

Forestview Student Handbook

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2021-2022 School Year



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

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PRINCIPAL'S WELCOME

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



bit.ly/FHSJags

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	Mrs. Crystal Houser
Assistant Principals	(A-F) Mrs. NaKishia Glenn (G-M) Dr. Josh Bromley (N-Z) Mr. James Hilburn
Resource Officer	Officer Martin
Security	Michael Chambers
Financial Secretary	Molly Pekarek
Data Manager	Beth Quattlebaum
Receptionist	Angela Olmsted
Administrative Assistant	Charlotte Whitmire
Business Manager	Gordon Cobb
Guidance Counselors	(A-F) Kinsey Karup (G-M) Julie Connolly (N-Z) Emily Slaughter



Career Development Coordinator	Heather Forbes
Nurse	Dawn Hall
Social Worker	Valerie Williams

EXPECTATIONS FOR SUCCESS

The goal of a thorough and efficient education is to provide all children the educational opportunity that will prepare them to function and flourish in society. Our school offers students the opportunity to learn and to foster positive and productive behavior that will enable them to maximize their own potential. To promote an environment for positive student development and achievement, students are encouraged to emulate the expectations listed below.

Demonstrate responsibility for your own behavior and learning

Students should...

- attend school regularly and on-time.
- arrive at school prepared to learn.
- make an effort to complete all assigned work.
- use their time and resources responsibly.
- should use materials and technology appropriately.
- refrain from any cell phone use inside a classroom.

Demonstrate respect for people and property

Students should...

- treat school property and facilities with care.
- respect fellow students and all school staff members.
- be honest, courteous, and polite with others.
- take responsibility for their own actions and words.
- listen to and respect the views of others.

Demonstrate social awareness and effective communication

Students should...

- be aware of how their actions affect themselves and others.
- communicate with their teachers and parents regarding their education.
- keep contact information up-to-date when addresses or phones change

BELL SCHEDULES

(5 minute class changes for all schedules)

Grab-and-go breakfast may be picked up and taken to First Period.

DAILY SCHEDULE

Doors Open	7:45
Warning Bell	8:25
Tardy Bell	8:30
First Period	8:30 - 10:00
Second Period	10:05 - 11:40
Third Period	11:45 - 1:55

A Lunch 11:45 - 12:15

B Lunch 12:20 - 12:50

C Lunch 12:55 - 1:25

D Lunch 1:30 - 1:55

Fourth Period 2:00 - 3:30

Fifth Period 3:30 - 4:30

ADVISORY SCHEDULE (Monday)

Doors Open	7:45
Warning Bell	8:25
Tardy Bell	8:30
First Period	8:30 - 9:55
Advisory	10:00 - 10:30
Second Period	10:35 - 12:00
Third Period	12:05 - 2:00

A Lunch 12:05 - 12:30

B Lunch 12:35 - 1:00

C Lunch 1:05 - 1:30

D Lunch 1:35 - 2:00

Fourth Period 2:05 - 3:30

Fifth Period 3:30 - 4:30

AM DELAY & EARLY DISMISSAL SCHEDULE

2-HOUR DELAY

Doors Open	9:45
First Period	10:30 - 11:35
Second Period	11:40 - 12:45
Third Period	12:50 - 2:20

**lunches in classrooms*

Fourth Period 2:25 - 3:30

3-HOUR DELAY

Doors Open	10:45
First Period	11:30 - 12:15
Second Period	12:20 - 1:05
Third Period	1:10 - 2:40

**lunches in classrooms*

Fourth Period 2:45 - 3:30

EARLY DISMISSAL

Doors Open	7:45
First Period	8:30 - 9:25
Second Period	9:30 - 10:25
Third Period	10:30 - 11:25
Fourth Period	11:30 - 12:25

**grab and go lunch*

ACADEMICS

GRADES AND GRADING SCALE

GPA Conversion Chart				
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

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, Civic Literacy, American History, Economics/Personal Finance
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*

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.

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 2021-2022



October 28
January 13
March 24
June 17

First 9 weeks distributed
Second 9 weeks distributed
Third 9 weeks distributed
Final report cards mailed

REMOTE LEARNING

Opportunities for remote learning will take place throughout the school year. Teachers, students, and parents will need to work together to ensure success during these times. Participation is expected and required. You will receive grades and feedback for work that is completed.



Students will be issued a Chromebook for remote learning. Parents and students must sign the Device Acknowledgment Form, acknowledging both responsible use expectations and liability for misuse.

BEST PRACTICE

- ❖ **Establish a routine:** Dedicate a space and time to be used for learning each day and stick with it.
- ❖ **Communicate:** Log into the classroom daily and talk to your teacher often. Two-way communication is extremely important.
- ❖ **Ask for help:** Teachers, guidance counselors, support personnel, administrators - we're all here to help. Reach out to us!
- ❖ **Stay organized:** Write things down and keep a calendar of what is going on. Try your best to stay on top of things and not fall behind.
- ❖ **Follow school rules:** Use good judgement in what you do online and offline and follow the student handbook. Use technology appropriately.
- ❖ **Support each other:** Be patient with teachers and your fellow students. Work with one another and help everyone be successful.

TESTING IN NORTH CAROLINA

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

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

REMEDIATION PROGRAMS

Multiple opportunities are offered on a regular basis for students at Forestview to receive extra help in their classes if needed. Students are encouraged to take advantage of these opportunities.

After-School Remediation - Teachers are available after school regularly for tutoring and retesting opportunities. Check with your teacher for more details. For student convenience, bus transportation is offered on Tuesdays and Thursdays. Sessions are held from 3:05pm to 4:05pm.

Summer Enrichment - Students who fail to show proficiency on the English 10, Biology, Math 1, or Math 3 End-of-Course Exams will be offered an opportunity to remediate and retest the week immediately following the last day of school. Bus transportation is provided.

STUDENT SERVICES

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

Counselors will assist with:

- Orientation
- Academic advising, course planning, registration
- Personal and social issues
- College Selection, planning application, advising
- Career Planning
- College entrance exams
- Scholarships and financial aid applications
- Student records maintenance
- Mental Health referrals
- Drop-out prevention
- Graduation Coaching and planning

Students will be assigned to counselors on the basis of their last names. Additional responsibilities are listed below.

Kinsey Karup

(Last Names A-F)

- Peer Helper A-F
- SSMT/504
- Drop-Out Prevention
- Scholarship Programs
- NCAA

Julie Connolly

(Last Names G-M)

- Peer Helper G-M
- SSMT/504
- Drop-Out Prevention
- Career and College Promise
- Academic Awards Program
- College Fair / Visitation

Emily Slaughter

(Last Names N-Z)

- Peer Helper N-Z
- SSMT/504
- Drop-Out Prevention
- Early Graduation
- Financial Aid
- Commissioners' School

Support Personnel

Heather Forbes

Career Development

- Work Keys / CTE
- CTE Course Support
- Military Contact

Valerie Williams

Social Worker

- Drop-Out Prevention
- Truancy
- Family Services

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.

PERSONAL 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
Girls Soccer
Cross Country
JV Volleyball
Volleyball

JV Baseball
Baseball
JV Softball
Softball
Track and Field
Girls Golf
Boys Golf
Boys Tennis
Girls Tennis
Swimming
JV Cheerleading
Cheerleading



CLUBS

Beta Club
Bible Club
German Club
Relay for Life
GSA Club
FCCLA
FCA
Jaguar Pals
High-Q
Dance Team
Step Team
Environmental Club
National Technical Honors Society

International Thespian Club
Environmental Club
Empow-her
The Jungle
National Art Honors Society
National Honor Society
Spanish Club
Video Game Club
Interact Club
Book Club
Fishing Club
Club Unity
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.

MAKE UP WORK

1. Students will have an opportunity to make up work, including tests missed as a result of any absences (excused and unexcused).
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.

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 Powerschool.
3. Special event check out: On special event days, (i.e. Rewards picnic, pep rallies, etc.) students must be checked out in person by a parent or guardian.
4. Students cannot check out between 3:00 and 3:30pm.

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. The control room supervisor will verify the note and the student and parent/guardian will sign out.

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 as 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.
- The classroom teacher codes the tardy with the period class attendance in Powerschool.
- **Students who arrive to school after 8:45 has passed should report to Guidance to sign-in.**
- Students who arrive to 2nd, 3rd, or 4th period more than 15 minutes late will be marked absent and referred for skipping class.
- Students who receive more than 9 tardies to school or class **per semester** will be handled by assistant principals.

CONSEQUENCES FOR EXCESSIVE TARDIES TO CLASS

- Missed classroom instruction
 - Even being one minute late each day results in missing an entire day's worth of instruction across the semester.
- Missed opportunities for graded work
 - Students arriving late to class will not be given the opportunity to complete any daily graded work that begins before they arrive.
- Late dismissal from class
 - When a student arrives late to class, they will be held after and will be the last ones to leave the classroom when heading to the next class.

Excessive tardiness will result in a parent and administrator conference to put a tardy contract and plan for improvement in place.

Notes on Tardy Policy:

- ❖ Students will have 5 minutes between classes.
- ❖ Students have a scheduled intermission in each class period.
- ❖ When students are held over (by a teacher) at the end of a class or during transition, the teacher will write the student a pass to class with no penalty incurred.
- ❖ The most problematic situation is students socializing during class change which leads to unexcused tardies.

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

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 disciplinary action if having 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. Students will be referred to an administrator for a conference and clarification of school expectations. The classroom teacher will contact a parent or guardian to make them aware of what occurred in class. Students will return to class and be given a chance to redirect their behavior.

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/sweatshirts. Fingertip length shorts and skirts are 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 coverings - these items are not permitted to be worn in the school building. Students must remove hoods and head coverings when they enter the building.
- Sleepwear, or any sleep related clothing or materials including but not limited to pajamas, slippers, blankets, or pillows, are not appropriate in a school setting and will not be permitted.

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.**
- Parking spaces will be assigned for all students when the parking form and online k12paymentcenter.com is submitted.
- 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 as outlined in GCS Board Policy. See Code of Conduct for details.
- 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:** Students are not permitted to go to their car during the day, and therefore are not allowed in the parking lots.
- **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

- Only clear 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 carry their school supplies and books by hand.
- Any item contained in a book bag will be considered property of the student.
- Athletic bags must also follow the clear bag policy.
- If a student does not have a clear book bag, they must leave the bag in

the front office and carry their belongings by hand throughout the school day.

- Our school will provide clear book bags to any student that needs one in order to comply with our school security procedures.
- Purses may not be larger than 8 1/2" by 11" and books or devices may not be carried in an oversized purse or bag.
- All non clear purses are subject to search at any time.

Arrival/Entry Procedure:

- When students arrive at school, they are subject to bag inspection and random metal detection daily as you enter the building.
- Please arrive in a timely manner to allow for bag inspection and random metal detection.
- Students are to then report directly to their 1st block class.
 - Pick up your breakfast from the cafeteria on your way to your class.
 - Do not congregate or gather in any common space, hallway, or restroom.
 - Restrooms are closed and teachers must provide supervision and permission for students to utilize the restroom in closest proximity to the classroom.
- Student drivers may NOT exit the building or return to their cars at any time during the school day. Plan ahead and be sure you have everything you need for the day before entering the building.

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 students only. Any others found in the Senior Courtyard will be given lunch detention.

DELIVERIES

Forestview High School will not accept deliveries of food or gifts for students. All delivery attempts will be turned away, and the school will not be held responsible for any incurred cost. Parents may leave items in the main office for students, but students will not be called out of class to receive these items.

CAFETERIA INFORMATION

School Year 2021 – 2022

Gaston County School Nutrition (GCSN) Information Guide for School Handbooks

1. Breakfast and Lunch are offered daily in all schools.
One breakfast & one lunch per student will be provided **free of charge for SY 2021 – 2022**. We are dedicated to following COVID food handling practices which include packaging meals items to reduce contact.

Breakfast -A complete school breakfast consists of:
An entrée made with grain and /or protein.

Fat free or 1% milk, and
Fruit and/ or juice (limit of one juice per meal)

All students will be required to take at a minimum one serving of fruit or juice and an entrée in order to receive a complete School Breakfast at established meal price (or no charge for a CEP schools).

The maximum amount of food a student can select is one entrée, one milk, and one fruit and /or juice.

If student does not select a complete school breakfast as outlined above, they have to pay individually for the items they choose.

Lunch - A complete school Lunch consists of:

An entrée made with protein and/or grain

Fat free or 1% milk,

Vegetable, and

Fruit

All students will be required to take a minimum one serving of vegetable or fruit and two addition items in order to receive a school lunch at established meal price (or no charge for CEP schools).

A lunch entrée may count as two items. At a minimum, a student must select an entrée and a fruit or vegetable OR they must select two fruits or vegetables and two additional items to have the meal count as a lunch.

The maximum amount of food a student can select is one entrée, one milk, two vegetables, and two fruit.

If a student does not select a complete school lunch, as outlined above, they will have to pay individually for the items they choose.

2. Meal Prices

Breakfast

Paid students (all grade levels)	\$0.00
Reduced price students (all grade levels)	\$0.00
Adults (staff and visitors)	\$1.50

Lunch

Paid students (grades K – 5)	\$0.00
Paid students (grades 6 – 12)	\$0.00
Reduced price students (all grade levels)	\$0.00
Adults (staff and visitors)	\$3.75

3. Charged Meals

- For the 2021- 2022 SY meals are Free to all students therefore there will be no charged meals.

- All a la carte items may **not** be charged.

4. Student Accounts

Checks, Cash, or Money Orders can be accepted in the school cafeterias.

Parents/Guardians may utilize K12 Payment Center at www.k12paymentcenter.com to pay with their credit or debit card.

Parents requesting a refund must contact the School Nutrition Free and Reduced Specialist at 704 836-9110 ext. 1.

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.

Seniors who graduate and have a positive meal balance should contact Tina Franks at 704-836-9110 ext. 1 to receive a refund or transfer funds to another child. This must be **done within 1 school year** of graduation.

NSF checks are referred to Envision payment solution, a check guarantee and collection service.

5. Free and Reduced Meal Application

Paper applications are available at the school office, the school cafeteria, and at School Nutrition Center in Lowell.

Online applications are available on the Gaston County Schools website. Links can be found on the School Nutrition department tab.

Only **one application** is required **per household**.

Paper applications should be returned to the school Cafeteria Manager or the School Nutrition Center - 500 Reid Street Lowell, NC 28098.

Foster children are categorically eligible for free meal benefits, and should be included on the household application. (Not a separate application)

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.

If there are other children that have not been identified as being directly certified, but who 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. Holiday Meals

- a) Grades K - 12, Wednesday, November 17, 2021
- b) Grades K - 5, Wednesday, December, 15, 2021
- c) **ADULT PRICE FOR HOLIDAY MEALS IS \$4.50**

7. Community Eligibility Provision (CEP) Universal Free Breakfast and Lunch.
All nineteen schools participating during SY 20-21 has been renewed for SY 21-22.

Students transferring /advancing to NON- CEP schools will need to complete a GCSN Free and Reduced Meal Application for school year 2020-2021.

Families of students moving from a CEP school to a NON- CEP, will need to apply for Free and Reduced Meals in order to receive benefits at the new school.

Students qualifying for Direct Certification of Meal Eligibility do not need to complete an additional application upon returning for school year 2021-2022. Students approved by Direct Certification will receive a mailed notification of benefits from GCSN by August 15, 2021.

A list of CEP schools is as follows:

School #	School Name
492	Hershal H Beam Elementary
332	Bessemer City Central Elementary
436	Bessemer City Middle
338	Bessemer City Primary
340	Brookside Elementary
344	Carr Elementary
352	Chapel Grove Elementary

400	Gardner Park Elementary
408	W P Grier Middle
438	Lingerfeldt Elementary
468	North Belmont Elementary
480	Pleasant Ridge Elementary
392	Edward D Sadler, Jr. Elementary
498	Southwest Middle
499	Springfield Primary
504	Tryon Elementary
372	Warlick School
520	Woodhill Elementary
526	York Chester Middle

8. Special Nutrition Needs

Students with unique meal time needs may request modification to school meals by completing a Diet Order form.

Diet Order forms may be obtained from the Cafeteria Manager, the School Nurse, the School Nutrition Center in Lowell, or on School Nutrition page on Gaston County School website (www.gaston.k12.nc.us)

The Diet Order form must be signed by a recognized medical authority and returned to the school nurse to submit electronically to the School Nutrition Dietitian mhcameron@gaston.k12.nc.us.

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 written or verbal authorization from a recognized medical authority or parent/guardian to terminate the Diet Order.

9. Water Availability During Lunch Meal Service

The Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, establishes a requirement for making water available to children in all school meal programs. Drinking water **must** be made available to students at no charge and without restriction in place where meals are served.

To ensure water availability during meal service, each school's Principal must choose one of the following options:

- Allow students to access water fountains in the dining room or an adjacent area.
- Request a water cooler with disposable water cups which are supplied by School Nutrition and maintained by Cafeteria staff.

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 after school.

ELECTRONIC DEVICE POLICY

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.

At Forestview High School, the instructional day is defined as the time allotted for instruction beginning at 8:30am (first period) until 3:30pm (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 should not 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. Cell phone use is not permitted in any classroom or instructional/learning environment.

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 Chromebook Device Usage (BYOD)- Only chromebook devices may be used in the classroom, for educational purposes only. Cell phones are not allowed for use in any classroom or other learning environment.

*****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.

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 suspicion 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.

DAILY AND RANDOM METAL DETECTION

Anyone entering Forestview High School is subject to metal detection and bag search. This occurs at each entry point during arrival in the mornings. ALL students arriving late will go through metal detection and bag scan. Forestview administrative personnel will randomly use metal detectors 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.

Forestview Specific Expectations:

- Any student in violation of the honor code (rule 25) will be given a zero for the assessment, parents contacted by teacher, and an alternative assessment will be provided following the GCS retest policy.

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



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:

- **Any student that is serving a suspension on the last day of school will not be eligible to participate in the graduation ceremony.**
- 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.
- Graduates will receive a set number of tickets for both the ceremony and overflow locations depending upon the size of the graduating class.
- Be sure that all debts have been paid before graduation practice day including textbooks, athletics, library fines, Jostens, etc.

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.
- 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 must be in attendance at school the day prior to Prom to attend.
- Students cannot be in violation of any contract signed for the year.
- Only FHS staff and faculty members will be allowed to attend the prom as a chaperone or volunteer.

DATA ANALYSIS/GOAL SETTING

Use this page to plan with your advisory teacher for a successful school year.

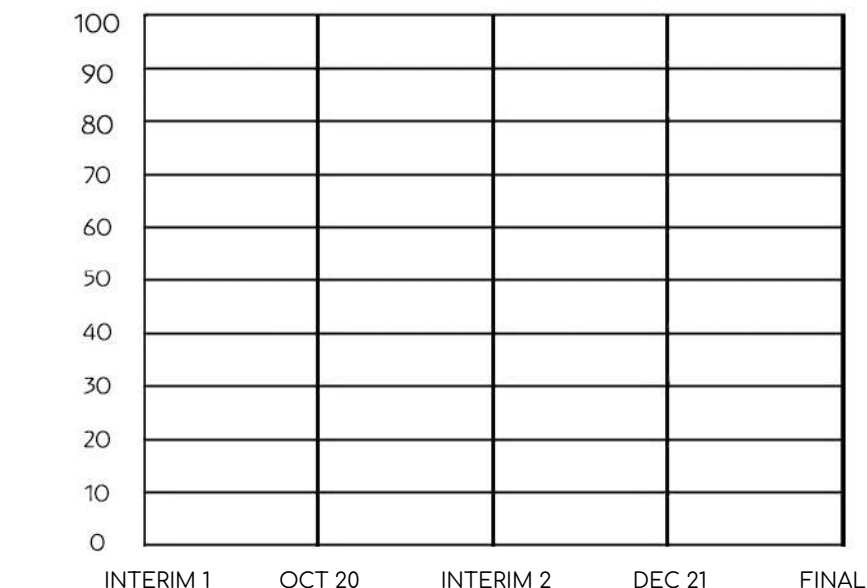
Tracking My Grades

Write your class names on the left and dates for check-in across the top. At each check-in day, record your grades from PowerSchool for each course.

<i>1st Semester</i>	Interim	Oct 20	Interim	Dec 21
1st				
2nd				
3rd				
4th				

Graphing Your Progress

Track your progress with a line for each class.



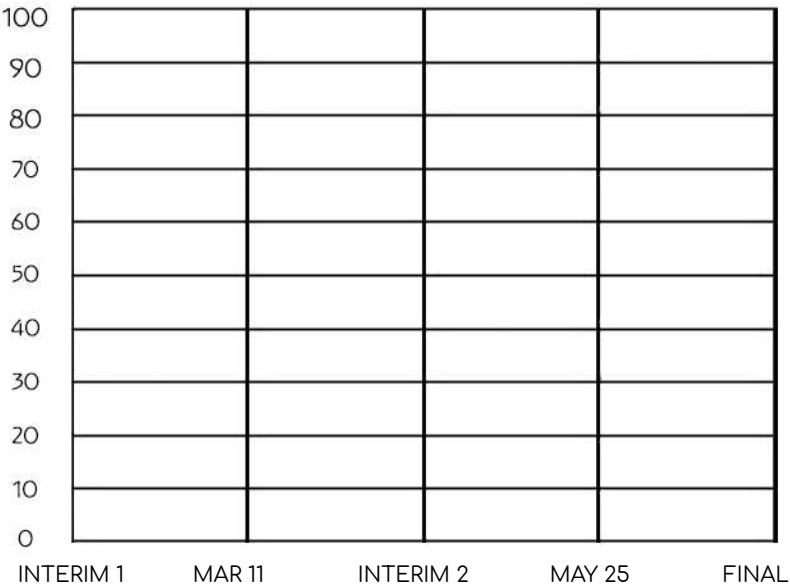
Tracking My Grades

Write your class names on the left and dates for check-in across the top. At each check-in day, record your grades from PowerSchool for each course.

<i>1st Semester</i>	Interim	Mar 11	Interim	May 25
1st				
2nd				
3rd				
4th				

Graphing Your Progress

Track your progress with a line for each class.

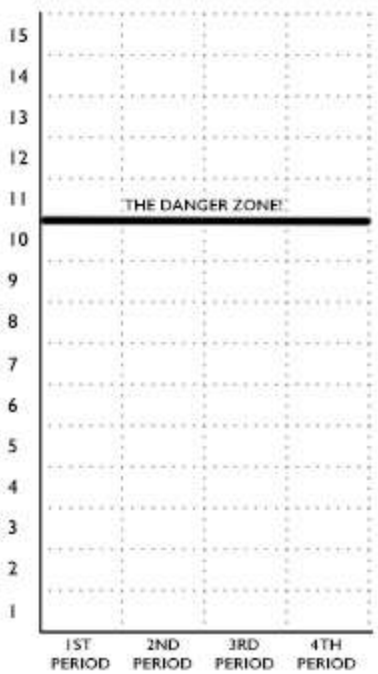
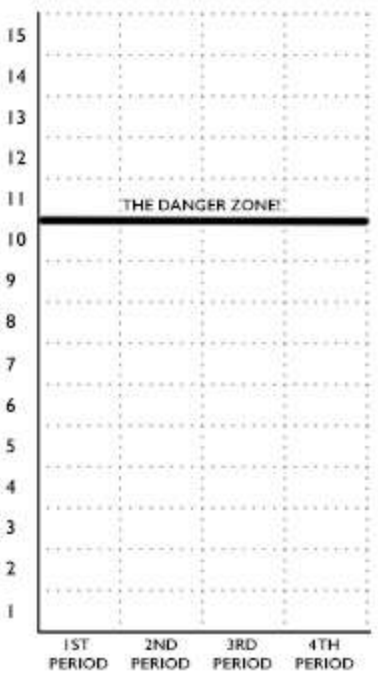


Attendance

Use the bar chart below to track your excused and unexcused absences that are recorded in PowerSchool.

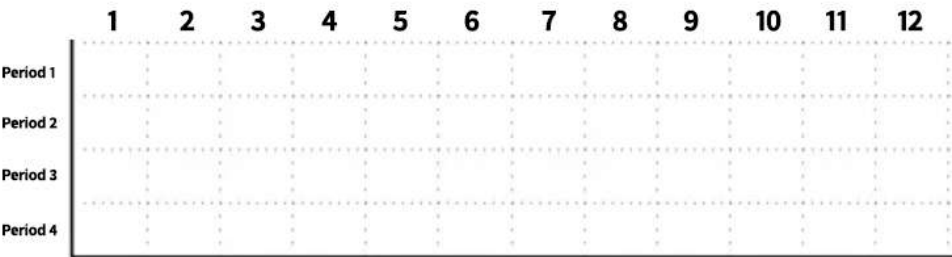
1st Semester

2nd Semester



Tardies

Use the bar chart below to track your tardies in each class period as they are recorded in PowerSchool. Use one color for first semester, and another for second.



Predictions and Goals

Course Name _____ **Personal Goal** _____
Tasks/Resources to Make This Happen _____

Course Name _____ **Personal Goal** _____
Tasks/Resources to Make This Happen _____

Course Name _____ **Personal Goal** _____
Tasks/Resources to Make This Happen _____

Course Name _____ **Personal Goal** _____
Tasks/Resources to Make This Happen _____

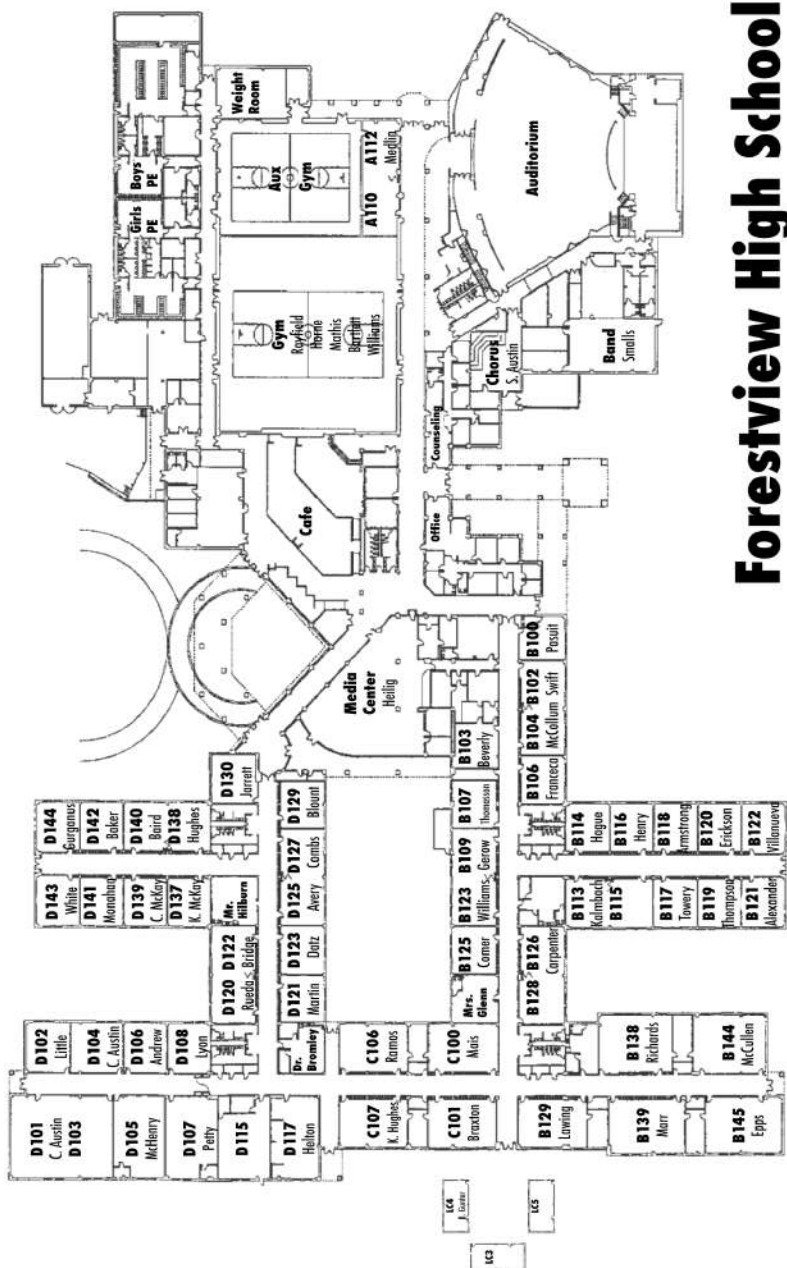
Course Name _____ **Personal Goal** _____
Tasks/Resources to Make This Happen _____

Course Name _____ **Personal Goal** _____
Tasks/Resources to Make This Happen _____

Course Name _____ **Personal Goal** _____
Tasks/Resources to Make This Happen _____

Course Name _____ **Personal Goal** _____
Tasks/Resources to Make This Happen _____

School Map



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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