

Antelope High School
STUDENT HANDBOOK
 2008 – 2009



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School Colors	School Mascot
Scarlett and Gray	Titans

This handbook belongs to:

Name _____

Address _____

City _____

State _____ **Zip Code** _____

Phone _____

STUDENT SCHEDULE
FIRST TERM

	CLASS	Room	TEACHER
1			
2			
3			
4			

SECOND TERM

	CLASS	Room	TEACHER
1			
2			
3			
4			

WELCOME

The administration, staff, student council and Parent Club welcome you to Antelope High School. This handbook attempts to cover the basic expectations, rules, and policies governing the way students, staff and others relate within our high school community. Given the space limitations of this handbook, it is primarily intended to be a general reference source. Additional information regarding rules, policies and procedures may be communicated through handouts, the school newsletter, assemblies, and the daily bulletin. Our hope is to provide for the general welfare of all involved, while respecting the rights and aspirations of the individual. We encourage students and parents to become familiar with the basic principles incorporated in this handbook.

GUIDING PRINCIPLES

1. Students will be challenged by a relevant and rigorous curriculum that provides high standards and expectations for every level of ability and interest.
2. Students will have multiple opportunities to make informed decisions in a supportive, caring environment where respect, honesty, fairness, cooperation and commitment are practiced.
3. Students will attend a safe campus where students, staff, parents and the community promote social and individual responsibility.
4. Students will be served through a process of continuous assessment and improvement that requires and values the active participation and contributions of students, staff, parents, and other stakeholders.
5. Students will be engaged in a high quality curricular and co-curricular program that recognizes & rewards participation, leadership, and achievement.
6. Students will share an academic experience that emphasizes critical thinking, intercultural understanding and exposure to a variety of points of view.

BELL SCHEDULES

1ST LUNCH SCHEDULES

1. REGULAR DAY SCHEDULE

<u>Period</u>		
1	7:45 – 9:13	88 minutes
2	9:19 – 10:57	98 minutes
<i>Lunch</i>	<i>10:58 – 11:27</i>	<i>30 minutes</i>
3	11:33 – 1:01	88 minutes
4	1:07 – 2:35	88 minutes

2ND LUNCH SCHEDULES

1. REGULAR DAY SCHEDULE

<u>Period</u>
1
2
3
<i>Lunch</i>
4

2. COLLABORATION SCHEDULE

<u>Period</u>		
1	7:45-8:59	74 minutes
2	9:05-10:25	80 minutes
<i>Lunch</i>	<i>10:25-10:55</i>	<i>30 minutes</i>
3	11:01-12:15	74 minutes
4	12:21-1:35	74 minutes

2. COLLABORATION SCHEDULE

<u>Period</u>
1
2
3
<i>Lunch</i>
4

3. RALLY/ACTIVITY SCHEDULE

<u>Period</u>		
1	7:45 – 9:01	76 minutes
2	9:07 – 10:33	86 minutes
3	10:39 – 11:55	76 minutes
Rally	12:01 – 12:38	37 minutes
Lunch	12:38 – 1:13	35 minutes
4	1:19 – 2:35	76 minutes

3. RALLY/ACTIVITY SCHEDULE

<u>Period</u>
1
2
3
<i>Lunch</i>
4
Rally

Special 1- Lunch Schedules

4. MINIMUM DAY SCHEDULE

<u>Period</u>		
1	7:45 - 8:40	55 minutes
2	8:46 - 9:44	58 minutes
<i>Nutrition</i>	<i>9:44 - 10:04</i>	<i>20 minutes</i>
3	10:10 - 11:05	55 minutes
4	11:11 - 12:06	55 minutes

5. FINALS SCHEDULE

<u>Period</u>		
Final 1	7:45 - 9:45	120 minutes
<i>Break</i>	<i>9:45 - 10:00</i>	<i>15 minutes</i>
Final 2	10:06 - 12:06	120 minutes

6. ONE LUNCH SCHEDULE

<u>Period</u>
1
2
<i>Lunch</i>
3
4

IMPORTANT DATES CALENDAR 2008-2009

First Semester

Aug. 21	First Day of School
Sept. 1	Labor Day Holiday
Sept. 8	Back to School Night (min. day)
Sept. 19	1 st Quarter Ends
Oct. 15	No School – 184 th Day
Oct. 23-24	Minimum Days (Finals)
Nov. 11	Veteran’s Day Holiday
Nov. 21	3 rd Quarter Ends
Nov. 24-28	Thanksgiving Break
Dec. 22-Jan.2	Winter Break Holiday
Jan. 14-15	1 st Term Finals
Jan. 19	MLK Holiday

Second Semester

Jan. 16-20	Term Break. No school.
Feb. 2	Back to School Night (min. day)
Feb. 9	Lincoln’s Birthday Holiday
Feb. 16	President’s Day Holiday
Feb. 20	1 st Quarter Ends
Mar. 26-27	Minimum Day (Finals)
Apr. 6-13	Spring Break
Apr. 27-30	STAR Test Week
May 8	3 rd Quarter Ends
May 25	Memorial Day Holiday
May 29	Minimum Day (Year End Picnic)
June 10-11	2 nd Term Finals
June 11	Last Day of School

COLLABORATION DAYS

Collaboration Days are on the following Monday’s. School will let out at 1:35pm.

There are no Collaboration Days in **June**

August.....25

September 8,15,22,29

October 6,13,20,27

November 3,10,17

December 1,8,15

January 5,12,26

February 23

March ... 2,16,23,30

April 20

May 4,11,18

IMPORTANT TESTING DATES

ACT		SAT I & SAT II	
Registration Deadline	Test Date	Registration Deadline	Test Date
August 12, 2008	September 13, 2008	September 9, 2008	October 4, 2008
September 19, 2008	October 25, 2008	September 26, 2008	November 1, 2008
November 7, 2008	December 13, 2008	November 5, 2008	December 6, 2008
January 6, 2009	February 7, 2009	December 26, 2008	January 24, 2009
February 27, 2009	April 4, 2009	February 10, 2009	March 14, 2009
May 8, 2009	June 13, 2009	March 31, 2009	May 2, 2009
		May 5, 2009	June 6, 2009
High School Exit Exam	Week of November 3, Week of February 2, Week of March 16 and May 4		
STAR Tests	Week of April 27		
PSAT	AP EXAM	TERM I FINALS	TERM II FINALS
Wed., October 15	May 4 – 8	October 23, 2008: 1 st , 3 rd October 24, 2008: 2 nd , 4 th	March 26, 2009: 1 st , 3 rd March 27, 2009: 2 nd , 4 th
Sat., October 18	May 11-15	January 14, 2009: 2 nd , 4 th January 15, 2009: 1 st , 3 rd	June 10, 2009: 2 nd , 4 th June 11, 2009: 1 st , 3 rd

ACADEMICS

Graduation Requirements

- I. Satisfactory citizenship and attendance
- II. 260 credits including the following required subjects:
(Five credits are earned each quarter for each class completed with a passing grade.)
 - A. **English** 40 credits (grades 9-12)
 - B. **Math** 20 credits – Algebra I or higher;
Beginning with the Class of 2010 students must complete Geometry or higher
 - C. **Social Science** 30 credits to include:
World Studies 10 credits (grade 10)
U. S. History 10 credits (grade 11)
Gov./Economics 10 credits (grade 12)
 - D. **Science**..... 20 credits in courses meeting UC A-G requirements
Biological Science 10 credits *and*
Physical Science 10 credits
 - E. **Physical Education** 20 credits (grades 9 & 10)
 - F. **General State Requirements**..... 5 credits prior to class of 2010
Health..... 5 credits prior to Class of 2010; 10 credits Class of 2010
 - G. **Fine Arts or Foreign Language** 10 credits
 - H. **Electives** 110 credits beginning with class of 2009
- III. Passing of high school exit exam

College Admission Requirements

A-G Subject Area	California State University CSU Sacramento, Chico, etc.	University of California UC Davis, Berkeley, etc
a) History / Social Science	2 years	2 years
b) English	4 years	4 years
c) Mathematics	3 years (through Algebra 2)	3 years (through Algebra 2) 4 years recommended
d) Lab Science	2 years	2 years (3 years recommended)
e) Foreign Language	2 years	2 years (3 years recommended)
f) Visual and Performing Arts	1 year	1 year
g) Elective courses	1 year 'C' or better grade required to meet minimum requirement for 4-year college admission	1 year

Regarding College Courses

College courses that a student needs to complete for graduation requirements pursuant to Board Policy 5121.1 will go on a student's transcript. **However, in order for any additional college classes to be placed on a transcript, a student must receive written approval from the site principal or designee prior to taking the course.**

The school counselor/administrator will provide copies of Board Policy 5121.1 and Staff Rule 5121.1 to each student who requests application for permission to take college courses. The counselor/administrator will also require the student to sign an acknowledgement of receipt of Board Policy 5121.1 and Staff Rule 5121.1 and keep this record on file.

ATTENDANCE PROCEDURES

Late arrival/Early dismissal: For late arrivals to school or early dismissals from school, please call the attendance office at 726-1400.

Absent: Please call the attendance hotline at 726-1400 as soon as possible on the day of the absence. **All absences must be cleared within three days.**

Re-entering School: Return to school with a valid note from your parent/guardian or call the 24-hour attendance hot line at (916) 726-1400.

• Students absent from school may not attend any school-sponsored function including dances, athletic practices, games and performances the day of the absence.

• Notes should be written in ink and must include:

1. Date the note was written.
2. Date and time of the total absence.
3. Reason for the absence.
4. Signature of the parent or legal guardian.
5. Home or work phone number.

• Forgery of a note or any other school document is grounds for suspension.

• Students who do not bring a note by the second school day following an absence may be marked truant.

• Students who return to school after a suspension must receive a re-admit slip from the attendance office.

Types of Absences

Excused: Illness, death in the immediate family, medical and dental care. Student is responsible for making up work.

Approved: For appearance in court, observance of religious day, employment conference, school business and family business. Student is responsible for making up work.

Unexcused or Unapproved: Absence for work, family vacations, hunting, shopping, personal business, etc. Student should see teacher to determine if work may be made up.

Suspension: Students may be allowed to make up all work missed during the suspension. Teachers may deny make-up privileges but must exclude assignments from cumulative score when determining grades.

Permission to Leave Campus

Early Dismissal: For safety reasons, all comprehensive high schools in the Roseville High School District are closed campuses. As such specific rules, policies and guidelines have been established to address students who must leave campus prior to the end of the regular school day. **Before a student leaves campus the student must get a “Special” from the attendance office. Prior permission must be given**

by a parent, guardian or person given such authority by the parent or guardian on the emergency card.

• A parent call **after** the student leaves campus does not excuse the closed campus infraction

• Failure to secure a “Special” before leaving campus will result in a closed campus violation and suspension.

Parking Lot: Students should not use their cars as lockers. Books, money for lunch, projects that can be easily carried should not be stored in a student’s car. Students MAY NOT go to the parking lot without permission. Parking lot passes are required at all times during the school day (even during the lunch period). This pass is acquired by:

During Class – Teacher approval. The student takes the approval to the front desk for a pass to the parking lot.

During Lunch period – Administrator approval. The administrator will notify the front desk of approval. The student returns to the front desk for a pass to the parking lot.

Truancy/Cuts

Failure to clear any absences or tardies with a valid note or phone call will be considered truancy.

Period Truancy: Student misses 30 minutes or more in a period without a valid excuse.

Unauthorized Absence from Class: Student leaves class for any reason without teacher permission or abuses a hall pass. Student shall receive work service or suspension. Students may receive two days of work service for every period of unauthorized absence.

Tardiness

As a general rule students must be in their seats before the tardy signal begins to sound.

- 1st and 2nd tardy during each 9-week grading period: the teacher will warn the student and a tardy noted in the roll book.
- 3rd Tardy in each 9-week grading period: 1 day of work service assigned by teacher.
- 4th and 5th tardy for each 9-week grading period: Teacher action.
- 6th tardy and each continuing tardy for each 9-week grading period: Referral to Assistant Principal. 5 days work service assigned.
- 9th tardy and each subsequent tardy in each 9-week grading period: Referral to Assistant Principal. 1-day suspension for 9th and each additional tardy will constitute an additional suspension.

HOMEWORK

Philosophy

Homework is an important part of the learning process that enables a student to become an independent learner. Assignments to be completed outside of the school day enable parents/guardians to monitor and assist with the student's classroom experiences. Homework also provides an important communication link between homes, students and teachers. The home and the school have a joint responsibility to foster within students an awareness that their education extends beyond the classroom. Students should anticipate daily homework assignments from all four courses that will **total** 1-3 hours in length (except A.P. classes).

Home Assignments and Home Teaching Students who have an excused/approved absence for more than three consecutive days may request homework assignments through the receptionist. For a shorter absence, students should contact a friend in the same class. Students expecting a prolonged period of absence (3 weeks or longer) due to medical reasons may qualify for a home teacher with a doctor's note. Because of the rigor and pace of the curriculum at Antelope, extended absences or multiple absences throughout the term may seriously jeopardize academic progress. Contact your counselor for more information.

Procedures for Planned Absences

Students excused for all or part of a day for a planned absence, including school related activities (field trips, athletics, etc.), medical /dental appointments, or court appearances, must submit homework for classes to be missed before the absence or it may not be accepted. Homework should be submitted directly to the teacher; or given to the receptionist. Students should meet with the teacher prior to a planned absence to arrange to take tests or quizzes scheduled for the day(s) of the absence.

Making Up Assignments

As a general guideline, students with excused absences have the number of days they were absent to complete any work assigned during the absence. Time begins the day readmitted to school and may be extended by the teacher. Assignments given before the absence will be due upon the day the student returns. When a student will be absent with administrative approval, the student is responsible for contacting teachers in advance to arrange make-up work. No advance arrangements = *No Credit* for work missed. Board policy permits teachers to designate certain assignments as "**long term**". As such these assignments shall be submitted before or on the assigned due date even if absent.

ACADEMIC DISHONESTY

The primary goals of any educational institution should be to enhance the learning environment and to promote the pursuit of intellectual excellence. The Roseville Joint Union High School Board of Education believes that the public school should reinforce the values of our democratic society, teach citizenship, and provide an environment conducive to ethical behavior. Our Antelope High School community believes that the school should maintain a climate in which honesty, courtesy, consideration, integrity and a concern for others are highly valued.

Cheating is an obstacle to achieving these goals. Factors that contribute to cheating include pressure for grades, not enough time to finish all the required homework, students taking advantage of teachers who do not monitor their classes closely, unrealistic parent expectations, and inefficient study skills. None of these reasons makes cheating acceptable. In any of its forms, for whatever reason, cheating denies the value of education. Our teaching staff strives to put the importance of learning above the importance of grades and to convince students that their best efforts are all that anyone should expect.

Definition: Cheating is taking (or lending) at inappropriate times a person's work, information, ideas, research, and documentation, without properly identifying the originator. The teacher's professional judgment will determine whether cheating has occurred. Students are reminded not to give the instructor cause to consider their actions a violation.

To avoid inadvertent dishonesty, the following list, which is not intended to be all-inclusive, delineates a variety of methods of cheating:

1. Looking at someone else's paper during an examination, test or quiz.
2. Talking with another student during an examination, test, or quiz.
3. Showing your test, quiz, exam to other student.
4. Sharing test, quiz items with students in other period.
5. Using any kind of "unauthorized notes".
6. Copying work assigned to be done independently or allowing someone else to copy one's own or another's work, including computer generated information and programs. Teachers hold different expectations with regard to homework (some teachers encourage students to work together while other teachers expect an assignment to be completed independently). It is the responsibility of the individual teacher to

clarify to the students his/her expectations regarding individual assignments.

7. Allow someone to copy work assigned to be done independently.
8. Copying or closely paraphrasing sentences, phrases, or passages from a non-cited source while writing a paper or doing research.
9. Submitting any non-cited information found on the Internet or creating/citing non-existent sources.
10. Fabricating or altering laboratory data

Consequences: When a student has been found in violation of the cheating policy, the consequences and procedures for each instance are as follows:

1st Instance

- A. "0" for the assignment/project/report/exam.
- B. Teacher will confer with the student.
- C. Teacher will notify the parents/guardians and inform them of the consequences.
- D. Teacher will refer the student's name to administration. Name and event filed.

2nd Instance

- A. Student(s) will receive one or more of the following consequences:
 - i. "0" for the assignment / project / report / exam
 - ii. Quarter mark lowered one full letter grade.
- B. Teacher will notify the student's counselor.
- C. Teacher will notify the parents.
- D. Counselor will arrange a student/ parent/ teacher/counselor conference if requested by any of the parties involved.
- E. Teacher will refer the student's name to administration. Name and event filed.

3rd Instance

- A. Same as 2nd Instance.
- B. Administrative action will be taken: work service, suspension and/or drop "F" from course.

Teacher Responsibilities:

- Teachers will make their policies and personal philosophies regarding tests, major research papers, homework, etc. known to their students.
- Teachers will prepare students for and give advanced notice of tests.
- Teachers will be available to students before work is due.
- Teachers will actively proctor students during test periods.

Parent Responsibilities:

- Parents should reinforce in their students ethics, honesty and integrity in their academic life as well as their personal life.

- Parents should reduce the pressure for "success at any cost". Support your student's best effort, regardless of the grade it receives.
- Parents should expect their student to have homework each night (between one and three hours all classes combined). Help your child protect study time. Provide a good study environment (desk, good light, quiet, etc.). Be sensitive to your child's study time frame. When he says he needs to study, he means it. Students commonly cheat because "there wasn't enough time".

Student Responsibilities – Quizzes and Tests:

1. Manage time so you have adequate time to study.
2. Take responsibility to find out what material will be covered on the test or quiz.
3. During the test
 - a) Make sure your paper cannot be seen by anyone else.
 - b) Keep your eyes on your own paper.
 - c) Do not talk: ask teacher, not neighbor, questions of clarification.
4. After the test, or quiz, do not discuss questions with other students until all students have taken it.

Fairness: In fairness to all, students are urged to make the teacher aware if cheating is taking place, including the kind of cheating and the methods used.

Homework: Do not copy others' work; do not work with other students on assignments unless the teacher gives instruction to do so or unless the teacher tells the entire class to work together.

Student / Teacher Concerns

If a student or parent has a concern about a class or teacher, the counselor or administrator will suggest the following:

1. At the first sign of difficulty, the student will contact the teacher. This will make the teacher aware of the student's concerns or frustrations and will facilitate getting additional help from the teacher.
2. If the student feels he/she has tried the suggestions of the teacher, a parent conference should be scheduled. This can be done either by phone (informally) or in a parent-student-teacher conference scheduled with the counselor. The purpose is to determine what the teacher, parent and student can do to help the student perform better in the class.
3. If the student and teacher have both tried to improve the student's progress in the class and concerns still exist, the parents can appeal for an administrative review with an assistant principal. The assistant principal will then meet with the parent,

student, teacher and counselor to assess the situation to determine if further action is warranted.

This process is designed with the intent of placing responsibility on the student. We hope that the parent and teacher conferences will improve communication and set a more positive learning environment for the student. The above procedures will be followed in all cases in all cases.

COUNSELING GUIDELINES

Scheduling Appointments

The process for students scheduling appointments with a counselor is as follows:

1. Student will complete a Counselor Request Form located at the front desk in the administrative office.
2. The counselor will send a yellow call slip for the student during the last thirty minutes of a class period.
3. The student is to report to the front desk in the administration office and sign in prior to proceeding to the counselor's office for their appointment.

Request for Class Changes

Before school begins, the guidance department will make class changes based on obvious schedule errors, and academic level changes. Once school begins, class changes are **only** considered for balancing courses or requests based on academic needs. When students receive their schedules, they must first get administrative approval, then report to a counselor for an immediate schedule change. Administrators will be available in the cafeteria on schedule pick-up days.

Dropping Courses

Any necessary schedule changes must be made within the first **2 weeks** of the term. After that time, the student will receive a **drop F grade** from the class they drop. Exceptions will only be made for teacher initiated/approved level changes within the same subject area.

STUDENT SAFETY

Philosophy

Students at Antelope High have a right to attend a school that is safe, orderly and secure. It is the intent of all staff that our school is free from physical and psychological harm. The goals of the policy related to student behavior are to maintain order and decorum in the school, to educate our youth, to observe accepted rules of conduct, and to develop self-discipline while simultaneously protecting the rights of others. A clear understanding of our standards and expectations and

the Safe Schools Plan will assist students in making responsible decisions.

Since the chief purpose of the school is the education of all students, any behavior and/or attendance problems which interfere with the educational program or which is detrimental to the welfare of the other students is unacceptable. A central effort of the school shall be promoting cooperative efforts among staff, students and parents in improving student's abilities to use self-discipline. When the student's self-discipline fails to protect the rights of others and/or the basic welfare of the individual student, the school shall intervene and impose necessary disciplinary action as a consequence for the student's behavior and to promote change in the student's future decisions.

DISCIPLINE AND BEHAVIOR

The following standards, rules, policies and consequences have been developed and designed with the safety and welfare of the students and staff at Antelope High School in mind. Your cooperation is expected and appreciated. This handbook addresses the more common concerns and issues that might arise and should be considered a general guideline. Teachers will also present their own classroom-specific standards, expectations, and consequences. Unique circumstances will be evaluated by the administration as they occur.

Behavior Standards

At Antelope High School it is believed that the behavior of students must reflect the standards of good citizenship demanded of members of a democratic society. Self-discipline and taking responsibility for one's actions are among the ultimate goals of education. The following statements are representative of the behavioral philosophies and expectations at A.H.S.:

- Students shall obey constituted authority. This shall include conformance to school rules and regulations and to those provisions of civil law that apply to the conduct of juveniles or minors.
- Citizenship in a democratic society requires respect for the rights of others. Student conduct shall reflect consideration for the rights and privileges of others.
- High personal standards of courtesy, decency, morality, clean language, honesty and wholesome relationships with others shall be maintained. Respect for real and personal property, pride in one's work, and achievement within one's ability shall be expected of all students.

Students are expected to adhere to the standards and expectations not only during the regular school day but at all school-related functions regardless of time and location.

It is important for the students to know that the school may take action for any violation of school rules that occur after the student leaves home and prior to arrival at home after school is dismissed. This includes incidents that occur off campus.

Alcohol, Drugs and Other Controlled Substances

Students may not use, be under the influence of, buy, sell or give intoxicants or dangerous drugs to others. Violation of this rule results in disciplinary action, which may range from suspension to possible expulsion from the school district. If the final disposition is reinstatement on this campus, students may be barred from participation in school-related activities.

Students are advised that the school periodically employs the use of trained dogs to sniff for drug possession and may use breathalyzers if a student is suspected of alcohol use.

Tobacco: Antelope High School facilities have been designated as tobacco-free. State law prohibits possession or use of tobacco in any form. Tobacco use and/or possession will result in discipline referral and written notification to parent. Repeated offenses will result in citation by police and suspension.

Assemblies

Assemblies are a regular part of the educational process. They include programs for education, entertainment, elections, and pep rally functions. They help create better school spirit and develop leadership and talent. Appropriate student conduct is necessary for successful assemblies.

Rules of Conduct for Assemblies and Rallies:

- No talking once the program has begun (unless it is a rally).
- Be attentive, responsive and show common courtesy when someone is speaking or performing.
- Do not throw any objects.

Dances

Unsafe, lewd or vulgar dancing is not permitted. There are four basic rules for every dance:

1. No “freak” dancing / dancing that imitates sexual activity
2. No crowd “surfing”

3. No “mosh pits” / slam dancing
4. Other than shoes or jackets or other wraps, clothing may not be removed.
5. No use or possession of controlled substances at any school activity.

Students who violate any of these rules will be removed from the dance and barred from the next dance. **Any student who uses alcohol or any other controlled substance prior to coming to a dance or at a school dance will be suspended and barred from the next school dance.**

Campus Appearance

Each Antelope High School student will be environmentally responsible and adhere to a “no impact” policy. That is, he/she will protect the A.H.S. environment from defacement, will respect the landscape, and **will remove all garbage or trash** that he/she may have generated. Students will walk on paved walk areas, **not** on the grass. In this way, the campus of A.H.S. will be protected for the full use and enjoyment of future students, faculty, administrators and community members.

Computer Use Policy

Equipment may be used only with specific permission from a teacher. Equipment may be used only under direct supervision of an adult. Any use of a computer in a manner not approved by a teacher is a violation.

RJUHSD Student Technology /Network/Internet Acceptable Use Agreement

The Roseville Joint Union High School District (RJUHSD) recognizes that technology, including network and Internet services offers a wide variety of opportunities to further educational goals and objectives and therefore provides technology services and network access to its staff and students. Access to these vast resources and information is an educational opportunity requiring responsible use by each individual. As such, every RJUHSD user should act in an ethical and legal manner consistent with district goals and objectives and should conform to educationally appropriate use and network etiquette that includes being polite, using appropriate language, and respecting the privacy of others.

Electronic communications*, files and other Internet records may be examined for educational and administrative purposes and to verify that acceptable-use guidelines are being followed. (Electronic communications include but are not limited to e-mail, chat, and instant messaging.)

RJUHSD has taken reasonable steps to ensure that technology services and network use is primarily for

activities that support district goals and objectives. While the District has deployed Internet content filtering technology in the interest of keeping harmful and inappropriate content from being accessed, Internet content filtering is not a perfect science and it may be possible for users of the Internet to access information that is intended for adults. Likewise, computer security cannot be made perfect and it is possible that a determined user can make use of computer resources for inappropriate purposes. RJUHSD believes that the benefits of Internet access in the form of information resources and opportunities for collaboration far exceed any disadvantages. Ultimately, parent(s) and guardian(s) of minors are responsible for setting and conveying the standards that their child or ward should follow. Use of the District technology, network services, and the Internet is a privilege that may be revoked at any time for inappropriate conduct. The use of the Internet, network, and technology services are strictly limited to educational purposes.

Responsibility

As a user of the RJUHSD technology services, network and Internet connections, I agree to:

- Use my network access in an acceptable manner, follow all district rules and regulations regarding network use, including being polite, using appropriate language, and for educational purposes only.
- Use on-line time and other technology/network resources efficiently.
- Report any known misuse of technology or network services to the appropriate teacher, administrator, or the District Office.
- If I have been issued an individual network account, I will be the sole user of it. I will protect my account by not giving out my password and I will report any suspected misuse to the appropriate teacher or administrator. I will be responsible for all use by this account.
- Follow all applicable copyright laws. I understand that inappropriately copying or misusing other people's work may be considered plagiarism. Likewise, any work that I create through the use of the RJUHSD technology services/network is my own property, yet it is subject to all of the guidelines in this agreement.
- Assist in keeping the RJUHSD network free from virus or other malicious attacks by refraining from opening attachments from unknown sources and being alert to warnings.

Inappropriate Technology / On-Line Conduct

includes, but is not limited to:

- Using technology or network services for illegal activities, including unauthorized installation, use, storage, or distribution of copyrighted software or materials in violation of copyright laws.
- Unauthorized installation or use of any software or hardware not belonging to, or properly licensed by the District (e.g., games, applications, operating systems, "shareware", computer components, and peripherals).
- Accessing, posting, submitting, publishing or displaying harmful or inappropriate matter that is threatening, obscene, disruptive or sexually explicit, or that could be construed as harassment or disparagement of others based on their race/ethnicity, national origin, gender, sexual orientation, age, disability, religion or political beliefs. California Penal Code Section 313(a).
- Using technology or network services for private business, commercial enterprise, or for political activities.
- Use of another individual's name, user account, or password.
- Allowing another user access to your account.
- Sharing electronic account passwords, leaving passwords available in obvious locations, or leaving "signed on" or "logged on" computers unattended.
- Disclosure, use, or dissemination of personal identification or "contact information" about oneself or others when using electronic communication. Students are also cautioned not to disclose such information by other means to individuals located through the Internet without the permission of staff members and are urged to discuss on-line privacy issues with their parents or guardian. Personal information includes the student's name, address, telephone number, Social Security number, or other individually identifiable information.
- Reading or accessing other users' electronic mail or files. (Collaborative efforts will have appropriate and identified locations and/or resources for sharing files and information.)
- Attempting to interfere with other users' ability to send or receive electronic mail, or deleting, copying, modifying or forging other users' mail or files.
- Sending or exchanging messages that are inconsistent with school or district policies.
- Distributing electronic media or files in a manner that is likely to cause network congestion or significantly hamper the ability of other people to access and use the system (e.g., downloading huge files during prime time; sending mass electronic messages; downloading of video and audio files not directly related to district goals; excessive chat or instant message use for non-educational purposes; distribution of chain letters).

- Intentionally uploading, downloading, or creating computer viruses.
- Attempting to vandalize, harm, tamper with, intercept, or destroy district equipment, data, or materials including use and/or possession of “hacking” tools.
- Attempting to bypass, circumvent, or disable network security, virus protection, or Internet content filtering.
- Manipulating the data of any other user, school, or district resource.
- Unauthorized access to servers, computer systems, or network equipment.
- Use or connection of any personal equipment to the RJUHSD network.
- Using electronic resources and communication for other than educational purposes.

Students who violate the RJUHSD Student Technology/Network/Internet Acceptable Use Agreement, misuse technology or network services, or violate state or federal laws may be subject to disciplinary action, loss of access privileges and/or legal action in accordance with law. The District Technology Department and site administration reserve the right to delete files or remove access to resources found to display or propagate inappropriate on-line conduct. We support the parent’s or guardian’s right to authorize or decline network/Internet access for their student.

Violation Consequences: Violation of any of user contract, rules, or procedures will result in a disciplinary referral. Students will be required to make restitution (which includes parts and labor costs) for any damage caused by willful misconduct, careless disregard of appropriate use rules or mishandling.

Disciplinary action may include warning, loss of privilege, suspension, restitution and/or referral to the Roseville Police Department’s Technology Crimes division.

Dress Code

Guidelines: Parents or guardians of students have the primary responsibility for establishing and implementing appropriate standards of dress and grooming. It is Antelope High School’s legal and ethical responsibility for establishing a classroom and campus atmosphere that creates the appropriate environment for teaching and learning. Clothing worn on campus must reflect good taste and a sense of modesty to enhance an atmosphere conducive to learning.

We recognize that personal appearance and dress often determine future employment goals. Consequently, the school has a responsibility to guide you in a positive direction for future employment. To fulfill this responsibility some “common sense” rules must apply.

- Extremes in clothing are regarded as disruptive and as a distraction from the learning process and are not permitted.
- Clothing with messages, pictures, or symbols depicting drugs, alcohol, tobacco, profanity, violence or disrespect for members of the opposite sex or differing cultures is regarded as offensive and intimidating and therefore, is not permitted.
- Accessories such as studded or metal belts; wristbands, chains (including wallet chains) and handcuffs are regarded as disruptive, intimidating and dangerous and are not permitted.

Failure to comply with dress code guidelines and policy is considered a **Level 2** infraction as outlined in *Standard Disciplinary Consequences*.

General Dress Policy:

1. Garments must be neat, clean and in good repair. Torn clothing intentional or otherwise is NOT permitted.
2. Pants, shorts and skirts must fit properly at the waist, above the hipbones. Underwear should not be visible.
3. Sagging pants, sweats, or other bottoms are not allowed. Must be above the hip.
4. Pajama bottoms may not be worn.
5. Footwear must be worn at all times, per state law.
6. Shirts and tops must cover the entire torso, including chest, back and midriff. Tube tops, halter-tops, back-less tops, scoop-neck tops, low ‘V-neck’ tops, half shirts, tank tops, and muscle shirts are not appropriate.
7. Professional and collegiate team jerseys are not to be worn at school.
8. T-shirts must fit appropriately. Long T’s are not acceptable and are not to be worn at school.
9. Shorts, skirts and dresses must be at least fingertip length when the arm is extended at the sides (P.E. clothing, including running shorts, leotards, and swim suits are not appropriate in the classroom.).
10. ONLY official “Antelope High School” hats may be worn (outside of the class and must be worn straight forward). No bandanas, beanies, or other forms of headwear are to be worn on campus at any time.
11. Hoods are not to be worn over the head while inside any building, at any time. Students

who excessively wear their hoods over their head on campus will be asked not to wear a hooded sweatshirt for an indefinite period of time.

12. Wallet chains can be considered weapons, therefore, are prohibited from campus.
13. Dark glasses are not permitted in classrooms.
14. Clothing and jewelry that imitate gang –style attire or ‘gang colors’ is strictly prohibited.

The dress code is a tool to ensure that education can take place. By using “common sense” and “good taste” students will avoid any problems.

Cell Phones/I-Pods/Electrical Devices

Cell phones are permitted at Antelope under the following conditions:

- Electronic devices must be turned off and placed into their backpack prior to entering class. All ringing tones and vibrate mode must be disabled.
- Electronic devices may not be used during class time. This includes calls in and out, games, text messaging, and/or camera feature. Requesting a pass to go outside and use a cell phone is NOT permitted.
- Electronic devices may be used before or after school, at lunch or during passing periods.
- The school is not responsible for lost or stolen electrical devices.

Consequences: The first violation of the electronic devices policy will result in the confiscation of the device for the remainder of the day. A second violation will result in confiscation and parent must pick up the device. A third violation will result in confiscation; parent must pick up the device, suspension and loss of permission to bring any electronic device to school.

Loitering

No loitering in the restrooms, parking lots, autos, bike areas, and areas outside classrooms or other buildings.

Public Romance

Passionate embracing or kissing, petting, and other intimate gestures are not considered appropriate on campus. Students will be asked to stop. Repeated violation may result in parent contact and suspension.

School and Personal Property

Students are responsible for textbooks, library books, and other school property loaned to them. If textbooks, library books, CDs or other school equipment are lost, damaged, or stolen, the student is held responsible until the obligation is cleared. Grades, diplomas, transcripts, student class programs, dances, and fall registration materials will be withheld from students with outstanding obligations.

The school is not responsible for the loss or theft of personal property. Students are strongly advised to leave expensive personal property at home.

Personal media devices (e.g. IPODS), jewelry, expensive make-up are targets of theft. Students should never leave personal property unattended in backpacks or in the locker rooms. **PE locks should always be used!**

Student Identification

All students will be issued a student ID card at the beginning of the year during registration for the purpose of checking out library materials and entrance to school dances, and student discounts. Students are strongly encouraged to carry their ID card at all times and must identify themselves to any and all staff members (or parent volunteers) at any school upon request.

Traffic, Transportation and Parking

Transportation: Students driving on campus are subject to the same laws governing the roads and highways. Laws pertaining to reckless driving, exhibition of speed, mechanical violations, registration, and parking are applicable to all vehicles in the parking lot. Any law enforcement officer is authorized to patrol and cite. Pedestrians have the right-of-way. The campus maximum speed limit is 10 m.p.h. Vehicles may not be driven through campus. Students found operating their vehicles in an unsafe or reckless manner (including exceeding the 10 m.p.h. limit) may be fined and/or referred to an Assistant Principal and may lose their parking privileges on campus.

Parking: A **permanently** displayed permit is required to park at AHS. Because there are more student drivers than there are student parking spaces, **only seniors and juniors** are eligible for parking permits. To receive a parking permit the vehicle must be registered with the school. You will need a copy of your driver’s license and proof of insurance. Students issued permits are expected to abide by the following:

- The parking permit must be current for the school year and displayed in plain view on the backside of the inside rearview mirror. Parking in the following locations is prohibited:
 - Parking outside designated parking spaces (a designated space is defined space between 2 white lines)
 - Staff Only areas
 - Visitors Parking area
 - Painted curbs (red, yellow, green)
 - Fire lanes
 - Any area behind the school
 - Handicapped (unless you have a permit)

Parking and/or parking lot infractions may result in suspension, fines, and/or loss of parking privilege. Fines for parking violations are listed on your registration form and range from \$35 to \$280.

Note: Having an open first period greatly reduces the opportunity to legally park on or near the campus. If parking is a concern for you it is NOT advised to have an open first period.

Alternatives: Since there is limited parking on the street and on the campus, students are encouraged to work with their parents to find alternative means of transportation. If parking on public streets students are expected to adhere to standards of civility including safe driving, polite interactions with homeowners, appropriate language, and leaving no litter.

Bicycles, Electric Scooters, Mopeds: Bikes, electric scooters, and mopeds are not to be in classroom areas or buildings. They should be parked and locked in the designated areas. The school is not responsible for bike or moped vandalism or theft; however, report all thefts/vandalism to the Assistant Principals. No one is to loiter in the bike area. All students are to wear bike safety helmets.

Skateboards, Skates, Shoe Skates, Scooters: Such forms of transportation are not to be used on campus at any time. If used on campus they will be subject to confiscation (with return only to parent or guardian). Repeated offenses may result in suspension.

Thefts and Vandalism

Antelope High School and the Roseville Joint Union High School District are not responsible for lost or stolen property. All incidents of tampering with personal or school property should be reported to the Assistant Principals' Office. Students responsible for such behavior will be subject to disciplinary action, restitution and referral to the police.

Unauthorized Presence on Another Campus

All students are to be present on the campus in which they are enrolled. Only in unusual, pre-arranged, and pre-approved circumstances would students visit another campus in the school district during school hours. If approved, the student is required to register as a visitor in the main office of that school. Students who do not abide by this regulation may be suspended. Students must identify themselves upon request while visiting any other school.

Unlawful Harassment

The Roseville Joint Union High School District is committed to providing an educational environment free of unlawful or offensive harassment.

The District's anti-harassment policy applies to all persons involved in the district's educational environment and prohibits unlawful harassment by any student or any employee of the District.

Violation of this policy by a student may result in discipline, up to and including suspension or expulsion, depending on the nature and seriousness of the violation.

Unlawful harassment because of gender, race, ancestry, physical or mental disability, or age includes, but is not limited to . . .

1. Verbal conduct such as derogatory comments.
2. Visual conduct.
3. Physical conducts such as assault, unwanted touching, or blocking of normal movement.
4. Retaliation for having reported or threatened to report harassment.

- If an individual thinks he or she is being unlawfully harassed, the individual should immediately notify an administrator, counselor, teacher, nurse or other staff member.

- To file a complaint, the individual should provide details of the incident(s), the names of the individuals involved and the names of any witnesses. The complaint should be, but is not required to be, in writing.

- The District encourages all individuals to report any incidents of harassment forbidden by this policy immediately so that complaints can be resolved quickly and fairly.

Hazing is strictly prohibited. "Hazing" includes any method of initiation into a student organization or student body or any pastime or amusement engaged in with respect to these organizations which causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm. Violation of this policy will result in a 3-5 day home suspension and possible referral to law enforcement and recommendation for expulsion.

Weapons

Firearms, knives, explosives, fireworks, wallet chains and other instruments considered dangerous and of no practical use may not be brought onto campus. Penalties are severe and will range from suspension to expulsion from the school district and possible arrest.

It is against the law to bring imitation or spring-powered/gas-powered weapons on school campuses (EC 48901.5). Generally these are B-B guns or pellet guns or replicas of real weapons. Students who bring imitation weapons on campus are subject to the same penalties listed above.

Standard Disciplinary Consequences

The following lists include common infractions outlined in Education Code 48900 and should not be considered comprehensive of all situations or possible infractions.

“Level 1” Behaviors include (teacher administers consequence):

1. Classroom disruption
2. Failure to bring required materials to class
3. Eating or drinking in class (if prohibited by teacher)
4. Non-diligence (e.g. sleeping, horseplay)
5. Tardies 1-5 and 7-8
6. Misuse of hall pass privilege
7. Cheating – 1st and 2nd instance
8. Cutting class

Consequences for Level “1” Infraction may include:

1. Conference with student
2. Parent contact/conference
3. Counselor referral
4. Additional assignments
5. “0” / “F” on assignment (cheating, truancy)
6. After-school detention
7. In-class work service
8. Class suspension

Level “2” Behaviors include (Referral to assistant principal):

1. Altercations – Verbal or Physical
2. Bus citation
3. Cheating – 3rd instance
4. Computer Use violation
5. Disturbing other classes in session
6. Dress code violation (including chains, metal studs, immodest attire, gang attire, etc.)
7. Excessive tardies (6, 9 and higher)
8. Failure to comply with school rules
9. Failure to identify oneself when asked by school employee
10. Falsifying, forging, altering official school note, pass or telephone message
11. Gambling
12. Insubordination to or disrespect or defiance of teacher or other school employee or parent volunteer

13. Interfering with peaceful conduct of campus
14. Leaving school without permission (Closed Campus)
15. Misuse of laser pointer
16. Littering
17. Parking or parking lot violation
18. Profane, vulgar or obscene language
19. Truancy, cutting class
20. Smoking
21. Use of skateboards, scooters, skates on campus

Consequences for “Level 2” infraction may include:

1. Discipline Referral to Assistant Principal
2. Conference with student
3. Class suspension
4. Loss of some school privilege
5. Parent contact / conference
6. Work service
7. Suspension to Parent Conference
8. Suspension from 1 – 3 days

Students referred to the office on Discipline Referrals must go directly to the office and may not return to class until seen by an administrator.

“Level 3” Behaviors include:

1. Assault
2. Battery
3. Causing serious physical injury
4. Extortion
5. Fire Setting (or attempting)
6. Fighting
7. Habitual Truancy
8. Harassment / Intimidation
9. Hazing
10. Public indecency / nudity
11. Interfering with a school employee attempting to enforce peaceful conduct of campus
12. Possession or use of alcohol or other controlled or illegal substance on the way to school, at school, after school, or at school sponsored activity
13. Possession of drug paraphernalia
14. Possession of knife or other dangerous object
15. Possession of firecrackers or other fireworks
16. Robbery
17. Smoking or possession of tobacco – 3rd offense
18. Theft
19. Vandalism

Consequences for “Level 3” infraction may include:

1. Suspension from 3 – 5 days
2. Denial of future school activities
3. Referral to School Resource Officer for possible arrest
4. Parent conference

5. Conditional continued enrollment
6. Transfer to continuation high school
7. Arrest
8. Possible expulsion recommendation

“Level 4” Behaviors: Result in suspension and mandatory expulsion recommendation

1. Possession, selling, furnishing a firearm
2. Possession of an explosive
3. Brandished a knife or other dangerous device at another person
4. Unlawfully selling a controlled substance
5. Committing or attempting to commit sexual assault

Right to Appeal: parents and pupil have the right to request a meeting with the school site administrator pursuant to Section 48904 of the California Education Code if it is felt that due process has not been followed.

Emergency Response

It is the responsibility of the teacher and school administration to explain, and review specific procedures students must follow in the event of a crisis. Each classroom has a Crisis Response binder that outlines these procedures and will be reviewed by teachers at the beginning of each term. The school will participate in drills periodically throughout the school year to help students familiarize themselves with emergency bells and tones and important, potentially life-saving procedures.

Types of Crises

1. Shelter-in-Place – All students remain indoors but teachers can conduct business as usual; no students are released from classroom for any reason
2. Lockdown – All buildings and classrooms are locked; students lie on floor away from doors and windows; no noise
3. Evacuation – Students exit buildings to quad or football field; under rare circumstances students may be evacuated to alternate location
4. Earthquake – Duck and cover; be prepared to evacuate to football field when tremors stop and all-clear is sounded.

General Student Responsibilities

- Make every effort to maintain a disciplined reaction to emergencies.
- Obey all directions from the teacher.
- Exit building (if necessary) in an orderly, single file line.
- Remain with teacher / adult supervisor at all times.

- Assist members of the class that have handicaps.
- Stay off cell phones. Turn cell phones off.

General Teacher Responsibilities

- Keep emergency information in room and review evacuation routes with all classes each term.
- Know where students are to go and/or what they are to do depending on the nature of the emergency.
- Review crisis response plans with 2nd period class each term
- Keep emergency information and class roll book/list available at all times.

PARENT PARTICIPATION

A.H.S. Parent Club Association

This organization has been established to encourage and develop student, parent and community participation in and support of student opportunities in academics, activities, arts and athletics. The primary purpose of this Association is to benefit students attending Antelope High School by raising and contributing funds to be used for educational, athletic, extra/curricular and arts activities. The Association also shall promote community support and awareness of the various educational, athletic, and extra/curricular events, programs and activities at Antelope High School. If you are interested in supporting the Parent Club in any way please call 726-1400, or write Antelope High Parent Club Association, 1 Titan Way, Antelope, CA 95843.

STUDENT SERVICES

Associated Student Body (ASB)

Antelope High School offers a comprehensive activities program. Involvement is a key ingredient to academic, social and personal success. Our goal is to involve each student in an activity or activities that best suit his/her talents and interests. The purpose of the activities program is to govern, unify the students and staff, aid in the administration of the school, volunteer in the community, plan, promote, coordinate and monitor school activities, and aid in the development of school culture. Its responsibilities are to carry out its wishes within the means provided in the Associated Student Body Constitution. It also has the responsibility to manage the ASB monies. Student officers are elected or appointed each term to serve on the Student Council.

CLASS ADVISORS

Freshmen	Lisa Sherman	Sara Ballantine
Sophomores	Daniel Flinn	Pete LeBlanc

ID Cards: ID cards will be issued to each student and must be carried at all times. ID cards are required to check out library materials and for participation in athletics and activities. If you lose your ID card, it may be replaced for a cost of \$7.00 from Student Services.

Activities Pass: An Activities pass may be purchased at the beginning of the school year and afterwards from the Activities Office for \$25.00. The pass will be placed on the student's ID card. This will entitle the student to reduced admission prices to dances and other student activities. Class spirit shirts are \$10.

Athletic/Activities Passes: Athletics or Activities Passes would entitle the student to reduced admission prices to dances, specified student activities, discounted merchandise in the student store, and athletic events (This does not include playoff games). Each pass can be purchased individually for \$25 or a combination card for \$40.

School Dances: Our school dances are provided for Antelope students. Tickets will be sold during lunch hours the week of each dance. A current ID card is mandatory to purchase a ticket. In addition, a current and valid Student ID must be presented at the door to be permitted entrance to the dance. There are NO exceptions to this policy. A duplicate ID may be purchased for \$10 on the night of the dance.

Regular dances will begin at 8:00 p.m. and end at 11:00 p.m.; after game dances will begin immediately

after the game (doors will close one half hour after start of dance) and end at 11p.m. Formal dances begin at 8:00 p.m. and end at 11 as well. Once a student is admitted to a dance and elects to leave, he/she will not be re-admitted to the dance.

The dance sponsors, in line with school policies, will establish the dress code. All dances will be chaperoned by teachers, parents, and an administrator. All regulations pertaining to student conduct while in school are in effect. Anyone suspected of drinking will be tested using a breath analyzer. Students found to have used alcohol before or during a dance will be excluded from future dances. Students who violate any of the rules of dances posted at the dance and on tickets will be excluded from the next dance. Students are to be in designated dance areas. Students found outside of designated areas may be subject to disciplinary action and will be asked to leave the dance.

Guests: In some instances guests may be admitted if accompanied by a Antelope High School student. A GUEST PASS must be purchased for \$3.00 during the school day from the Student Services, approved by an Assistant Principal prior to buying a ticket, and must be presented at the door for the non-AHS student. The guest MUST provide an ID card with a photograph. Any Antelope student bringing a guest is responsible for that guest.

College and Career Center Services

The College and Career Center offers a variety of services to students and parents in the following areas: college information and applications, SAT and ACT applications and test prep materials, NCAA eligibility forms, military information, and financial aid/scholarship information.

The Outside Work Experience and Regional Occupation programs are run through the College & Career Center as well as listings of local job opportunities and processing of all work permits.

If you have any questions on these services contact Mr. Wild at 726-1400.

Clubs on Campus

Clubs provide an opportunity to meet people who share a common interest, learn leadership skills, and serve Antelope High School and the community of Antelope. These clubs are approved and chartered by Student Government. Only chartered organizations are eligible for activity sponsorships, fundraisers, fund requests or official school sanction. We encourage students to join and/or form new clubs. See the Activities Director – Ms. Dawidczik – for more information.

Health Center

The Health Center is located in the Administration Building. A full time credentialed school nurse provides assistance with school related health problems, health instruction in classrooms upon request, and individual health counseling for students, parents and staff. Students must have a teacher-signed student pass to come to the Health Center, but emergencies are seen without question.

Health problems such as diabetes, epilepsy, heart disease or other serious medical conditions are to be brought to the personal attention of the school nurse. Written medical instructions are necessary for any procedures administered on campus or for any limitations to participation in a regular classroom program.

California State Law requires up-to-date measles, rubella, tetanus, diphtheria and polio immunizations for all students. Exemptions for religious or medical reasons must be filed in writing in the permanent school health records. **Failure to meet these requirements will result in the student being excluded from school.**

All prescriptions for controlled substances must be logged with the nurse. Students are not allowed to carry any type of medication on campus (exception - prescribed inhalers with a Medication at School Form). Only medication prescribed by a physician may be given to students. School personnel will cooperate with the student's physician by providing a safe place for the storage of necessary medication. The school must have written permission from both the parent and the physician for over-the-counter or prescription medication to be given. The medication must be in the original container. Forms are available in the Health Center. If you have any questions or concerns contact the school nurse at 726-1400.

Emergency Cards

• Students are required to have on file in the attendance office:

1. Parent(s) or Guardian(s) home and work telephone numbers.
2. Name(s) and phone number(s) of person(s) authorized by parent to be called in case of accident or illness.
3. Emergency instructions in case of accident or illness.
4. Signature(s) of parent(s) or guardian(s).

• Students will not be released from school without permission of a person authorized by parent or guardian.

• Students who write their own notes:

1. Must be 18.
2. Must attend an administrative meeting the first Wednesday of every month at 7:30 a.m. in the Career Center
3. Must fill out and return a signed waiver to the assistant principal's secretary.

There is a 24-hour recording period before waiver goes into effect.

TEEN HELP LINES

How to help a friend in crisis	
<p>LOOK, for the signs</p> <ul style="list-style-type: none"> • Withdrawn from friends/family • Hopelessness • Trouble concentrating • Giving belongings away • Not sleeping/sleeping a lot • Change in eating habits • Intense behavior changes 	<p>LISTEN, for the feelings</p> <ul style="list-style-type: none"> • Don't agree to keep your friends secret; you can help by getting them help! <p>ACT, find help</p> <ul style="list-style-type: none"> • Discuss the problem openly and frankly • Show interest and support • Seek help from someone! A teacher, minister, coach, counselor, parent
* 24 HOUR SERVICES	
<p>Suicide Crisis Lines</p> <ul style="list-style-type: none"> * Auburn 1-530-885-2300 * Lincoln 645-8866 * Roseville 773-3111 * Sacramento 368-3111 <p>Hotlines</p> <ul style="list-style-type: none"> * Runaway 1-800-231-6946 * Rape Crisis 652-6558 * Child Abuse 1-800-422-4453 <ul style="list-style-type: none"> *Diogenes Youth 363-0063 *Calif. Youth Crisis Line 1-800-843-5200 <p>Health Services</p> <ul style="list-style-type: none"> * AIDS Hotline 1-800-342-AIDS Placer County Health Dep 1-800-829-7199 	<p>Abuse/Counseling Services</p> <ul style="list-style-type: none"> Sierra Family Services 783-5207 People Reaching Out 576-3300 Peace for Family 652-6558, 800-575-5352 <p>Alcohol and Drug Abuse</p> <ul style="list-style-type: none"> AA 454-1100 Al Anon 1-530-888-3645 Alateen 334-2970 New Direction 966-4523 Hotline Drug Abuse 1-800-662-HELP Narcotics Anonymous 1-800-600-4673

ATHLETICS

Philosophy

Our goal is to produce men and women student athletes who, through sports, learn the importance of sportsmanship, respect, teamwork, physical health, self-improvement and competition. Through athletics, our student-athletes will learn the skills needed to later become contributing members in a highly competitive society. The use of any steroids or other performance enhancing drugs is a violation of district policy.

Sportsmanship

Sportsmanship is the “golden rule” of athletics. It means treating others as you wish to be treated. As student-athletes, we must develop the practice of playing fair, demonstrate self-discipline, show respect for authority, and demonstrate the spirit of hard work and sacrifice. We must take loss or defeat without complaint and victory without gloating. We must always treat opponents with fairness, generosity and courtesy. As student-athletes, we must seriously accept the responsibility and privilege of representing Antelope High School and our community.

Fan Behavior

We encourage all students as well as members of the community to support Antelope High School athletics by attending athletic events. Good sportsmanship is expected from AHS fans. Direct your comments and support to our teams. Derogatory or unsportsmanlike behavior directed to the opponent or the referees/officials is inappropriate. This behavior does not reflect the high standards of Antelope High School. Fans are expected to treat guests from opposing schools and the referees/officials with respect and courtesy.

Academic Eligibility

All students participating in extracurricular activities shall demonstrate satisfactory minimum progress in meeting the requirements of graduation. In order to be eligible for participation, a student must have earned a minimum 2.0 grade point average and **passed a minimum of three (3) classes** during the preceding grading period. Grades issued at the end of the grading period are final.

An athletic eligibility waiver (available for GPA's less than 2.0 with only one 'F') may only be used once during four years of high school.

Athletic Clearance

Athletic clearance packets can be picked up from the office. A physical exam and parent signatures included in the packet must be completed and turned into the office prior to tryouts.

Athletic Suspension

Students should understand that the coaches in the Roseville High School District strongly believe that the use of tobacco, alcohol and drugs anytime is not acceptable for high school athletes for health and safety reasons. The coaches believe that the current glamorization of the use of tobacco and alcohol is misleading and believe that high school students should be aware of the negative effects of tobacco, alcohol and drug use.

1. Any student who smokes, chews or possesses tobacco in any form **anytime** during season will be ineligible to represent the school in any interscholastic contest for six weeks, excluding vacation periods. With the coach's permission, the student may continue to practice with a team but may not wear a school uniform or otherwise represent a team at any interscholastic contest. The coach and student will meet to discuss what the student may expect if he/she continues to practice with the team.
2. Any student who uses or possesses alcohol or drugs on or off campus before, during or after school hours shall be ineligible for six weeks of school (vacation periods do not count). With the coach's permission, the student may continue to practice with a team but may not wear a school uniform or otherwise represent a team at any interscholastic contest. A second offense involving alcohol or drugs will cause the student to be ineligible for one calendar year from the date of the infraction. The student may not continue practice or participate with a team during the period of ineligibility.
3. Any student involved in the sale of drugs or alcohol at anytime during season or off-season will be ineligible for one calendar year from the date of the infraction. The student may not continue to practice or participate with a team during the period of ineligibility.

COACHING STAFF

FALL SPORTS	HEAD COACH
Girls Volleyball	Ms. Emmalyn Kisaka
Football	Mr. Matt Ray
Cross Country	Ms. Alison Warr
Girls Golf	TBA
Boys Soccer	Ms. Betsy Barr
Girls Water Polo	Mr. Corey Wood
Boys Water Polo	Mr. Corey Wood
WINTER SPORTS	HEAD COACH
Boys Basketball	Mr. Mike Triolo
Girls Basketball	Ms. Edna Campbell
Wrestling	TBA

SPRING SPORTS	HEAD COACH
Baseball	Mr. Javier Valdivia
Boys Golf	TBA
Softball	Ms. Lisa Sherman
Girls Soccer	Ms. Betsy Barr
Boys Tennis	Ms. Elizabeth Sisson
Girl's Tennis	Ms. Elizabeth Sission
Swimming	TBA
Track and Field	Mrs. Nicki Mitchell
OTHER	
Cheer Squad	Ms. Cherita Gaskin
Drill Team	TBA

LEAGUE SCHOOLS

Central Valley Conference

Center

3111 Center Court Lane, Antelope, CA 95843

Dixon

555 College Way, Dixon, CA 95670

Foothill

5000 McCloud Dr., Sacramento, CA 95842

Rio Linda

6309 Dry Creek Rd., Rio Linda, CA 95673

River City

1100 Clarendon St., West Sacramento, CA 95691

West Campus

5022 58th Street, Sacramento, CA 95820

For maps and directions to specific venues please go to: www.cifsjs.org and scroll down the left side menu to maps.

DIRECTORY

All extensions may be reached by dialing 726-1400 then entering the extension. Only teachers' voice mailboxes may be reached during regular school hours.

Attendance.....Mrs. Jeanette Patterson
Athletics Director.....Mr. Triolo
Health Services.....(TBA)
Library Services.....Ms. Reed
Student Activities.....Mrs. Kristin Dawidczik
Student Records.....Mrs. Scuka
Transcript Requests.....Mrs. Scuka

Antelope Administrative Staff

Principal.....Mr. John Becker
Asst. Principal.....Mr. Rob Hasty

Counselors

Mr. Brian Hewitt.....A-Z

Instructional Staff *Department Coordinator

Ms. Sara Ballantine.....Special Education
Mr. Ryan Beidler.....Math
Ms. Betsy Barr.....PE
Ms. Ann-Marie Clegg.....Biology
Ms. Kristin Dawidczik.....Leadership
Mr. Jeff Draper.....Social Science
Ms. Diane Ellis.....Special Education
Ms. Jessica Epperson.....Spanish
Mr. Daniel Flinn.....English
Mr. Randy Foote.....Art
Ms. Dani Guzman.....English
Ms. Christine Henry.....French
Mr. Ritchey Hodge.....Band Director
Mr. Darran Hudson.....Biology/Chemistry
Ms. Emmalyn Kisaka.....AVID/PE
Mr. Peter LeBlanc.....Journalism/Media
Ms. Jennifer Leighton.....Choir
Ms. Debra Love.....AVID/Math
Ms. Nicki Mitchell.....PE
Ms. Jessica Nadolski.....Science
Mr. David Norton.....Health/Business
Mr. Tyler Patten.....English
Mr. Matt Ray.....Social Science
Mr. Christopher Ressa.....Math
Ms. Kristen Sheley.....English
Ms. Lisa Sherman.....Health
Ms. Elizabeth Sisson.....English
Ms. Robyn Soliman.....Dance

Mr. Mike Triolo.....PE/Athletic Director
Mr. Javier Valdivia.....Spanish
Ms. Stacy Vavul.....English
Ms. Alison Warr.....English
Mr. Richard Winters.....Drama
Ms. Chaudra Wood.....Math.
Mr. Corey Wood.....Math

Clerical Staff

Mrs. Cuneo.....Principal's Secretary
Mrs. Scuka.....Registrar
Mrs. Jeanette Patterson.....Attendance

Maintenance Staff

Mr. Lee Mayo.....Day Custodian
Mr. Tomas Robles.....Groundskeeper
Mr. Neil Corp.....Site Maintenance
TBA.....Head Custodian
Mr. George Beltran.....Night Custodian

Support Staff

Ms. Lorena Spencer.....Psychologist
Mrs. Elise Haugh.....Special Services Coun.
Mrs. Maria Wellington.....Workability

E-Mail Protocol

To e-mail a member of the Antelope High School staff, use the following format: First name initial plus last name @rjuhsd.us
(e.g. Mr. Becker: jbecker@rjuhsd.us)