has earned a minimum of 6 credits.
- A student is classified a **JUNIOR** (11th grade) when he/she has earned a minimum of 13 credits.
- A student is classified a **SENIOR** (12th grade) when he/she has earned a minimum of 20 credits.
- **TO GRADUATE:** student has earned a minimum of 28 credits and successfully completed competency standard.

NORTH CAROLINA ACADEMIC SCHOLARS PROGRAM

Students who seek the Future Ready Course of Study also may earn the N.C. Academic Scholars distinction. Students who qualify for this honor receive an honor sticker on their diploma, recognition on their transcript and recognition at graduation.

English	4 Credits: I, II, III, IV
Math	4 Credits: Math I, II, III and one unit of higher level mathematics.
Science	3 Credits: Biology, Earth/Environmental Science, and Physics or Chemistry course.
Social Studies	4 Credits: World History, Civics/Economics, American History I & II
Second Language	2 Credits: Two credits of the same language other than English
Health & PE	1 Credit: Health/Physical Education
Career and Technical	6 Credit: Includes two credit of the same language other than English Four additional credits in a concentration area such as Career and Technical Education, Arts Education, Second Language (beyond the first two credits), or other subject area.
Second Language	
Art Education (Dance, Music Theater Arts, Visual Arts)	
Arts Education (Dance, music, Theater arts, Visual arts)	1 Credit: One credit is required in either the visual arts, band, chorus, dance or theater arts as offered at your high school.
Electives or other requirements	3 Advanced Credits-Three credits from higher level (advanced) courses taken during the junior and senior years such as Advanced Placement (AP), Advanced Career and Technical Educational, college level courses, or other advanced courses

****** Please refer to the Gaston County Schools High School Curriculum Guide publication for exceptions, specific information on grading, courses, college athletic eligibility, dual enrollment,, North Carolina Virtual Public School, GCS online courses of study, NC Scholars program, honor graduates, etc.

******* Online Courses are offered to GCS students through N.C. Virtual Public School.

******** Parents of students interested in early graduation should contact their student's counselor for an appointment prior to students' senior year.

COLLEGE CREDIT WHILE STILL IN HIGH SCHOOL

Career and College Promise

Many college programs will be available to Forestview students while they are still in high school. These (and other) classes are offered at Gaston College during the school day, and on the Forestview campus and are targeted to high school age students. Students enrolled in these classes will receive both high school and college credit. The high school credits count toward graduation and the college credits may be transferable to NC public colleges or universities!

Please note: In addition to Gaston College classes, college credit is still available on the Forestview campus from our abundant **Advanced Placement** (AP) course offerings or availability and/or provided through NCVPS.

HONOR GRADUATES

Gaston County high school seniors will be eligible for graduation honors based on their weighted GPA. The student with the highest weighted GPA will be named valedictorian while the student with the second highest weighted GPA will be named salutatorian. In the event of an exact numerical tie, co-valedictorians and/or salutatorians will be named. Other honor graduates are as follows:

Summa cum laude	4.3+	Denoted by gold stole
Magna cum laude	4.0-4.2999	Denoted by a silver stole
Cum laude	3.7-3.99	Denoted by a white stole

REPORT CARD SCHEDULE 2018-2019



October 11	First 6 weeks distributed
November 29	Second 6 weeks distributed
January 24	Third 6 weeks distributed
March 7	Fourth 6 weeks distributed
April 18	Fifth 6 weeks distributed
June 16	Final report cards mailed

TESTING IN NORTH CAROLINA

End-of-Course Tests– (EOCs) Required in specified courses

NC Final Exams – State issued assessments

Career and Technical Education EOC Test– For Career/Tech classes and counts 25% of your final grade

Workkeys– Job skills assessment

Advanced Placement Tests– Required for students enrolled in AP classes and desire college credit

PSAT– Preliminary test for SAT

PLAN– Preliminary test for ACT (All 10th Graders Take this test)

ACT – College admissions test all 11th graders must take.

SAT – College admissions test

ASSET OR COMPASS– Placement test for community colleges

“JAGUAR PRIDE”

STUDENT ADVISORY PROGRAM

The goal of this program is to provide a teacher advisor for every student at Forestview. Each student is assigned a homeroom/advisor teacher who will follow students throughout their high school years. In addition to the opening of school activities, the teacher advisor will meet with students throughout the year to discuss difficulties in classes, attendance, and behavior. All students will be aligned with a counselor and an assistant principal who will work together to support the student.

9 th (A-Z)	Josh Bromley, AP
10 th (A-Z) and 11 th (A-K)	NaKishia Glenn, AP
11 th (L-Z) and 12 th (A-Z)	Janet Ramsey, AP
(A-F)	Bill Collins, Counselor
(G-M)	Julie Connolly, Counselor
(N-Z)	Kenya Ingram, Counselor

STUDENT SERVICES

Student Services is comprised of three counselors, a Career & Technical Education Coordinator, school nurse and social worker.

COUNSELORS

Counselors will assist with:

- Orientation
- Academic advising, course planning, and registration, 4 year planning
- Personal and social issues
- College selection, planning, and application or college advising
- Career Planning
- Preparation, registration, and interpretation of college entrance exams
- Scholarship and financial aid applications
- Student record maintenance
- Annual student scheduling
- Mental Health referrals
- Drop out prevention

Students will be assigned to counselors on the basis of their last names (A-F; G-M; N-Z). Additional responsibilities are listed below

Mr. Collins (A-F)

- Department Chairperson
- Peer Helper A-F
- SSMT/504
- Drop-Out Prevention
- Financial Aid/Programs
- Scholarship Programs
- NCAA

Mrs. Connolly (G-M)

- SSMT/504
- CollegeBoard/ACT
- Drop-Out Prevention
- Peer Helpers G-M
- Career and College Promise
- Academic Awards Program
- College Fair & Visitation

Ms. Ingram (N-Z)

- SSMT / 504
- Drop-Out Prevention
- Early Grad Coordinator
- Peer Helpers N-Z

Heather Forbes – CDC

- Work Keys / CTE EOC's
- CTE Course Support
- Military Contact

Valerie Williams – Social Worker

- Drop- out prevention
- Truancy

Dawn Hall-School Nurse

- Health Plans
- Medical concerns
- Immunizations

Students wishing to see a counselor or other student services personnel should schedule an appointment in the Student Services reception area. Preferably, students should see their counselor before school, after school or during lunch.

Checks

The Gaston County Schools recognizes that occasionally a parent may inadvertently overdraw a checking account and a check may be returned by your bank. In order to recover these funds in a private and professional manner, the Gaston County School System has contracted with Nexcheck, LLC, for collection of returned checks.

Checks should be written on a commercially printed check with your name, address, and contact telephone number. When a person writes a check to a school or the School System, he or she agrees that, if the check is returned for any reason, it may be represented electronically on the same account, and that the Service Fee for returned checks established by law may be debited from the same account.

If the check and fee are not collected electronically, Nexcheck will contact the check writer by mail and/or by telephone to make payment arrangements. All payments need to be made directly to Nexcheck, P.O. Box 19688, Birmingham, AL 35219. For a convenience fee, payments of both check and fee may be made electronically at www.nexcheck.com or over the phone (800-639-2435).

ATHLETIC OFFERINGS

JV Football
Football
Boys Basketball
JV Boys Basketball
JV Girls Basketball
Girls Basketball
Wrestling
JV Boys Soccer
Boys Soccer
JV Girls Soccer
Girls Soccer
Cross Country
JV Volleyball
Volleyball
JV Baseball
Baseball
JV Fast Pitch Softball
Fast Pitch Softball
Boys Track and Field
Girls Track and Field
Girls Golf
Boys Tennis
Girls Tennis
JV Cheerleading
Varsity Cheerleading
Boys Golf
Swimming



CLUBS

Beta Club
Bible
German Club
Relay for Life
GSA Club
FCCLA
Fellowship of Christian Athletes
Jaguar Pals
High-Q
Dance Team
Environmental Club
National Vocational Technical
Intn'l Thespian Societ
Junior Civitans
Empow-Her
The Jungle
National Art Honor Society
National Honor Society
Spanish Club
Video Game Club
Step Team
Interact Club
Book Club
Fishing Club
HOSA



TRANSCRIPT REQUEST PROCEDURES

Students may request transcripts by submitting a request form to their counselor. Forms are available in the guidance lobby or directly from each counselor. Please allow 3-4 days for the request to be completed. Once completed, it is the student's responsibility to pick up the requested transcript from student services.

******Counselors are not responsible for mailing transcripts.***

ATTENDANCE POLICY

Attendance is extremely important to the success of all students in school. In accordance with Gaston County Schools Attendance Policy, we encourage students to be in attendance and to make up all work missed promptly. Students who reach their tenth absence per semester from a class and who are passing the class must file an appeal in order to be eligible to earn credit for the class.

HIGH SCHOOL COURSE ATTENDANCE:

- Students are expected to be in each class each school day. Students may only have ten (10) absences in a semester course, including excused and unexcused absences.
- In order for students to be counted present in a course, they must be in attendance at least seventy-five (75) minutes of the ninety (90) minute class period.
- For students who exceed ten (10) absences in a course and are passing the course, an appeal must be filed to be eligible for course credit (see the GCS Student Code of Conduct for details).
- In order to be recorded present for a whole school day, a student must be present at least one-half of the school day.
- Following any absence(s), a student is required to present a written document from the parent or guardian stating the reason for the absence; after the tenth (10th) absence a doctor's excuse may be required by the school.
- All absences will be coded unexcused in the computer until a written note is received from the parent or guardian.
- Written documentation must be presented within three (3) school days after the student returns to school; otherwise, the absence(s) will be recorded as unexcused.

COMMUNICATION:

- After each absence, excused or unexcused, the principal/principal's designee shall inform the parent/guardian/custodian by way of a personal or computer-generated telephone message.
- Upon a student's third (3rd), sixth (6th) and tenth (10th) full day absence of any type the principal shall notify the parent/guardian for the purpose of sharing information regarding the Gaston County School attendance policy.
- At least by the third (3rd) absence in a course, where no parent/ guardian contact has been received, the teacher will attempt contact to the parent/guardian and notify the Student Services Management Team for intervention and/or consequences.

ACCEPTABLE REASONS FOR ABSENCE

1. Illness/injury
2. Death in the immediate family
3. Medical or dental appointments (with doctor's excuse)
4. Court of Administrative Proceedings
5. Quarantine
6. Religious observances
7. Educational opportunity *(with prior approval of principal)*
8. Special emergencies as determined by the principal
9. Absence due to pregnancy
10. A student whose parent or legal guardian (a) is active duty member of the uniformed services and (b)has been called to duty for, is on leave from, or has immediately returned from deployment to a combat zone or combat support post will be granted additional excused absences at the direction of the superintendent.

All notes must be submitted to the Control Room supervisor. Absences will be coded "excused" or "unexcused." The student is responsible for getting notes to the control room within the 3 day allotted time. Students attending an authorized school activity, with the approval of the appropriate school official, will not be considered absent. Such activities may include field trips, athletic contests, student conventions, musical festivals, and similar activities.

****ATTENDANCE FOR ATHLETIC ELIGIBILITY ***

To participate in athletics, student absences must not exceed 13 per semester. Athletes must be with their class and must pass three out of four classes from the previous semester.

CHECKOUT POLICY

1. Students in Grades 9-12 need to have a parent or guardian physically check them out in person, or provide the control room with a signed note from a legal guardian.
2. Student drivers may check out on non-event days with parent/guardian permission via telephone. School personnel will verify identity by calling the guardian at a number listed in our student information system (Powerschool).
3. Special event check out: On special event days, (i.e. Renaissance picnic, pep rallies, etc.) students must be checked out in person by a parent or guardian.
4. Students cannot check out between 2:30 and 3:00.

Note: The checkout procedure is not designed to inconvenience students or their parents. The checkout policy is in place for student safety.

We encourage students to arrange doctor and dental appointments outside of school hours if possible. When students must leave during the school day, they must bring a note from a parent stating the time to be dismissed and a phone number where the parent can be reached. Students must drop these notes off at the control room **BEFORE** school starts. The control room supervisor will verify the note and a *Permission to Leave Campus Pass* will be given to the student.

When students return to school after checking out for a doctor's or other excusable type of appointment, they must bring a note to the control room to verify the appointment; at that time the appointment will be coded excused in our system.

Any student leaving campus for ANY REASON without first signing out through the control room will be considered truant and will be disciplined.

TARDIES

- Any student arriving to class after the bell sounds is tardy. The definition of tardy to class is when a student fails to cross the threshold of the classroom door when the bell stops ringing.
- Any student arriving to school after 8am is tardy. All students arriving before 8:15AM report to Guidance Window. The classroom teacher codes the tardy with the 1st period class attendance in Powerschool.
- **Students who arrive to school after 8:15am should report to Guidance to sign in.**
- Students who receive more than 6 tardies to school or class **per semester** will be handled by assistant principals. Refer to Gaston County Student Code of Conduct for disciplinary action for tardies.

CONSEQUENCES FOR EXCESSIVE TARDIES TO SCHOOL, OR TARDIES TO 2ND, 3RD, 4TH, OR ADVISORY CLASSES ARE:

- Parents will be contacted informing them of excessive tardies.
- 4th tardy...1 day Lunch Detention
- 5th tardy...2 days Lunch Detention
- 6th tardy...1 day After School Detention
- 7th tardy...2 days After School Detention
- 8th tardy...1 day In School Suspension
- 9th tardy...2 days In School Suspension
- 10th tardy...1 day Out of School Suspension
- 11th tardy...2 days Out of School Suspension
- 12th tardy...3 days Out of School Suspension
- Excessive tardies will result in further disciplinary measures.

Notes on Tardy Policy:

- ❖ Students will have 5 minutes between classes.
- ❖ Students have access to at least 2 restrooms per hallway area.
- ❖ Students that check in with their teacher before the tardy bell **TYPICALLY** are given permission immediately to use the restroom as needed.
- ❖ When students are held over (by a teacher) at the end of a class or during transition, the teacher will write student a pass to class with no penalty incurred.
- ❖ The most problematic situation is students socializing during class change which lead to unexcused tardies.

MAKE UP WORK

1. Students will have an opportunity to make up work, including tests missed as a result of excused absences.
2. Students must make arrangements to make up work within **3 days** of returning to school and at a time agreeable to the teacher.
3. Students will receive a zero grade for each assignment not completed within the prescribed time given by the teacher when arrangements were made. A minimum of 7 days will be given to turn in all make up work.

*****Student's IEP/504 plan governs/supersedes guidelines.**

DRIVERS EDUCATION AND STUDENT ATTENDANCE

Students will be allowed to enroll in driver education only if they meet a minimum of 94% attendance in the year (if in middle school) or 94% attendance the semester (if in high school) before enrolling in driver education.

Students must have been in attendance 168 days of the 180 day school year (for middle school) or 84 days of the 90 day semester (for high school) in the year or semester before enrollment in driver education with Gaston County schools (medical exceptions considered).

LOSE CONTROL/ DROP OUT PREVENTION

LOSE YOUR LICENSE GUIDELINES

A student under age 18 must pass 3 out of 4 courses in a semester to maintain a NC Drivers' License under state guidelines. Students passing fewer than 3 courses in a semester will receive notification from the state that his /her license has been suspended until the course requirements are met

Students given an expulsion/suspension for more than 10 (ten) consecutive days for one of the three reasons listed below are subject to having their permit /license suspended for up to one calendar year.

- The possession or sale of an alcoholic beverage or an illegal controlled substance on school property.
- The possession or use on school property of a weapon or firearm that resulted in disciplinary action under G.S. §115C-391(d1) or that could

have resulted in that disciplinary action if the conduct had occurred in a public school.

- The physical assault on a teacher or other personnel on school property.

Students who are at least 14 years old or who are rising 8th graders are subject to this law. The law applies to all students, even to those exempted under Dropout Prevention/Driver's License Legislation. Unlike the Dropout Prevention/Driver's License Legislation law that ends when a student turns 18 years old, the "Lose Control" law does not stop at age 18, nor does it stop when the student graduates.

Students who may lose their permit/license under this legislation may be eligible to regain the permit/license after a six-month period by displaying exemplary behavior in an alternative education setting or having successfully completed a school district approved drug or alcohol treatment counseling program.

STUDENT DISCIPLINE

Students will follow the Gaston County Student Code of Conduct, the rules of Forestview High School, and of each individual teacher, as well as the laws of the state of North Carolina.

REDIRECT

Redirect is an intervention offered during the school day for violations of the Forestview rules and the Gaston County Code of Conduct. If a student is sent to Redirect more than three times in a semester, the following will occur:

- 4th-5th Redirect - Counselor meeting/Parent Meeting
- 6th Redirect-1 day of ISS and parent contact
- 7th Redirect-Discipline. Referral/Parent Conference
- 8th-9th Redirect-1 day of OSS and parent contact
- 10th Redirect-3 days of OSS and parent meeting
- 11th Redirect-5 days of OSS*
- 12th Redirect-10 days of OSS*
- *denotes violation of Rule 1, Rule 2, Rule 19 of the GCS Student Code of Conduct.

IN SCHOOL SUSPENSION

In school suspension (ISS) is an intervention offered during the school day for violations of the Forestview rules and the GCS Code of Conduct. Failure to comply with ISS classroom rules will result in the following:

- First Offense: Parents are contacted and student is sent home for the remainder of the school day.
- Recurring Incidents: Violation of Rule 1, Rule 2, Rule 19 of GCS Student Code of Conduct. Disciplinary consequences are aligned to GCS Code of Conduct - up to 10 days OSS and/or alternative placement.

DISCIPLINE CONSEQUENCES

Discipline consequences adhere to the Gaston County Student Code of Conduct. Consequences may be more severe depending on the number of office referrals that an individual student receives.

CAMPUS ATTIRE (DRESS CODE)

RULE 16: Dress Code (GCS Code of Conduct) The appearance of any young person is primarily the responsibility of that individual and his/her parents. Each student is expected to maintain an appearance that is neither distracting to other students nor disruptive to the educational environment or the safe and healthy climate of schools.

Students shall not wear:

- Headwear - Hats, bandanas, hair picks, combs or other types of headgear or sunglasses in the building.
- Clothing - Clothing that displays sexually explicit words or drawings, profanity, alcohol or drug gang symbols.
- No style of clothing or the manner in which it is worn may expose undergarments or create a distraction or disturbance in the educational setting. The expectations noted above represent the minimum standards established throughout the school system. In addition, items not specifically mentioned may still be deemed inappropriate in a school setting in the judgment of the school administration. The Board of Education recognizes that local law enforcement agencies may determine that wearing particular gang related attire may present a threat to student safety. The Superintendent will work collaboratively with these agencies to prohibit such dress. This policy shall be reviewed annually by the Superintendent who will make any proposed recommendations for change to the Gaston County Board of Education.

Forestview Specific Expectations:

- Shorts & Skirts - must be visible underneath shirts. Fingertip length is appropriate.
- Shirts - modesty should prevail. Off the shoulder shirts are not permitted at school.
- Pants - no sagging; no holes more than 3" above the knee. Holes at pocket areas are inappropriate.
- Hoods and head scarfs - these items are not permitted to be worn in the school building. Students must remove hoods and head scarfs when they enter the building.

Consequences: High School Ranging from in-school disciplinary action up to 3 days OSS. **We will always work with students and families to remedy a dress code violation.*

CLOSED CAMPUS

Forestview High School operates a closed campus, as do all Gaston County Schools. Students are prohibited from visiting other campuses during their school hours. Students are NOT permitted to bring visitors to school or to leave campus for lunch.

Students are not permitted to leave campus unless parental authorization has been verified by school staff. This may be done only through the control room. Access to our students during the school day is allowed only to immediate family members who can verify relationship with some kind of identification. Messages to students are delivered only in the case of an emergency.

Parents are always welcome, but must check in at the main office when they arrive at school.

PARKING

- It is a privilege to park on school grounds, and regulations for parking are strictly enforced. Suspension of student driving privileges or other disciplinary actions will occur due to parking violations or student driving that endangers any person. Students with excessive tardies will lose their parking privileges and parking permit.
- Students must park in the student parking lots. Students cannot park without the purchase and display of a parking permit, which costs \$25.00 per year. **Owners of vehicles without parking permits are subject to disciplinary action.**
- Seniors will be assigned to the Senior Lot. There will be no assigned spaces. Students will park in the first available space.
- Students must vacate their cars when they arrive at school. When dismissed, they will leave the parking lot immediately.
- Forestview High School reserves the right to terminate parking privileges for any student. Student vehicles are subject to search if reasonable suspicion exists to believe drugs, alcohol, stolen property or contraband items might be in the vehicle. Random vehicle searches will be conducted.
- No refunds will be made for any permits that are suspended. Lost or stolen permits will be replaced at a cost of \$10.00.

RESTRICTED AREAS

Restricted areas are defined as those locations off-limits to students during the day because of safety concerns. Violations of restricted area policies will result in disciplinary actions. The following areas are restricted:

- **Parking Lots:** Administrative permission is required to enter the parking lot during the school day.
- **Bus Area:** Upon arrival to school, students are to leave the bus loading area immediately. Students are not to loiter in the bus loading area during the day, and particularly not during lunch periods.
- **Gym, Gym Hall, and Athletic Fields:** Only students scheduled for physical education are permitted in these areas during the school day.
- **Cafeteria and Lunchroom Area:** Students are permitted in the cafeteria and lunchroom areas only during their scheduled lunch time or with prior permission.
- **Classroom Building During Lunch:** The classroom building is closed to students during their lunch time.
- **Auditorium:** Students are permitted in the auditorium only during scheduled events or with prior permission.
- **Lobby:** Students should not loiter in the lobby and commons.
- **Restrooms:** Students will sign a notebook provided by the teacher each time they leave class to go to the restroom.
- **Courtyard:** Only Seniors are allowed in the Courtyard during lunch. Students should be in the Courtyard with a teacher or with teacher's permission only.
- **Learning Cottages:** Only students who have classes there are permitted in the cottage area; only to go to and from class.

BOOK BAGS

- Book bags may be carried during school hours. If safety becomes a concern at any point during the school year, book bags may become prohibited and students will then have access to lockers or carry their school supplies and books by hand.
- Any item contained in a book bag will be considered property of the student.

CAFETERIA

Students are expected to be courteous and considerate of others in the cafeteria.

1. Be considerate of cafeteria staff and property.
2. Be considerate of students who eat later: leave tables clean, and throw all trash into trash cans.
3. Students are to eat in the cafeteria. Seniors may eat in the Senior Courtyard.
4. Students are not permitted to break in line. Once in line, you cannot leave and then return to your place - you must move to the back of the line. Violations will result in lunch detention.
5. It is the responsibility of all students to maintain the beauty of Forestview. Throwing food will not be tolerated. It will be considered disruption of school and defacing of property. Violations will result in OSS or another appropriate discipline.
6. Students must move quickly and quietly to and from the cafeteria and must remain in the cafeteria during the entire lunch period.
7. **ONLY** the restrooms in the cafeteria area are to be used during lunch.
8. The Senior Courtyard is for 12th grade student only. Any others found in the Senior Courtyard will be given lunch detention.

School Year 2018 – 2019

Gaston County School Nutrition (GCSN)

Information Guide for School Handbooks

1) Meal Prices

a) Breakfast

- | | |
|---|--------|
| i) Paid students (all grade levels) | \$1.20 |
| ii) Reduced price students (all grade levels) | \$0.00 |
| iii) Adults (staff and visitors) | \$1.50 |

b) Lunch

- | | |
|--|--------|
| i) Paid students (grades K – 5) | \$2.70 |
| ii) Paid students (grades 6 – 12) | \$2.80 |
| iii) Reduced price students (all grade levels) | \$0.40 |
| iv) Adults (staff and visitors) | \$3.75 |

2) Charged Meals

- a) Students who do not have money may charge a meal if their account has not exceeded the following limits:
 - i) Elementary (K – 5) \$13.50
 - ii) Middle School (6 – 8) \$ 5.60
 - iii) High School (9 – 12) no charging allowed
- b) Elementary and middle school students who do not have money and who have exceeded the charge limit may receive a complimentary alternate meal upon request.
- c) Principals will be provided a daily list of students who have exceeded the charge limits so that they can inform the students they will only be able to receive a complimentary alternate meal unless they bring meal money the following day.
- d) High school students who do not have meal money may also request a complimentary alternate meal if they are unable to find or borrow money.
- e) Students who have received more than five (5) complimentary alternate meals per year may receive additional complimentary meals at the mutual discretion of the Principal and School Nutrition Director.
- f) Students who apply for free or reduced price meal benefits are responsible for all charges incurred before their Free and Reduced Meal Applications are received by the Cafeteria Manager or School Nutrition Department.
- g) Students who have exceeded the charged meal limit may not purchase a la carte items with the exception of milk, fruit juice, or water.
- h) Schools are provided negative balance letters for distribution to students at least once a week.
- i) A negative balance report can be provided by the Cafeteria Manager at any time upon request.

3) Student Accounts

- a) Check, Cash, or Money Order can be accepted in the school cafeterias.
- b) Parents/Guardians may utilize K12PaymentCenter at www.k12paymentcenter.com to pay with their credit or debit card. PLEASE NOTE: This service is available at all schools as a means of collecting and managing other school fees.
- c) Parents requesting a refund must contact the School Nutrition Business Manager at (704) 836-9110 ext. 3.

- d) Positive balances remaining at the end of the school year will remain on students' accounts for the following school year unless a refund is requested.
 - e) NSF checks are referred to NEXCHECK, a check guarantee and collection service.
 - f) Parents/Guardians desiring to restrict or prohibit the purchase of meals in the cafeteria may do so by submitting a "Purchase Account Limits" form. This form is available on the Gaston County Schools web page in the School Nutrition section, and must be renewed annually.
 - g) Parents/Guardians desiring to restrict or prohibit the purchase of a la carte items in the cafeteria may do so by contacting the school Cafeteria Manager.
- 4) A la Carte guidelines
- a) A la carte items may not be charged.
 - b) Students who have exceeded the charge limits, \$13.50 in elementary schools and \$5.60 in middle schools, may not purchase a la carte items except milk, fruit juice, or water.
 - c) Students who are within the allowable charge limits, under \$13.50 in elementary schools and \$5.60 in middle schools, may not purchase a la carte items until all charges are paid.
 - d) A la carte items WILL NOT be sold to students in ELEMENTARY schools UNLESS one of the following conditions are met:
 - i) The student purchases a Reimbursable Meal in the cafeteria (breakfast or lunch)
 - ii) The student brings a meal from home (breakfast or lunch)
 - iii) The student has eaten a meal at home prior to arriving at school (breakfast)
- 5) Free and Reduced Meal Applications
- a) Paper applications are available at the school office, the school cafeteria, the enrollment department at the Central Office, and at the School Nutrition Center in Lowell.
 - b) Online applications are available for SY 18 - 19 on the Gaston County Schools website. Links can be found on the School Nutrition departmental tab.
 - c) Only **one application** is required **per household**.
 - d) Paper applications should be returned to the school Cafeteria Manager or the School Nutrition Center – 500 Reid Street, Lowell, NC 28098.
 - e) Students who received free or reduced price meals on the last day of school in School Year 2017 – 2018, will **temporarily** receive free or

reduced price meals at the beginning of School Year 2018 – 2019.

However, all households must submit a new application each year, and the application must be processed for benefits to continue after the first 30 school days of the new school year.

- f) Foster children are categorically eligible for free meal benefits, and should be included on the household application (not a separate application).
 - g) Students designated as homeless by Gaston County Schools' homeless liaison are categorically eligible for free meals. No application is required, but documentation must be received from the homeless liaison before benefits begin.
 - h) If any member of the household receives Supplemental Nutrition Assistance Program - SNAP (food stamps), or FDPIR or TANF/Work First benefits, provide the name and case number on the application for the person who receives the benefits. All students listed on that application are categorically eligible for free meals.
 - i) If a student receives SNAP or TANF/Work First benefits and is notified that he/she has been approved for free meal benefits by way of Direct Certification, an application is not required **for that student**. If there are other children that have not been identified as being directly certified, but who are living in the same household, please contact the Free and Reduced Meal Specialist at the School Nutrition Center in Lowell for assistance, (704) 836-9110 ext. 1.
- 6) Community Eligibility Provision (CEP) Universal Free Breakfast and Lunch
- a) All nineteen schools participating in CEP during SY 17 – 18 have been renewed for SY 18 - 19.
 - b) Students transferring/advancing to non-CEP schools will need to complete a GCSN Free & Reduced Meal Application for school year 2018 – 2019.
 - c) Meal benefits received under the CEP **do not** follow the students as school assignments change. All transferring/advancing students will **only have ten (10) days** to apply for free or reduced price meal benefits before charges will be applied to lunch accounts. Ten (10) days begins with the first day of school, August 27, and runs through September 10, 2018. Students affected will receive a mailed notification letter from GCSN by August 27th, 2018 as reminder to complete an application if they choose to continue to receive meal benefits.

- d) Students qualifying for Direct Certification of Meal Eligibility do not need to complete an additional application upon returning for school year 2018 – 2019. Students approved by Direct Certification will receive a mailed notification of benefits from GCSN by August 27, 2018.
- 7) Special Dietary Needs
- a) Students with medical conditions such as allergies and diabetes may request modification to school meals by completing a Diet Order form.
 - b) Diet Order forms may be obtained from the Cafeteria Manager, the School Nurse, the School Nutrition Center in Lowell, or on the School Nutrition page on the Gaston County Schools website (www.gaston.k12.nc.us).
 - c) The Diet Order form must be signed by a physician and returned to the Cafeteria Manager or the School Nutrition Center.
 - d) **All students are encouraged to complete a new Diet Order form for each new school year. However Diet Orders will remain in effect perpetually until School Nutrition receives signed notification from a physician indicating a change to, or termination of the Diet Order.**
- 8) Holiday Meals
- a) Thanksgiving
 - i) Grades 6 – 12, Wednesday, November 14, 2018
 - ii) Grades K – 5, Thursday, November 15, 2018
 - b) Christmas
 - i) Grades K – 8, Wednesday, December 12, 2018
 - c) Easter
 - i) Grades K – 8, Wednesday, April 17, 2019
 - d) **ADULT (VISITORS AND STAFF) PRICE FOR HOLIDAY MEALS IS \$4.00**

Special holiday themed menus are offered on these days in place of the regular menu cycle. Many schools invite parents and grandparents to join their children in the cafeteria for a traditional dinner of turkey, dressing, and all the trimmings at Thanksgiving and/or Christmas. Some schools with high parental participation invite designated grade levels for Thanksgiving, and the remaining grade levels for Christmas. Your Cafeteria Manager will be happy to help you coordinate your adult groups for holiday meals.

OFFICE PHONE USE

Students will not be allowed to use office phones except in emergencies, and then only with staff permission. Students receiving calls during the day will be called out of class only in emergencies. All calls must be limited to 3 minutes.

Students with phone messages will be notified at the end of the school day. **Cell phone use is not permitted during the school day. (see GCS Code of Conduct.)**

ILLNESS DURING THE DAY

Students who become ill at school should notify their teacher and report with a note immediately to the Control Room. We will then attempt to contact parents. Students should never remain in a restroom unattended because of illness.

MEDICATION

Students **ARE NOT** allowed to possess medication of any type while at school. All over-the-counter or doctor prescribed medications must be checked in with the school receptionist and adhere to the policies in Gaston County Schools Code of Conduct.

VENDING MACHINES

Vending machines are located throughout the school campus (**students are not allowed to use teacher machines**). Forestview assumes no responsibility for lost money or damaged goods received from vending machines. Students are responsible for putting trash from vending machine items in trash cans. Vending begins at approximately 1:30 PM each day. The Jag Café will be open each day during fourth block and after school. Teachers may escort students during fourth block. Students will not be served without a teacher escort.

RULE 18: Use of Wireless Communication Devices *(See policy 4318 for complete policy)*

The board recognizes that cellular phones and other wireless communication devices has become an important tool through which parents communicate with their children. Therefore, students are permitted to possess such devices on school property so long as the devices are not activated, used, displayed or visible during the instructional day or as otherwise directed by school rules or school personnel. Wireless communication devices include, but are not limited to, cellular phones, electronic devices with internet capability, paging devices, two-way radios and similar devices. School employees may immediately confiscate any wireless communication devices that are on, used, displayed or visible in violation of this policy. Absent compelling and unusual circumstances, confiscated wireless devices will be returned only to the student's parent.

A student's wireless communication device and its contents, including, but not limited to, text messages and digital photos, may be searched whenever a school official has reason to believe the search will provide evidence that the student has violated or is violating a law, board policy, the Code of Student Conduct or a school rule.

Consequences

<u>Elementary School</u>	<u>Middle School</u>	<u>High School</u>
Confiscate device. Ranging from in-school disciplinary action up to 10 days OSS. Law enforcement will be contacted if required by law.	Confiscate device. Ranging from in-school disciplinary action up to 10 days OSS, alternative placement and/or long term suspension. Law enforcement will be contacted if required by law.	Confiscate device. Ranging from in-school disciplinary action up to 10 days OSS, alternative placement and/or long term suspension. Law enforcement will be contacted if required by law.

Electronic Device Policy

At Forestview High School, the instructional day is defined as the time allotted for instruction beginning at 7:50am (first bell) until 3:00pm (dismissal bell). Cell phones, electronic readers, and MP3 listening devices MAY be used before school and after school and during the student's assigned lunch period. **Students are not allowed to have ear buds/headphones in their ears while walking in the hallway or common areas as this presents a Safety Concern should students need to hear directions in an emergency. Texting, talking, or playing games on a cell phone is not allowed in the hallways.**

Violations of this policy may result in confiscation of the cell phone and/or other disciplinary actions in accordance with the GCS Student Code of Conduct Rule 18.

*A student's Electronic device and its contents including, but not limited to, text messages and digital photos, **may be searched** whenever a school official has reason to believe the search will provide evidence that the student has violated or is violating a law, board policy, the Code of Student Conduct or a school rule.

First offense: If a student is violating the electronic device policy during the defined instructional day, the phone is taken to the office to be picked up at the end of the day.

Second offense: The device is taken and a parent must pick up the device.

Third offense: The device is taken, a parent must pick up the device, and the student receives a disciplinary consequence.

Suspension will occur if a student refuses to give up a cell phone.

Educational Usage (BYOD)- Within classrooms, individual teachers have discretion to decide whether to allow students to use electronic devices for educational purposes. Teachers will retain full discretion over the use of listening devices, electronic readers, and mini computers within their classrooms, but the administration asks that teachers seek permission to use cell phones for educational activities.

When a student brings an electronic device onto campus, they do so in the knowledge that FHS is not responsible for lost or stolen items. FHS cannot take away from educational time to search for these items.

SOLICITATION OF FUNDS

Students may not solicit funds at school or sell items on campus unless approved by the administration. Officially recognized school clubs and organizations may receive fundraising approval for items to be sold before school, at lunch or after school, as well as in the community. Edible items cannot be sold during lunch periods.

DELIVERIES

Forestview cannot accept deliveries for students at any time during the school day. Examples include balloons, outside lunch, flowers, etc. . .



LOCKERS

Homeroom teachers issue lockers to students at the beginning of the school year. Individual lockers or storage areas may be searched without prior notice if school officials have reasonable suspicions that a prohibited or illegally possessed item is present or if the searches are random. Students can use

school locks only. Locks/lockers can be rented for \$5.00. Lost or stolen locks can also be replaced for \$8.00. Any non-school lock will be cut off lockers. Purchased school locks can be used during your entire time at Forestview. Locks are required on all lockers. Students are not permitted to share lockers and must use the locker that is assigned to them by their homeroom teacher.

RANDOM METAL DETECTION

Forestview personnel will randomly use metal detectors at school entry, between classes, and during classes to promote school safety. Any unauthorized items will be confiscated.

EVACUATION PROCEDURES

Homeroom teachers will discuss evacuation procedures in the event of fire drills, tornado drills, lockdowns, or any other safety issues. There will be diagrams posted in each classroom displaying evacuation routes.

LOST AND FOUND

A student who finds an item should turn it into the receptionist. Lost textbooks will be given to the department chair or teacher.

HONOR CODE

GCS Board Policy 4310/GCS Code of Conduct Rule 25:

RULE 25: Integrity and Civility *(See policy 4310 for complete policy)*

All students are expected to demonstrate integrity, civility, responsibility and self-control. This expectation is directly related to the board's educational objectives for students to learn to be responsible for and accept the consequences of their behavior and for students to respect cultural diversity and ideological differences. Integrity, civility, responsibility and self-control also are critical for establishing and maintaining a safe, orderly and inviting environment.

These behaviors are specifically prohibited: cheating, plagiarizing, violating copyright laws, cursing or using vulgar, abusive or demeaning language toward another person, and playing abusive or dangerous tricks or otherwise subjecting a student or an employee to personal indignity.

Consequences

Elementary School	Middle School	High School
Ranging from individual classroom disciplinary action to in-school disciplinary action up to 10 days OSS.	Ranging from individual classroom disciplinary action to in-school disciplinary action, up to 10 days OSS and/or alternative placement.	Ranging from individual classroom disciplinary action to in-school disciplinary action, up to 10 days OSS and/or alternative placement.

Students attending Forestview High School are expected to conduct themselves with honesty and integrity in pursuit of their education. Cheating, plagiarism, complicity, and fraud violate ethical codes of conduct and will not be accepted. The Forestview High School Honor Code expressly forbids the following academic violations:

Cheating:

Examples of cheating include but are not limited to:

- Copying another person's work.
- Using unauthorized notes, aids, or written material in any form during a test.
- Unauthorized use of technological devices (cell phones, cameras, ipods, games, etc) when taking an assessment.
- Talking, giving or receiving information by signs, gestures, or deception during any type of assessment.

Plagiarism:

A direct violation of intellectual and academic honesty. While it exists in many forms, all plagiarism refers to the same act: representing somebody else's words or ideas as one's own. The most common forms of plagiarism include, but are not limited to, the following:

- Any work written by another person and used as one's own
- Any work obtained from a commercial source
- Any work made up of passages copied word for word without using quotation marks and giving credit
- Any work consisting of information from a source that may be paraphrased but does not give credit to the owner.
- Changing a few words in a passage from another source without using quotation marks or attribution.
- Including ideas such as judgments, opinions, inferences, and experiments from another source in one's own words without giving credit to the owner.

Consequences: Student Code of Conduct Rule 25: Cheating and plagiarism are not acceptable on any assignment. In the event that the honor code is violated on assignments designated as tests, projects, benchmarks or exams a grade of zero may be given to the assignment in question and the student's parent/guardian, school counselor, and administration will be notified. Conferences with these parties may also occur. Further consequences will range from school disciplinary action to alternative placement and/or up to 10 days OSS.

COMPLICITY IN ACADEMIC DISHONESTY: Intentionally or knowingly helping or attempting to help another to commit an act of academic dishonesty. Typical Examples: Knowingly allowing another student to submit one's academic work as his/her own work; knowingly allowing another to copy from one's paper during an examination or test; knowingly distributing test questions or substantive information about the material to be tested before the scheduled exercise; collaborating on academic work knowing that the collaboration will not be reported; taking an examination or test for another student, or signing a false name on an academic exercise. (NOTE: Collaboration and sharing information are characteristics of academic communities. These become violations when they involve dishonesty. Students should seek clarification from their teacher on this issue.) If a student is found to be complicit then the consequences will range from school disciplinary action to alternative placement and/or up to 10 days OSS.

BUS PROCEDURES

Student safety is a primary concern in all bus procedures. Riding the bus is a PRIVILEGE, not a RIGHT. Students will lose bus privileges if their conduct endangers others or distracts the driver. Bus rules include:

1. Obey the bus driver promptly and with respect.
2. Observe school conduct rules while on the bus.
3. Be at the designated stop, 10 minutes before scheduled time, ready to board the bus.
4. Do not leave trash on the bus.
5. Stay in your seat while the bus is moving.
6. Respect other students and their property.
7. Horseplay, fighting and other misbehavior is not allowed.
8. Students may only ride their assigned bus. They need written permission from a parent and office verification to get off at a stop other than their regular stop. All notes must be brought to the control room by lunch.

Penalties will include school/bus suspensions. Repeated violations will result in semester or year long bus suspensions.

Serious offenses will be handled individually and may result in loss of bus privileges. The penalties of the Student Code of Conduct also apply to buses.

ACCEPTABLE USE GUIDELINES

All students are to adhere to the guidelines outlined in the Gaston County Schools Responsible Use of Technology Policy and will be required to sign for receipt and understanding of this policy. Students not adhering to these guidelines will be disciplined according to the Gaston County Schools Student Code of Conduct.





GRADUATION INFORMATION



Commencement ceremonies will be held in Joe Alala Stadium. In case of rain, the ceremonies will take place in the auditorium.

ATTIRE:

- All students must appear in cap and gown to participate in the ceremony. Tassels are on the right front side of the caps before the diploma is conferred and may be moved to the left side after the diploma is conferred.
- No students will be allowed to wear shorts.
- No decorations on caps or on the exterior of the robe.

MALES:

- Must wear a white shirt and tie.
- Black dress pants and black shoes (no jeans, tennis shoes, or sandals)

FEMALES:

- Must wear dress and black shoes (no jeans, tennis shoes, casual sandals, or boots)
- Any apparel deemed inappropriate for a dignified ceremony is prohibited for both males and females.

GENERAL INFORMATION:

- Rehearsal will be held on the Friday before graduation. Students must be present to participate in the ceremony.
- If a student chooses not to participate in the ceremony, the school must have a letter from parents 2 weeks prior to the graduation date.
- Guests will refrain from yelling and clapping as your graduate's name is called. No coolers or smoking is permitted.
- There will be two(2) - three(3) tickets per graduate available for the auditorium in case of rain.
- Be sure that all debts have been paid before graduation practice day including textbooks, athletics, library fines, Jostens, etc. . .
- Parents, friends, and guests will not be allowed to gather at the base of the stage in the auditorium to take pictures or video tape.
- No studs/rings may be worn in the face, chin, nose, or eyebrows.
- Those students who have achieved a weighted GPA at these levels will be

designated honor graduates as follows:

HONOR GRADUATE

- | | |
|------------------------------|--------------------------|
| • Summa cum laude- 4.3+ | Denoted by gold stole |
| • Magna cum laude- 4.0-4.299 | Denoted by silver stole |
| • Cum laude-3.7-3.99 | Denoted by a white stole |

PROM

- Absolutely no ninth grade or younger students will be allowed to attend, FHS student or otherwise.
- Tenth graders may attend as a guest of an 11th or 12th grader.
- Anyone over the age of 20 will not be allowed to attend.
- When purchasing a guest ticket the FHS student must have a copy of their guest's ID if the guest is not an FHS student. The ID must be submitted for approval at ticket purchase.
- Formal attire must be worn.
- All Prom attendees must be currently enrolled in high school or have recently graduated.
- In order to purchase prom tickets or attend the prom, students must have all time made up due to tardies and absences.
- If a student is suspended at the time of the prom, they will not be permitted to attend.
- Students with more than ten (10) accumulated days of out of school suspensions will not be permitted to attend.
- Fourteen (14) unexcused absences (on the first day of ticket sales) – Students with more than 14 cumulative absences must appeal to Administration to attend.
- Students cannot be in violation of any attendance contract signed for the year.
- Only FHS staff and faculty members will be allowed to attend the prom as a chaperone or volunteer.

STUDENT WELLNESS Policy Code: 3530

The board recognizes that it is important for students to maintain their physical health and receive proper nutrition in order to take advantage of educational opportunities. The board further recognizes that student wellness and proper nutrition are related to a student's physical well-being, growth, development, and readiness to learn. The board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. As part of that commitment, the board directs the superintendent to oversee the development, implementation, and ongoing evaluation of this policy and other school system efforts to encourage students to be healthy and active, including compliance with the State Board of Education's Healthy Active Children Policy, SHLT-000, as further described in Section F, below. The superintendent may designate a school system official to carry out this responsibility ("lead wellness official").

The superintendent or designee shall make the most current version of this policy available to members of the school community and the public by posting it on the school system website and/or by distributing it annually through other means reasonably intended to reach the school community and public. In addition, the superintendent or designee shall provide a copy of this policy to the North Carolina Department of Public Instruction (NCDPI) when requested to do so.

A. SCHOOL HEALTH ADVISORY COUNCIL

The board will maintain a school health advisory council to help plan, update, implement, promote, and monitor this policy as well as to address other health and nutrition issues within the school system. The council serves as an advisory committee regarding student health issues and works in conjunction with the lead wellness official charged with oversight of this policy and the school system's efforts to promote student and employee health and wellness in compliance with state and federal requirements. The council is authorized to examine related research and laws, assess student needs and the current school environment, review existing board policies and administrative regulations, collaborate with appropriate community agencies and organizations, and help raise awareness about student health issues. The council also may make policy recommendations to the board related to this policy and other policies concerning student wellness and in conjunction with the lead wellness official, shall periodically review and suggest revisions to this policy. In addition, the council may assist in the development of a plan for measuring and assessing implementation of this policy and in developing methods to inform and update the public about the content and implementation of this policy as described in Sections F and G, below.

The council will be composed of representatives from the school system, the local health department, and the community. The council must include members of each of the following groups: the school board, school system administrators, school system food service representatives, physical education teachers, school health professionals, students, parents or guardians, and the public. The council will provide information to the board

about the following areas or concerns: (1) physical activity, (2) health education, (3) employee wellness, (4) health services, (5) social and emotional climate, (6) nutrition environment and services, (7) counseling, psychological, and social services, (8) physical environment, (9) family engagement, and (10) community involvement. The council shall provide periodic reports to the board and public regarding the status of its work. In addition, the council shall assist the lead wellness official in creating an annual report that includes the minutes of physical activity and the minutes of physical education and/or healthful living education received by students in the system each school year, as well as any other information required by the State Board of Education or NCDPI.

B. NUTRITION PROMOTION AND NUTRITION EDUCATION

The board believes that promoting student health and nutrition enhances readiness for learning and increases student achievement. The general goals of nutrition promotion and nutrition education are (1) to provide appropriate instruction for the acquisition of behaviors that contribute to a healthy lifestyle for students and (2) to teach, encourage, and support healthy eating by students.

The board will provide nutrition education within the Healthful Living Standard Course of Study and the grade level expectations outlined in the Healthful Living Essential Standards adopted by the State Board of Education. Nutrition education should be designed to provide all students with the knowledge and skills needed to lead healthy lives. Students should learn to address nutrition-related health concerns through age-appropriate nutrition education lessons and activities.

Nutrition education and promotion should extend beyond the school environment by engaging and involving families and communities. School system personnel may coordinate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition. School system personnel are to work to disseminate and promote consistent nutrition messages throughout the school system, schools, classrooms, school dining areas, homes, community, and media.

In conjunction with the school health advisory council, the board establishes the following additional specific evidence-based goals and strategies for nutrition promotion and education. The board will periodically measure and report progress toward meeting these goals.

- The nutrition education program will be linked to school meal programs, school gardens, cafeteria nutrition promotion, after-school programs, and farm-to-school programs.
- Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes.
- School nutrition program staff at each school will employ at least three tools or strategies suggested in the USDA “Smarter Lunchroom” publication (available at <http://healthymeals.nal.usda.gov/healthierus-school-challenge-resources/smarter-lunchrooms>) to increase student participation in the federal school lunch and breakfast programs

and to encourage students to make healthy food choices.

C. NUTRITION STANDARDS AND GUIDELINES FOR ALL FOOD AND BEVERAGES AVAILABLE AT SCHOOL

Consistent with policy 6200, Goals of School Nutrition Services, all foods available in the system's schools during the school day that are offered to students should help promote student health, reduce childhood obesity, provide a variety of nutritional meals, and promote lifelong healthy eating habits. All foods and beverages sold at school must meet the nutrition standards established in policy 6230, School Meal and Competitive Foods Standards, including the following:

1. School Lunch, Breakfast, and Snack Programs

Foods provided through the National School Lunch, School Breakfast, or After School Snack Programs must comply with federal and state nutrition standards. The director of child nutrition shall ensure that school system guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law.

2. Competitive Foods

All foods sold on school campuses in areas that are accessible to students during the school day (defined as the period from midnight through 30 minutes after the dismissal bell rings) in competition with the National School Lunch or School Breakfast Programs ("competitive foods") must comply with the federal Smart Snacks in Schools standards. Competitive foods include food, snacks, and beverages from a la carte menus, vending machines, and outside suppliers, as well as foods or beverages sold in school stores and at fund-raisers. Vending machine sales also must comply with the requirements of G.S. 115C-264.2 and Eat Smart: GASTON COUNTY SCHOOLS Page 3 of 8

North Carolina's Recommended Standards for All Foods in Schools.

3. Other Foods Available on the School Campus During the School Day and After the School Day

School principals shall establish rules for foods and beverages brought from home for classroom events or parties during the school day or for extracurricular activities after the school day. The board encourages principals to establish rules that are consistent with the Smart Snacks in Schools standards.

Fundraising activities that involve the sale of foods and/or beverages to students during the school day (from midnight until 30 minutes after the dismissal bell rings) must comply with the Smart Snack Rules and may not be conducted until after the end of the last lunch period. See policy 6230, School Meal and Competitive Foods Standards.

School principals may establish standards for fund-raising activities conducted after the school day (beginning 31 minutes after the dismissal bell rings) that involve the sale of food and/or beverages. The board encourages alternative fundraising activities such as non-food items or physical activity.

4. Food and Beverage Marketing

Food and beverage marketing on school campuses during the school day must meet federal and state standards. In accordance with these standards, only foods and beverages that meet the Smart Snack standards (as described in subsection C.2, above) may be marketed or advertised on school campuses during the school day. To comply with this requirement, existing supplies, materials, or equipment that depict noncompliant products or logos will be replaced or removed in accordance with normal lifecycles or as otherwise would occur in the normal course of business.

D. PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

1. Goals of the Physical Education Program

The goal of the physical education program is to promote lifelong physical activity and provide instruction in the skills and knowledge necessary for lifelong participation in physical activity. To address issues such as obesity, cardiovascular disease, and Type II diabetes, students enrolled in kindergarten through eighth grade must have the opportunity to participate in physical activity as part of the system's physical education curriculum. The goal for elementary schools is to provide 150 minutes weekly of quality physical education with a certified physical education teacher. The goal for middle schools is to provide 225 minutes weekly of Healthful Living Education, divided equally between health and physical education with certified health and physical education teachers.

2. The Physical Education Course

The physical education course should be designed to foster support and guidance for being physically active, help students know and understand the value of being physically fit, and teach students the types of activities that contribute to total fitness. The course is to be taught in an environment where students can learn, practice, and receive assessment on developmentally appropriate skills and knowledge as defined in the North Carolina Healthful Living Standard Course of Study. Students should be engaged in moderate to vigorous physical activity for fifty percent or more of class time. Class for physical education should be equivalent in size to those of other academic classes.

3. Physical Activity Requirements and Goals

School personnel should strive to provide opportunities for age- and developmentally-appropriate physical activity during the day for all students so that students can learn how to maintain a physically active lifestyle. Schools must provide a minimum of 30 minutes of moderate to vigorous physical activity daily for kindergarten through eighth-grade students. Such activity may be achieved through a regular daily physical education class as described in Sections D.1 and D.2 above, or through recess, dance, classroom energizers and/or other curriculum-based physical activity programs of at least 10 minutes duration, that,

when combined, total 30 minutes of daily physical activity. Principals shall work with teachers to ensure that students meet the minimum physical activity requirement. The board will periodically measure and report progress toward meeting these goals.

To ensure that students have ongoing opportunities for physical activity and maintain a positive attitude towards physical activity, structured/unstructured recess and other physical activity may not be taken away from students as a form of punishment. In addition, severe and inappropriate exercise may not be used as a form of punishment for students.

In conjunction with the school health advisory council, the board establishes the following additional specific evidence-based goals and strategies for physical activity:

- Classroom health education will reinforce the knowledge and skills needed to maintain a physically active lifestyle.
- Teachers will incorporate opportunities for physical activity in the classroom whenever possible.

E. OTHER SCHOOL-BASED ACTIVITIES TO PROMOTE WELLNESS

In addition to the standards discussed above, the board adopts the following goals for school-based activities designed to promote wellness:

1. Schools will provide a clean and safe meal environment.
2. Students will be provided adequate time to eat meals.
3. Drinking water will be available at all meal periods and throughout the school day.
4. Professional development will be provided for school system nutrition staff.
5. To the extent possible, the school system will utilize available funding and outside programs to enhance student wellness.
6. Food will not be used in the schools as a reward or punishment.
7. As appropriate, the goals of this wellness policy will be considered in planning all school-based activities.
8. Administrators, teachers, school nutrition personnel, students, parents or guardians, and community members will be encouraged to serve as positive role models to promote student wellness.

F. IMPLEMENTATION AND REVIEW OF POLICY

1. Oversight and Monitoring of Implementation and Progress

The lead wellness official, in conjunction with the school health advisory council, shall oversee the implementation of this policy and monitor system schools, programs, and curricula to ensure compliance with and to assess progress under this policy, related policies, and established guidelines or administrative regulations. Each principal shall be responsible for and shall report to the lead wellness official regarding compliance and measurements of progress in his or her school. Staff members responsible for programs related to student wellness also

shall report to the lead wellness official regarding the status of such programs.

2. Review of Policy

The lead wellness official shall work with members of the school health advisory council to periodically review and update this policy based on the triennial assessment of the school system's compliance with the policy (see subsection F.4, below), progress toward meeting the policy goals, and other relevant factors. The lead wellness official shall document the review process and participants, and the method used to notify the school health advisory council and/or other stakeholders of their ability to participate.

3. Annual Reporting

The lead wellness official shall prepare annual written reports to the superintendent and NCDPI/State Board of Education that provide all information required by the superintendent and/or the state pertaining to the school system's efforts to comply with this policy and SBE policy SHLT-000.

4. Triennial Assessment

Beginning with school year 2017-18, and at least once every three years thereafter, the superintendent or designee shall report to the board and public on the system's compliance with laws and policies related to student wellness, the implementation of this policy, and progress toward meeting the goals of the policy. At a minimum, the superintendent or designee shall measure and report the following:

- 1) the extent to which the individual schools are in compliance with this policy;
 - 2) the extent to which the board's wellness policy compares to model local school wellness policies and meets state and federal requirements; and
 - 3) a description of the progress made in attaining the goals of this policy.
- The report may also include the following items:
- 4) a summary of each school's activities undertaken in support of the policy goals;
 - 5) an assessment of the school environment regarding student wellness issues;
 - 6) an evaluation of the school nutrition services program;
 - 7) a review of all foods and beverages sold in schools for compliance with established nutrition guidelines;
 - 8) a review of guidelines for foods and beverages available, but not sold, during the school day, as described in subsection C.3, above;
 - 9) information provided in the report from the school health advisory council, as described in Section A, above; and
 - 10) suggestions for improvement to this policy or other policies or programs.

G. PUBLIC NOTIFICATION

1. The school system will publish contact information for the lead wellness official

on the school system website.

2. The lead wellness official shall assist the school health advisory council with annually informing and updating the public about this policy and its implementation and State Board policy SHLT-000.

3. The superintendent or designee shall make public the results of the triennial assessment described in subsection F.4 of this policy.

4. All information required to be reported under this section and any additional information required by the state to be reported publicly shall be widely disseminated to students, parents, and the community in an accessible and easily understood manner, which may include by posting on the school system website.

H. RECORDKEEPING

The superintendent shall maintain records to document compliance with this policy and all federal and state requirements. These records, at a minimum, must include:

1. a written copy of this policy and any updates;

2. the most recent triennial assessment for each school;

3. documentation demonstrating:

a. the efforts to review and update this policy, as described in subsection F.2 of this policy;

b. how this policy and information about the most recent triennial assessments have been made available to the public, as described in Section G;

c. compliance with the annual reporting requirements of subsection F.3; and

d. other efforts to involve the school health advisory council and/or other community members in the implementation of or assessment of compliance with this policy.

Legal References: Child Nutrition and WIC Reauthorization Act of 2004, 42 U.S.C. 1751;

Healthy, Hunger-Free Kids Act of 2010, P.L. 111-296; National School Lunch Act, 42 U.S.C.

1751 et seq.; 7 C.F.R. 210.11, 210.12, and 210.31; G.S. 115C-264.2, -264.3; State Board of

Education Policies SHLT-000, CHNU-000, CHNU-002; Eat Smart: North Carolina's Recommended Standards for All Foods in Schools, N.C. Department of Health and Human

Services, N.C. Division of Public Health (2004)

Adopted: 07/19/2004

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