

CARMEL VALLEY MIDDLE SCHOOL

CVMS RULES AND GUIDELINES, CVMS DRESS CODE/BEHAVIOR EXPECTATIONS, AND SDUHSD ACADEMIC HONESTY POLICY, 2015-2016

Please **read** and **discuss** with your child the CVMS Rules and Guidelines, CVMS Dress Code/Behavior Expectations and the SDUHSD Academic Honesty Policy. If your child has questions concerning these rules he/she can discuss them with a classroom teacher or the Assistant Principal.

****Please sign below, detach and return this form (ONLY) to your 1st period class by Wednesday, August 26, 2015**

My son/daughter and I have carefully read and understand the – CVMS Rules and Guidelines, CVMS Dress Code/Behavior Expectations and the SDUHSD Academic Honesty Policy .

_____ Student Name
(Please Print)

_____ Student
Signature Date

_____ Parent Name
(Please Print)

_____ Parent
Signature Date

(The General Rules/Guidelines, SDUHSD Academic Honesty Policy, CVMS Dress Code and Behavior Expectations can also be found in the "Student Agenda Book": Pages 10-21).

GENERAL RULES & GUIDELINES

BIKES/SKATEBOARDS

Bicycles and skateboards must be parked and should be LOCKED in the bike compound near the staff parking lot at all times. The compound is open before and after school each day. Bicycles/skateboards are NOT to be ridden on campus, on the sidewalks or in the parking lot. It's simple: WALK IT! LOCK IT! LEAVE IT!

CHANGE OF ADDRESS

Students are required to provide proof of residency to the Registrar when submitting a change of address or telephone number. All students are required to have an emergency card on file with a telephone number and email address where their parents can be reached during the school day.

IT'S YOUR BIRTHDAY???

NO BALLOONS, FLOWERS, or BIRTHDAY TREATS (i.e. cupcakes, etc.) are allowed at school! Celebrations should be reserved for after school! Additionally, celebrations involving food are prohibited for health, cleanliness, and safety reasons.

MOBILE TECHNOLOGY

Technology today is integral to many of the tasks and assignments our students will need to complete at school and at home. CVMS values COURTEOUS and EFFICIENT use of technology to enhance the learning environment and optimize access to learning and efficient work habits. Thus, CVMS embraces the convenience of and APPROPRIATE use of technology at school. Personal *Smart phones/iPhones, e-readers, tablets, and laptops may be used at school to support learning. Use of technology in the classroom is at the discretion and under the supervision of each classroom teacher for instructional purposes only. Abuse of this privilege (violation of the Acceptable Use Policy) may result in suspension of this privilege.

***CVMS is not responsible for LOST OR STOLEN items at school.**

*NOTICE OF NON-RESPONSIBILITY

SDUHSD is NOT responsible for the personal property of students or employees. Personal items are brought to school at the owner's risk. Please remember to mark all items with your name. LOCK your bike, skateboard and PE locker at all times and don't share locker combination with friends. (Refer to page 16)

PARENT CALLS & MESSAGES

We limit classroom interruption! Lunches, supplies, forgotten books and assignments, or telephone messages cannot be delivered to students in class. If your parents dropped something off for you, please check the message board outside the Attendance Office whenever you forget an item.

REPORT CARDS/AERIES PORTAL

24 hours a day, 7 days a week, students and parents can check on the Aeries Portal for homework assignments, grades, etc. All progress reports and semester report cards are posted on Aeries and will not be mailed home.

TEXTBOOKS

Students are responsible for textbooks checked out to them at the start of the year until they return them at the end of the year. (1) Students will pay for books lost, stolen, damaged, or if books indicate careless use. (2) Students can only turn in their assigned books.

VISITORS ON CAMPUS/SAFE CAMPUS

To provide a safe campus, adults need to enter the campus through the front office. There guests can sign in and get a "Visitor's" badge to wear while on campus. The CVMS campus is CLOSED to all student visitors from other schools.

SDUHSD ACADEMIC HONESTY POLICY

Honest behavior is an expectation for all students in the San Dieguito Union High School District. The purpose of this regulation is to create and maintain an ethical academic atmosphere.

SPECIFIC TYPES OF ACADEMIC DISHONESTY NOT TOLERATED ARE DEFINED BELOW:

1. **Cheating:** (assignments, tests, quizzes, examinations, running laps) – Any intentional giving of or use of external assistance relating to an examination, test, quiz or assignments without express permission of the teacher. This includes looking on another student’s paper, sharing answers, copying another student’s paper, talking during a test (it does not matter what you are talking about), using an electronic device without permission during a test or assignment or cutting corners during the Superlap/Mile Run in PE.
2. **Fabrication:** Any intentional falsification or invention of data citation, or other authority in an academic exercise.
3. **Unauthorized Collaboration:** While collaboration is often encouraged, unauthorized collaboration is not permitted. (Make sure you have teacher permission.)
4. **Plagiarism:** Any intentional representation of another’s ideas, words, or work as one’s own. Plagiarism includes the misuse of published material, electronic material, and/or the work of other students. The original writer who intentionally shares his/her paper for another to copy, without the permission of the teacher, is also engaged in plagiarism.
5. **Alteration of Materials:** Any intentional and unauthorized alteration of student, teacher, or library materials.
6. **Forgery:** Any unauthorized signing of another person’s name to school related documents.
7. **Theft:** Any theft of materials.
8. **Transfer of Unauthorized Materials:** Any giving or selling of unauthorized material.

CONSEQUENCES FOR ACADEMIC DISHONESTY

Any alleged violation of this policy will be investigated thoroughly and appropriate disciplinary measures will be taken consistent with SDUHSD School Board policy.

Depending on the severity of the offense, one or more of the following consequences may occur:

- Referral to the Assistant Principal and the parent/guardian will be contacted.
- Loss of all credit for the assignment or test with no makeup permitted.
- Placement on an Academic Honesty Contract.
- Friday Night School Assignment

If repeated, the consequences are more severe and include:

- Referral to the Student Study Team (SST).
- Suspension from school, which includes school activities (i.e., dances, etc.).
- Removal from all elected or appointed leadership positions for the remainder of the school year.
- Violation on a school administered national/state exam will result in a district code of conduct violation

SCHOOL DRESS CODE

Clothes worn to school should be appropriate for school activities and not distracting to the educational environment. The following is a list of apparel guidelines compatible with our dress code. When a violation of the dress code occurs, the student will be required to wear a “loaner” for the day, or return home for proper attire, or have clothing brought from home to school. Continued violations of the dress code will be considered defiance and will be referred to the Assistant Principal for disciplinary action.

Clothing and accessories (including backpacks) that include the following are unacceptable and not allowed on campus:

- advertise and/or promote drugs, alcohol, and/or tobacco products;
- display foul or sexually suggestive language or symbols and/or weapons
- discriminate against race or sexual identity;
- advertise and/or promote gang affiliation, (example—bandanas and wallet chains)

Suggestive or revealing clothing is not suitable for school. Examples of inappropriate clothing:

- **Girls** - strapless tops, halter tops, swimming attire, tops that expose the midriff, backless shirts, off shoulder tops and see-through tops.
- **Boys** - muscle shirts and tank tops
- Footwear must be worn at all times. Sandals, flip-flops, slippers, and high heeled/open toed shoes are not safe and may NOT be worn.
- Undergarments must not show.
- All pants and shorts must be secured at the waist. Oversized pants and/or dangling belts are not allowed.
- Shorts, skirts, and dresses should not be shorter than mid thigh.
- Student appearance, including makeup, piercings, hair or jewelry, may not cause distractions or safety concerns in any way to the student or to the school environment.
- Hats, caps, beanies, gloves and/or hoods must be removed immediately upon entering any building or classroom.

CONSEQUENCES FOR VIOLATION OF CVMS DRESS CODE

- 1st violation: Warning/student given loaner clothing if cannot provide appropriate clothes
- 2nd violation: 30 minute detention/student given loaner clothing
- 3rd violation: 1 hour detention/student given loaner clothing
- 4th violation: Friday Night School/student given loaner clothing
- 5th violation: Suspension for defiance/student given loaner clothing

The following behavior and consequence charts outline general policies and procedures. Each behavior incident is considered individually and appropriate consequences are assigned given the particular circumstances of the situation. The following information is intended to provide students, parents, and staff with a common understanding of the general expectations and possible consequences for misbehavior.

STUDENT ATTENDANCE

BEHAVIOR	CONSEQUENCES
<p><u>TARDIES:</u> Students will arrive in class on-time, which means seated and prepared by the 2nd bell.</p>	<ul style="list-style-type: none"> • Detentions are assigned for tardies. • Habitual tardies (4 or more) = *Friday Night School/Parent Contact/SARB Referral
<p><u>LEAVING CLASS:</u> Students will not leave class during the period without the teacher's permission and a pass.</p>	<ul style="list-style-type: none"> • 1st offense = Detention • Continued offense = *Friday Night School Parent Contact/Behavior Contract
<p><u>CLOSED CAMPUS:</u> CVMS is a closed campus. Students will not leave campus without checking out through the Attendance Office.</p>	<ul style="list-style-type: none"> • *Friday Night School/Parent Contact
<p><u>GUESTS:</u> Are not allowed on campus without prior permission of the administration/teachers.</p>	<ul style="list-style-type: none"> • Guests who are not approved will be escorted off campus.
<p><u>FORGED NOTES:</u> Students will not forge notes or signatures.</p>	<ul style="list-style-type: none"> • Forgery = *Friday Night School /Parent Contact / Academic Honesty Contract
<p><u>TRUANCY:</u> Students will not be absent from any class during the school day without permission, or they will be considered truant.</p>	<ul style="list-style-type: none"> • Period Truancy = *Friday Night School and parent contact. • Full Day Truancy = *Friday Night School / suspension from school • Habitual Truancies = SARB (Student Attendance Review Board)
<p><u>ASSIGNED DETENTION:</u> Students will not be absent or arrive late to their assigned detention.</p>	<ul style="list-style-type: none"> • Students late or do not serve detention: <ol style="list-style-type: none"> (1) 30 min. detention becomes 60 minutes (2) 60 min. detention becomes Friday Night School
<p><u>ABSENT FROM FRIDAY NIGHT SCHOOL:</u> Students will not be absent to an assigned Friday Night School without permission of the Assistant Principal.</p>	<ul style="list-style-type: none"> • 1 day suspension from school

*Friday Night School is on designated Fridays: 3:15—5:15 p.m.

GENERAL RULES FOR CVMS

BEHAVIOR	CONSEQUENCES
<p><u>RESPECTFUL:</u> Students will treat peers and all school staff with respect. This includes substitute teachers.</p>	<ul style="list-style-type: none"> • Detention/*Friday Night School /Parent Contact/Behavior Contract • Habitual Infraction = Suspension / Parent Contact
<p><u>DEFIANCE:</u> Students will not willfully defy authority or disrupt academic or activity programs.</p>	<ul style="list-style-type: none"> • Detention/*Friday Night School/Suspension/Parent Contact • Habitual Infraction - Referral to **SST / Recommendation for Alternative School Placement
<p><u>ACADEMIC HONESTY POLICY:</u> Carmel Valley Middle School is committed to Academic Honesty. Students will do their own work. See District Policy (SDUHSD) on Page 10 in your student agenda book.</p>	<ul style="list-style-type: none"> • 1st offense – “F” on Assignment or Test/Academic Honesty Contract/ *Friday Night School / Parent Contact • Continued offense – Suspension from school/**SST referral
<p><u>TRASH:</u> Students will eat lunch in designated areas and refrain from throwing food, littering, feeding the birds and engaging in horseplay.</p>	<ul style="list-style-type: none"> • 1st Offense = Trash pick up / Detention • Continued Offense = *Friday Night School / Parent Contact
<p><u>BIKES/SKATEBOARDS:</u> Students will not ride to school with more than 1 rider per bike/skateboard. Bikes/skateboards will not be ridden on school property. Bikes/skateboards will be stored & locked in designated bike area. Helmets must be worn.</p>	<ul style="list-style-type: none"> • 1st offense – Warning • 2nd offense – Detention/Parent Contact • 3rd offense – Revoke Bike Privileges on Campus/Parent Contact
<p><u>BUS:</u> Students will behave appropriately and respectfully on the bus. See the SDUHSD Transportation Rules of Conduct.</p>	<ul style="list-style-type: none"> • 1st offense = Detention/Parent Contact • 2nd offense = Riding privilege revoked for one week/Parent Contact • 3rd offense = Riding privilege revoked for rest of quarter/Parent Contact
<p><u>GAMBLING/SELLING ITEMS:</u> Students will not gamble and/or sell items on campus.</p>	<ul style="list-style-type: none"> • 1st Offense = *Friday Night School/Parent Contact • Habitual Infraction - One to Three Day Suspension
<p><u>GUM:</u> Students will not chew gum on campus. Bring mints for fresh breath.</p>	<ul style="list-style-type: none"> • 1st offense = Student warned • 2nd offense = Detention • Continued offense = *Friday Night School/Parent Contact
<p><u>GLASS CONTAINERS:</u> Students will not bring glass containers on campus.</p>	<ul style="list-style-type: none"> • 1st offense = Student warned • 2nd offense = Detention • Continued offense = *Friday Night School/Parent Contact

*Friday Night School is held once per month on designated Fridays: 3:15 – 5:15 p.m.

**Student Study Team

<p><u>MOBILE DEVICES</u></p> <p>They may be used at school to support learning. Use of technology in the classroom is at the discretion and under the supervision of each classroom teacher. Students may not take pictures or videos at school unless otherwise directed by a teacher. Abuse of this privilege (violation of the Acceptable Use Policy) may result in suspension of this privilege.</p> <p>*CVMS is not responsible for LOST or STOLEN items at school!</p>	<ul style="list-style-type: none"> • 1st confiscation: returned to student at end of the school day plus 30 min. detention • 2nd confiscation: electronic device released to parent with 60 min. detention • 3rd confiscation: electronic device released to parent and Friday Night School • 4th confiscation: electronic device released to parent and conference with Administration/Parents to discuss revoking cell phone privileges. • Possession of a laser pen will result in confiscation and assignment to *Friday Night School. • Use of laser pen on another person = suspension
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SERIOUS OFFENSES

BEHAVIOR	CONSEQUENCES
<p><u>INAPPROPRIATE BEHAVIOR:</u> Students will not use profanity, commit vulgar or obscene acts or engage in inappropriate displays of affection.</p>	<ul style="list-style-type: none"> • 1st offense - (depending on severity) Warning/ Detention • 2nd offense – *Friday Night School /Parent Contact • 3rd offense Suspension/Parent Contact
<p><u>BULLYING/CYBERBULLYING:</u> Students will not bully, harass, intimidate or threaten staff or students in person or via any electronic method. Students are subject to consequences regardless of their intentions.</p>	<ul style="list-style-type: none"> • Friday Night School / Behavior Contract/ Parent Contact • Habitual Infractions: Suspension/ Referral to **SST/ Recommendation for Alternative School Placement
<p><u>PHYSICAL CONTACT:</u> Students will not fight or engage in intimidating behavior. Students will not engage in gags or inappropriate physical contact that may result in injury.</p>	<ul style="list-style-type: none"> • 1st offense – 1 to 5 Day Suspension/Possible Police Intervention/Parent Contact • 2nd offense – Referral to **SST/Recommendation for Alternative School Placement
<p><u>SEXUAL HARASSMENT:</u> Students will not engage in conduct constituting sexual harassment and/or sexual assault.</p>	<ul style="list-style-type: none"> • 1st offense – One to Five Day Suspension/Parent Contact/Referral to **SST/Possible Police Intervention • 2nd offense – Referral to **SST/Recommendation for Alternative School Placement
<p><u>COMPUTER USE:</u> Students are expected to follow the guidelines for responsible computer use as outlined in the District “Acceptable Use Policy” (AUP).</p>	<ul style="list-style-type: none"> • Removal from use of network/detention/removal from computer multimedia class/suspension/Parent Contact/expulsion/Police Intervention.

<p><u>TOBACCO:</u> Students will not use or possess tobacco in any form at school, to and from school, or at school events.</p>	<ul style="list-style-type: none"> • 1st offense = Suspension/Possible Police Intervention/Parent Contact/**SST Referral • 2nd offense = Suspension & Police Intervention • 3rd offense = Recommendation for Alternative School Placement
<p><u>ALCOHOL/DRUGS:</u> Students will not possess or be under the influence of alcohol or drugs or possess paraphernalia (this includes drug and alcohol paraphernalia/look-a-likes) at school, to and from school, or at school events.</p>	<ul style="list-style-type: none"> • 1st offense = 5 Day Suspension/*SST Referral to Police Intervention/ Parent Contact • 2nd offense = Referral to **SST/ Recommendation for Alternative School Placement
<p><u>CONTROLLED SUBSTANCES:</u> Students will not sell or furnish controlled substances.</p>	<ul style="list-style-type: none"> • 5 day suspension/ Parent Contact / Referral to **SST / Police Intervention /Recommendation for expulsion
<p><u>SCHOOL/PERSONAL PROPERTY:</u> Students will not steal, deface or vandalize school or personal property. This includes using other people’s lunch numbers.</p>	<ul style="list-style-type: none"> • 1 to 5 day suspension/Parent Contact/ Restitution/Possible Police Intervention
<p><u>DANGEROUS EQUIPMENT:</u> Students will not possess weapons* of any kind or a facsimile of a weapon including paint ball equipment.</p>	<ul style="list-style-type: none"> • Confiscation/1 to 5 day suspension/ Parent Contact/ Referral to **SST/ Possible Police Intervention/Possible Recommendation for Expulsion
<p><u>INCENDIARY DEVICES:</u> Students will not possess or use explosives/incendiary devices (including matches or lighters), pull fire alarms, or commit arson. Aerosol cans are <u>not allowed</u> on campus or in the locker rooms!</p>	<ul style="list-style-type: none"> • Confiscation/1 to 5 Day Suspension/Parent Contact/Possible Referral to Law Enforcement/ Possible recommendation for Expulsion.
<p><u>WEAPON:</u> Students will not brandish a “weapon” or possess, sell or furnish a firearm.</p> <p>*A weapon can be any object with the potential to cause harm which is used to threaten or injure another person.</p>	<ul style="list-style-type: none"> • Mandatory Expulsion/Parent Contact/Referral to Law Enforcement

L. O. P. (LOSS OF PRIVILEGE LIST)

If you are involved with a referral or LOP infraction, the administration may (at their own discretion), place your name on an LOP List. For the period of time your name is on the list, you may not participate in any extracurricular activities. This includes school dances, field trips, and night events.

NOTICE: The San Dieguito Union High School District is not responsible for the personal property of students or employees. Items such as musical instruments, clothing, jewelry, equipment, bicycles, skateboards, electronic organizers, or other personal property, if brought to school, are at the owner’s risk. Please remember to lock your PE locker at all times and not to share the locker combination with friends.

TECHNOLOGY USE POLICY

All students and parents/guardians sign an Acceptable Use Policy (AUP) for technology use on campus. Any violations of the AUP are subject to disciplinary action (See Page 15). The following are major areas covered in the AUP.

- Students use appropriate language, manners and ethics when accessing technology
- Students report problems, abuses, or misuses of technology resources to your teacher, counselor or an administrator.
- Students cannot access others' email accounts.
- Students cannot attempt to bypass or alter computers or our network.
- Students cannot bypass restrictions regarding technology use.
- Students cannot use school computers for:
 - Gaming
 - Commercial purposes
 - Illegal activities

EMAIL POLICY

Student use of email must abide by the generally accepted rules and principles of email etiquette, as well as the guidelines outlined in the AUP. To help keep students safe, students are asked to never give out personal information of any kind through email. Additionally, the following activities are not permitted:

- Sending or displaying offensive messages or pictures;
- Using obscene language;
- Harassing, insulting or attacking others;
- Using another students' login or password;
- Corresponding or meeting with someone through the Internet without the pre-approval of a teacher;
- Accessing or downloading inappropriate materials;
- Reposting a message sent to the user privately without the permission of the person who sent the message.

CYBERBULLYING

Appropriate student behavior that leads to a positive school environment is expected when students use technology. Cyber bullying involves the use of information and communication technologies such as social media applications, text messages/instant messaging, defamatory personal websites, and online personal polling websites, to support deliberate, repeated, and hostile behavior by an individual or group, which is intended to harm others.

Any communication that disrupts or prevents a safe and positive educational environment will also be considered cyber bullying. Students whose behavior is found to be in violation of this policy will be subject to discipline and loss of privileges, up to and including expulsion. Third parties whose behavior is found to be in violation of this policy will also be subject to appropriate disciplinary action.

Consequences—See Page 15

Frequently Asked Questions About Physical Education From Students

How can I earn an A in P.E.?

By following directions teachers give you and by putting forth a consistent effort in class each day.

Do I need to beat my best mile and superlap time each time I run them?

No - you actually receive extra time on top of your best mile time to achieve your mile and superlap times. You receive an extra minute over your best mile time to achieve your superlap time. You receive anywhere from 30 extra seconds to 10 extra seconds OVER your best mile time to achieve each mile throughout the year. The extra time given decreases as the year progresses.

How long is the superlap? It is approximately 100 yards less than a mile.

How are the mile and superlap graded?

By giving consistent effort throughout the year according to the individual's capabilities. Each mile and superlap must be completed since they are considered an assessment.

How do you find out your grade? Ask the teacher at the beginning or end of class. Check Aeries for 4 ½ week progress report.

Is there a uniform policy?

Each student is required to wear either the school issued uniform or a plain white or gray crew neck t-shirt and green shorts. No pockets are allowed on the uniform for safety reasons. Students must wear their own uniform and must not wear clothes they wore to school that day for hygiene reasons. Students are allowed to bring in their own sweatshirt/pant as long as they have no pockets. Students are required to have their own separate P.E. shoes. If possible, please consider choosing good athletic shoes and avoiding using street shoes without good support such as Converse and Vans.

What happens if you forget your uniform?

You can borrow a loaner uniform twice in a semester without losing points by taking it out of the laundry room. If you need more than 2 loaners in a semester you will lose 2 points each loaner thereafter. By loaner # 4 the teacher will call home to notify parents, by loaner #5 a one hour detention will be assigned, and by loaner #6 a referral will be written.

Does each student receive a P.E. lock and locker?

A lock and locker will be loaned to each student at the beginning of the year if they choose to use a locker. The lock must be returned by the end of the year, or a \$6.00 replacement fee will be charged. Please do not replace a lost lock with a store bought lock because it doesn't have the required key insert in the back that is used for emergency purposes.

What if I'm sick or injured?

A parent or student excuse may be used, however, points will be deducted for any non-participation. If the injury or illness lasts more than 3 days a physician's note is required. If a physician's note excuses a student for more than 3 weeks, the medical reasons will be evaluated and the student may be reassigned as an aide. If a student is unable to participate, points will be deducted unless a physician's note is provided.

Expected standards of behavior during P.E.

All students must be prepared and ready to participate as soon as class starts by:

- (1) Using the restroom and drinking fountain during dress time.
- (2) Sitting on assigned roll call number on time.
- (3) No gum chewing.
- (4) Wearing their own uniform.
- (5) Running the assigned warm-up laps to prepare body for stretches and avoiding injury.
- (6) Avoiding the following behaviors:

- | | |
|---|---|
| <ul style="list-style-type: none">A. Sagging shorts revealing undergarmentsB. ProfanityC. Throwing other students belongings (e.g. hats, etc.)D. Inappropriate touching/poking/hitting othersE. Wearing sunglasses with metal component on themF. Wearing jewelry or fashion wear that are safety issues | <ul style="list-style-type: none">g. Talking during stretchesh. Taking other people's belongings in or out of the locker room without their permissioni. Abusing P.E. equipmentj. Cutting or cheating on runs, games or activitiesk. Not following teacher's directions |
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CARMEL VALLEY MIDDLE SCHOOL

PHYSICAL EDUCATION DEPARTMENT GUIDELINES

Daily Class Routines

All Physical Education classes are conducted under the following format:

- 1) Students dress responsibly and efficiently in the locker rooms, making sure they properly utilize their lock/lockers appropriately
- 2) Students report to their assigned roll call numbers on the blacktop for attendance purposes and to verify that the proper PE uniform is being worn.
- 3) After teacher reviews class business, daily agenda, and expectations, students will embark on a warm-up run of the teacher's choosing.
- 4) Students will report back to roll call numbers where daily stretches, strength and conditioning exercises are executed.
- 5) Students will then transition to cardiovascular training of the teacher's choosing.
- 6) Students will transition to area of unit game activity.
- 7) Students will perform game activities at a moderate to vigorous activity level.
- 8) Students will assist with equipment clean-up, teacher will culminate class, and students will be dismissed to locker rooms to change.

Grading

- Grading in Physical Education at CVMS is based upon quality and quantity of student participation, along with possible alternative testing measures. Each day a student has the opportunity to earn points for warm-ups, flexibility exercises, cardiovascular and strength training exercises, sport activities, timeliness, and preparation.
- An excused absence is treated as a missed opportunity for earned participation points and can be made up during the multiple P.E. make-up opportunities given during P.E. class. Students will lose the opportunity to earn points for any of the following :
 - 1) Tardies/absences/truancies
 - 2) Not being dressed in standard P.E. uniform
 - 3) Non-participation or lack of effort in any portion of class
 - 4) Non-compliance with behavior expectations
 - 5) Not following directions and not understanding game concepts
 - 6) Gum chewing
- Every 4 to 5 weeks, grades will be updated on Aeries. Please note that grades are not updated on a daily/weekly basis. Grading Scale:
 - A = 90% & above
 - B = 80-89%
 - C = 70-79%
 - D = 60-69%
 - F = 59.9% & below

Attendance and Class Participation

Attendance and meaningful participation in class is mandatory to earn points, which will determine their overall grade in class. If a student is not in class, they do not earn points for the day, and will need to attend designated make-up sessions to reclaim points.

Excused Absences

Physical Education is largely based upon effort and participation. If your child is absent, they will not be eligible to earn points on that day. If they clear the absence in a timely fashion through the attendance office, students will be given partial credit, and have the opportunity to earn those points back during P.E. make-up sessions.

Doctor's Notes vs. Parent Notes & Student Elect Non-Participation

If a student has a doctor's note releasing them from participation in physical education class, the points that the student would be earning daily will not be factored into their overall grade. (Example: student misses 3 days of P.E. at 5 points per day, those 15 points will not be factored into their overall point total)

- If a student misses any assessments during their medical furlough, those assessments must be made up before a final grade can be issued.
- At any time when a student has a minor injury, an illness, or is simply not attending school for that day, points are not awarded for those portions of class in which the student does not participate. Parent notes are not needed, as students are capable of explaining their lack of participation. We are trying to teach our students to be responsible for their own decisions regarding their health and ability to participate. Therefore, at any time, any student can tell their teacher that they do not wish to participate in any or all of the day's activities, with the understanding that any lost points must be made up before a final grade can be awarded. If a student does not make up the points for their missed participation, their final grade will reflect this, and may result in a lower grade for the class.

Dress Policy for Medical Excuses

Only for medical and/or health reasons should a student not dress for class. The reason for lack of participation in P.E. needs to be verified by a physician's note.

Truants

If a student is marked truant, they lose the entire day's points. Points deducted for truancy cannot be made up.

Tardies

- Every tardy will result in a detention, and loss of a class point.
- Detentions may be excused through the Attendance Office.
- Students are required to be present at both the 1st and 2nd roll calls. Any student missing for the 2nd roll call will be considered truant.

Uniform Policy

- CVMS offers a P.E. course uniform which is always available for purchase at the Finance Office.
- All students need to dress for their P.E. class in a standard uniform. This standard uniform must be forest green athletic shorts, at least mid-thigh length, without a pocket, and a plain white or gray t-shirt without a pocket. If circumstances do not permit you to purchase a uniform, please speak to your teacher and a uniform will be provided.
- Names are to be printed with a permanent marker on both P.E. shorts and shirts. First and last name only.
- No graffiti or alteration of the uniform is allowed.
- Each student will wear only his/her own uniform. For health and theft reasons, sharing uniforms is NOT allowed.
- Hats/visors are allowed only during outside instruction for sun protection.
- Sunglasses are permitted with a prescription, or with teacher's approval.
- Sweatshirts/sweatpants are permitted to be worn over student's regular PE uniform. For any other clothing questions, please ask the teacher.

Loaner Uniform Policies, Procedures, & Consequences

- Loaner uniforms can be found by the roll call numbers on the blacktop or in the laundry room located between the locker rooms. Loaners should be returned to the bin marked "Dirty", outlined in pink duct tape. Clothes should also be turned right side out to assist with laundering.

Locks

- Students will be issued a lock and a locker if they desire to have one. It is not mandatory to use a locker or be issued a lock. All locks used in the locker room **MUST** be school-issued. These locks are unique in that they have a key option for the teacher to use in case of an emergency. Any non-school-issued locks being used will be cut off and discarded at the student's expense. If lost or damaged, locks must be replaced at the school front office at a cost of \$6.00.

Locker Room Expectations

The locker rooms are to be used only to get dressed in P.E. uniforms and to prepare for class participation.

- Locker rooms should not be used for socializing, horseplay, eating/drinking, or any other purpose.
- Items prohibited in the locker rooms include: aerosol sprays and recording devices of any kind.

Late Starts/Assemblies/Non-Dress Days

- Late start/assembly days are generally used for P.E. presentations, testing and other related information which are meant to enrich the students educationally.
- Generally, students do not dress out late start days; however, they will be notified if they will be required to dress out. Students earn points on these days by being polite, courteous, responsible, and respectful to the speakers, presenters, and other educators, while also following directions.

Assessments (Timed Miles/Superlaps/Strength)

On a daily basis, each student is assessed on the following:

- 1) Concept of proper warm-up and cool down
 - 2) Cardiovascular exercise effort
 - 3) Flexibility execution and knowledge of human anatomy
 - 4) Strength training execution and knowledge of proper form
 - 5) Proper execution and understanding of unit game play according to the rules and regulations set forth by each teacher
- Timed Miles: are performed once a month and are conducted on the track. After students have established their fastest mile time, they need to be within a specific time range to demonstrate a proper training heart range on each subsequent mile. Superlaps: are performed on single period days (usually Mondays) and are conducted around the Community Center softball field, up the stairs, up the ramp, around the basketball courts, past the locker rooms, then down around the track and back to the roll call numbers. Students must be within a specific time range of their fastest mile time to receive full credit. Strength: Students will perform strength training exercises including but not limited to push-ups, and sit-ups.

P.A.W & Make-ups

- P.A.W (Productive Academic Work) time has been built into every PE period during the final 15 minutes of class time on Thursdays/Fridays during which students may use the time to work on homework, projects, and other related school work.
- During this P.A.W time, the P.E. Department is offering P.E. make-ups for those students who need to make up points for absences, tardies, & lack of participation.

For zero period students, P.E. make-ups are offered on Late Start Days during the appointed Late Start period.

Bonus Points

Bonus points/extra credit points may be awarded at the discretion of the teacher.

Academic Dishonesty

Physical Education is held in the same regard as any other class in reference to an Academic Dishonesty violation.

Examples of incidents in the P.E. realm include but are not limited to:

- 1) Cutting on mile, superlap, and 5K, any other timed runs
- 2) False reporting of times on above runs
- 3) Safety rules in sports games

Events

Jog-A-Thon- Students are given 30 minutes to run as many laps (400 yards) around the track as they can.

5 K Run- Students will run a 3.1 mile, designated course around the CVMS campus.