

FOOTHILL HIGH SCHOOL

5000 McCloud Drive
Sacramento, CA 95842



<http://intranet/apps/directory/>

STUDENT/PARENT HANDBOOK

2025-2026

**TWIN RIVERS USD
2025-2026 STUDENT CALENDAR**

Board Approved 1/23/2024

July 2025						
Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August 2025						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September 2025						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October 2025						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17*	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November 2025						
Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7*	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December 2025						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19 ^o	20
21	22	23	24	25	26	27
28	29	30	31			

KEY CALENDAR DATES	
8/19/25	First Day of School ■
12/19/25	Minimum Day - K-12 ○
3/13/26	TK-6 Shortened Day ◆
6/5/26	Last Day of School/Minimum Day ■

NON-STUDENT DAYS

8/13/25 - 8/15/25	K-12 Professional Development
8/18/25	Teacher Work Day
11/20/25 - 11/21/25	TK-6 Parent/Teacher Conference Days
11/20/25 - 11/21/25	7-12 Professional Development

DISTRICT HOLIDAYS/BREAKS

7/4/25	Independence Day
9/1/25	Labor Day
11/11/25	Veterans Day
11/24/25-11/28/25	Thanksgiving Break
12/22/25-1/2/26	Winter Break
1/19/26	Martin Luther King, Jr. Day
2/9/26 & 2/16/26	Presidents Days
3/30/26-4/6/26	Spring Break
5/25/26	Memorial Day
6/19/26	Juneteenth

Secondary Final Exams

Minimum Days (Secondary Only)	
1/15/26 & 1/16/26	1st Semester
6/4/26 & 6/5/26	2nd Semester

END OF GRADING PERIOD

Grades TK-6*	
Trimester 1: November 7, 2025	(58 days)
Trimester 2: March 6, 2026	(64 days)
Trimester 3: June 5, 2026	(58 days)

Grades 7-12*

Quarter 1: October 17, 2025	(43 days)
Quarter 2: January 16, 2026	(47 days) - Semester end (90 days)
Quarter 3: March 20, 2026	(42 days)
Quarter 4: June 5, 2026	(48 days) - Semester end (90 days)

Early Release Wednesday

All students will be released
2 hours early every Wednesday

LEGEND

- First/Last Day of School
- End of Grading Period TK - 6
- * End of Grading Period 7-12
- ◆ TK-6 Shortened Day
- Minimum Day

January 2026						
Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16*	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February 2026						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March 2026						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6*	7
8	9	10	11	12	13◆	14
15	16	17	18	19	20*	21
22	23	24	25	26	27	28
29	30	31				

April 2026						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May 2026						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June 2026						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5 ^o * ^o	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

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A



At
Foothill High School
we develop

ACE

students

Academically Proficient Individuals

who are

Critical Thinkers

and

Effective Communicators

Indicators

Measurements of learning outcomes will be determined through
how well a student exhibits a knowledge and application of

- History and Social Sciences
- Life and Physical Sciences
- Visual and Performing Arts
- Mathematics
- Positive Health Related Activities
- World Languages and Cultural Diversity
- Career Planning, Management, and Technical Skills
- Reading and Comprehension
- Speaking and Listening (and)
- Critical Analysis and Writing Skills



V

A



At
Foothill High School

we develop

ACE

Students Who Control

Attitude

Choices

Effort

Indicators

Measurements of behavior outcomes will be determined through how well a student exhibits a knowledge and application of

- Behavior Management Skills
- Respect for Others
- Active Participation in Class
- Positive Interactions with Staff
- Taking Responsibility for Actions
- Industriousness
- Respect for Our School
- Enthusiastic
- Integrity
- Teamwork



V

General Information

Foothill High School

5000 McCloud Drive
Sacramento, CA 95842

Contact Numbers:

Main Office: (916) 566-3445
Main Fax: (916) 566-3526
Attendance: Ext.26095
Administrative Asst: Ext. 26097
Office Manager: Ext: 26109
Registrar: Ext. 26043
Registrar Fax: (916) 566-3527

Foothill School Colors

Orange, Black, and White

Foothill Mascot

Mustang

Foothill Motto

The hoof beats are many... but our hearts beat as one.

Foothill High School Alma Mater “Hail to Foothill”

Hail to Foothill’s fighting spirit;
Guide us ever in the right.

May our thoughts and deeds deserve thee;
Truth shall triumph by the light.

We raise our voices, Sing the Chorus,
Loyal hearts as one extol thee.

Hail to Foothill, Alma
Mater: Hail! Hail! Hail!

MONDAY, TUESDAY, THURSDAY, & FRIDAY

1st LUNCH			2nd LUNCH		
WARNING BELL	8:25 AM		WARNING BELL	8:25 AM	
PERIOD 1	8:30 AM - 9:31 AM	61 min	PERIOD 1	8:30 AM - 9:31 AM	61 min
PERIOD 2	9:36 AM - 10:43 AM	67 min	PERIOD 2	9:36 AM - 10:43 AM	67 min
PERIOD 3	10:48 AM - 11:49 AM	61 min	PERIOD 3	10:48 AM - 11:49 AM	61 min
1st Lunch	11:49 AM - 12:19 PM	30 min	PERIOD 4	11:54 AM - 12:55 PM	61 min
PERIOD 4	12:24 PM - 1:25 PM	61 min	2nd Lunch	12:55 PM - 1:25 PM	30 min
PERIOD 5	1:30 PM - 2:31 PM	61 min	PERIOD 5	1:30 PM - 2:31 PM	61 min
PERIOD 6	2:36 PM - 3:37 PM	61 min	PERIOD 6	2:36 PM - 3:37 PM	61 min
<i>Instructional Minutes</i>	397 min total		<i>Instructional Minutes</i>	397 min total	

WEDNESDAY

1st LUNCH			2nd LUNCH		
WARNING BELL	8:25 AM		WARNING BELL	8:25 AM	
PERIOD 1	8:30 AM - 9:11 AM	41 min	PERIOD 1	8:30 AM - 9:11 AM	41 min
PERIOD 2	9:16 AM - 10:03 AM	47 min	PERIOD 2	9:16 AM - 10:03 AM	47 min
PERIOD 3	10:08 AM - 10:49 AM	41 min	PERIOD 3	10:08 AM - 10:49 AM	41 min
1st Lunch	10:49 AM - 11:19 AM	30 min	PERIOD 4	10:54 AM - 11:35 AM	41 min
PERIOD 4	11:24 PM - 12:05 PM	41 min	2nd Lunch	11:35 PM - 12:05 PM	30 min
PERIOD 5	12:10 PM - 12:51 PM	41 min	PERIOD 5	12:10 PM - 12:51 PM	41 min
PERIOD 6	12:56 PM - 1:37 PM	41 min	PERIOD 6	12:56 PM - 1:37 PM	41 min
<i>Instructional Minutes</i>	277 min total		<i>Instructional Minutes</i>	277 min total	

Lunch is based on your 4th Period Course.

1st LUNCH	2nd LUNCH
<ul style="list-style-type: none"> • ENGLISH (ELA/ELD) • FOREIGN LANGUAGE (Spanish) • SOCIAL SCIENCE (W. History, US History AP US, Government, Econ) • PE 	<ul style="list-style-type: none"> • Electives (Animation, AVID, Career Choices, Culinary, Curriculum Support, Digital Media, Health, Leadership, Living Skills) • Fine Art (Art, Band, Ceramics, Choir) • Math • Science (Living Earth, Chemistry of the Earth, Physics) • Health • Special Education

School Websites

The school websites are the main form of communication at Foothill High School. The main school webpage, <http://fhs.trusd.net> contains important news of club meetings, athletic events, student activities, scholarships, etc. Communication is also sent out via Aeries and Minga.

Lost And Found

The lost and found is located in the attendance office. Unclaimed articles will be donated to a charitable organization.

Parking

ALL students are required to complete an online application to receive a student parking permit. The application is located on the school web site. Students will not be allowed to park on campus if they do not have a permit. Student parking is limited to the **lower parking lot** behind the cafeteria and next to the pool. Students are **not allowed** to park in the upper parking lot as it is reserved for school and district staff. Parking on school grounds is a privilege, not a right. Students who violate the parking rules will lose their parking privileges. Students are not allowed to visit the parking lot areas during school hours without prior approval from the administration.

Textbooks/Add Chromebook

Chromebook laptop computers will be provided to students free of charge. If a Chromebook is lost or damaged, the student will either be charged for damages or the full replacement cost of the Chromebook. The cost of a Chromebook can be up to \$300, depending on its age, and there is a \$40 fine for a lost charger.

Students who do not have their Chromebook at school will be issued a loaned Chromebook for the day. Students are responsible for returning borrowed Chromebooks to the return baskets (located in both offices) or directly to room C-4. Borrowed Chromebooks and chargers are subject to the same fee policy as regular assigned Chromebooks and chargers. Excessive Chromebook borrowing will be reported to the administration team.

Visitors

Students may not bring guests to the school. However, parents and guardians are welcome to visit the school. **Parents and visitors** must sign in at the front desk in the main office, be escorted to their destination, and wear a visitor's pass at all times. To ensure minimum interruption of the regular classroom program, school visits must be arranged with the teacher, principal, or designee at least 24 hours in advance.

Academic Support

Counseling

Foothill High School offers a counseling program that provides academic guidance, personal counseling, and college application information. Counselors assist students in identifying academic goals and planning courses of study that support achieving these goals. The counseling staff works closely with the staff, faculty, administrators, families, and community to provide a supportive, effective and safe environment where all students can succeed. Students and families are encouraged to contact their counselor to set up appointments: The following lists which counselors to contact:

Students with Last Names A-F

Students with Last Names G-MAR

Students with Last Names Mas-Ri

Students with Last Names Ro-Z

A-G, ARC, C&C counselor

Mr. Colin Baxter

Ms. Laura Zapien

Ms. Martha Lievanos

Mrs. Cristina Luat

Mrs. Erika Galvan

Student Study Team (SST) Meetings

Students, parents, teachers, counselors and/or administrators can request a Student Study Team Meeting (SST). An SST meeting includes feedback from all teachers and may include pertinent information from any staff member that has regular contact with the student. An SST is designed to evaluate a student's progress and to identify ways to assist students at school. During the initial SST, a plan or contract is developed and then agreed upon. If this plan fails to assist the student, a second SST meeting may be held. At this meeting, other alternative educational opportunities may be explored. Please contact the student's counselor to coordinate an SST (participants, date, time, location, and supervise any follow-up needs).

School Nurse

The Nurse is only in-house part-time and therefore does not oversee daily medical needs. The nurse's primary responsibility is to screen students for immunizations and supervise medical services for students. For general medical situations, students must get a pass to see the health assistant in the clinic.

Community Outreach Services for Students and Parents

Counselors are available on the campus to provide referrals to a variety of counseling services depending on funding availability including:

- Drug, alcohol & tobacco prevention
- Drug & alcohol diversion
- Family advocacy & parent outreach
- Family counseling
- Grief
- Mentoring
- Multi-cultural outreach
- Small group counseling

Please see your counselor for a referral.

Counselors can now make referrals through CARE Solace.

Care Solace is a 24/7 web-based tool that allows students, families, and staff to connect with mental healthcare resources and providers in their communities. Care Solace can offer information with therapy, online therapy, hospitalization, family counseling, and other services in minutes.

Tutoring

Many teachers offer tutoring on an as-needed basis before school, at lunch, or after school. Scheduled tutoring is offered in the library during the week, please check the school web site for specific dates and times. Students and parents should contact the individual teacher or their counselor for further assistance.

Detention

Students who receive after-school detention must bring academic work with them. Students will be receiving instructional tutoring during this time to help ensure their academic success.

Work Permits

It is against the law for students under eighteen years of age to work without a work permit. Work permit request forms are available in the Counseling Offices. To obtain a work permit, a student must have passed 20 credits the previous semester, a minimum 2.0-grade point average, good attendance, and approval from their counselor. After receiving a work permit, the student's scholastic and attendance records will be inspected regularly. Work permits will be revoked for poor attendance or grades. Students need a work permit for each job they have (if they have two jobs, they need two work permits), and work permits are good only for the school year they are issued. There is a special work permit for summer-only jobs. Summer Work permits can be obtained at the district office.

Academic Programs

AVID – Advancement Via Individual Determination

The AVID program focuses on the student “in the middle,” those who traditionally may be under-represented at 4-year colleges and universities. These are students with average to above average grades and decent test scores and may be the first in their family to attend a 4-year institution. The program aims to help students complete the coursework and requirements needed to gain entrance into such an institution and give them the skills needed to be successful in earning a degree. To start, AVID introduces students to such study skills as Cornell note-taking, binder organization, time management, and test-taking strategies. Students are encouraged to take honors and advanced placement courses and are given information about college admissions.

Honors and Advanced Placement Program

The District wishes to encourage students to take Advanced Placement and Honors courses in academic subjects. Students interested in enrolling in Advanced Placement or Honors courses should see their counselor for additional information. Prior written approval is required from a student’s current teacher for placement in next year’s AP or Honors classes. Many AP and Honors courses require prospective students to complete summer assignments, including reading and vocabulary lists. To determine if this is a requirement, please consult the teacher teaching the particular AP or Honors class (es) your student has scheduled for the following year.

The College Board’s Advanced Placement program allows students to earn college credit in high school through successful performance on culminating Advanced Placement examinations. Because of the extra work involved in Advanced Placement courses, the evaluation system shall be weighted to reflect the more rigorous nature of these courses. Grades received in these courses will be counted on the following scale:

A	= 5 points
B	= 4 points
C	= 3 points
D	= 2 points
F	= 0 points

CSU & UC “A-G” Requirements

California State University & University of California Admission Requirements	Years
History/Social Science*	2
English*	4
Mathematics*	3
Laboratory Science*	2
Language other than English* (possible waiver)	2
Visual & Performing Arts*	1
College-preparatory Elective*	1
TOTAL REQUIRED COURSES	15
*Meet with your high school counselor for details on A-G coursework requirements	

FHS College Prep Courses Meeting "A-G" Requirements

Please Note: Courses in **bold** qualify for extra honors weighting when evaluating grades for UC admission (A=5, B=4, C=3). The same courses may not be used to meet admission in more than one "a-g" requirement.

A. Social Science:

AP Government, AP Macroeconomics, Government, Economics, ARC History 310/311 (Honors US History), ARC History 307/308 (Honors World History), U.S. History, Honors World History, World History.

B. English:

AP English Literature and Composition (12), AP English Composition (11), ARC English 300, ARC English 302, ERWC (English 12), English 11, English 10 (Honors), English 10, English 9 (Honors), English 9.

C. Mathematics:

Pre-Calculus, Statistics, Advanced Algebra with Financial Applications, Integrated Math 3 (H), Integrated Math 2 (H), Integrated Math 3, Integrated Math 2, Integrated Math 1.

D. Laboratory Sciences:

(must include one year of a life science and one year of physical science): AP Physics, Chemistry (H), Chemistry, AP Biology, Sports Medicine/Kinesiology, Human Anatomy, Living Earth (H), Living Earth

E. Language other than English:

AP Spanish, Spanish 3, Spanish 2, Spanish 2 NS, Spanish 1, Spanish 1 NS.

F. Visual and Performing Arts:

Advanced Art, Beginning Art, Beginning Band, Concert/Marching Band, Beginning Guitar, Advanced Guitar, Advanced Piano, Piano, Advanced Ceramics, Beginning Ceramics.

G. Elective:

Forensics, Academic ELD, Sports Medicine 2, Culinary Arts 1, Catering Production, Digital Media, Digital Media Production, ARC Sociology, ARC Psychology, AVID 9-12.

Dual Enrollment Program

Through our Dual Enrollment Program, students have the unique opportunity to take a college course at Foothill High School and receive college units while also fulfilling high school credits. Dual enrollment courses are offered at no cost to students.

Students must enroll at American River College and complete a College and Career Access Pathways (CCAP) form before they may enroll in Dual Enrollment courses.

Approximate Term Lengths:

Fall Semester: August - December

Spring Semester: January - May

Deadlines to turn in College and Career Access Pathways (CCAP) form:

Term offered: Fall = April 1st.

Term offered: Spring = October 1st (of prior year)

CTE (Career Technical Education)

Foothill offers Career Technical Education (CTE) courses that promote success in the workplace. Specific job skills, successful work habits, and regular attendance are emphasized in these courses. Students must be at least 16 years old or enrolled in the 11th or 12th grades to be eligible for enrollment in a CTE course. Students interested in enrolling in CTE Courses should see their counselor for additional information.

- Construction
- Culinary
- Digital Media
- Sports Medicine
- Work Experience

Special Education Services

A range of services are available for students needing special education services. Our special education services provide appropriate academic support, ranging from core subjects being taught in a small group setting and participation in a Curriculum Support class to students receiving support in the core general education classes. Students also have access to the school's elective classes and extracurricular activities. Special education services are developed individually, and further questions should be referred to a student's administrator or the Special Education department. The school psychologist and speech therapist conduct assessments and provide services for students to who a counselor or administrator refers. Parents should work with their student's counselors when requesting these services.

ELD – English Language Development

The Foothill ELD program's primary purpose is to provide its English Language Learners with intensive English language development based on the California ELD/ELA Standards. ELD language courses meet TRUSD graduation requirements. The CELDT test and other written assessments determine student placement when students enter FHS. Students are reassessed yearly to ensure proper placement.

Graduation Course Requirements BP 6146.1

Students in high school, grades 9 through 12, must earn 220 units of course credit and complete the prescribed course of study. A minimum school day of 240 minutes is required of all students each year.

English	40 units of credit earned by passing the following prescribed courses of 10 units of any English 9 10 units of any English 10 10 units of any English 11 10 units of any English 12
Mathematics	30 units of credit with the following stipulations: 1. Students must pass the equivalent of Integrated Math 1(Algebra 1). 2. Students who pass Integrated Math 1/or Integrated Math 2 in middle school will be given credit for meeting the Integrated Math 1 high school graduation requirement. <u>They will still need to take 30 units of mathematics while in high school.</u> 3. Students are recommended to take four years of math to prepare for college.
Science	20 units of credit in science, including physical, and biological sciences 10 units of any Biological Science 10 units of any Physical Science
Physical Education	20 units of credit
Social Studies	30 units of credit earned by passing the following prescribed courses of study: 10 units of credit in World History 10 units of credit in United States History 5 units of credit in American Government and Civics 5 units of credit in Economics
Visual & Performing Arts or Foreign Language	10 units of credit in a Foreign Language or Visual and Performing Art 10 units of credit in a Foreign Language or 10 units of credit in a Visual and Performing Art
Health & Safety	5 units of credit in Health and Safety
Elective Subjects	As needed to complete the total unit requirement of 220 Teaching Assistant credits limited to two semesters, 1 period per semester, for elective credit towards graduation.

Graduation Requirements for Special Education Students

Special education students in grades 9-12 who have an active Individualized Education Plan (IEP) must complete all course and examination requirements for graduation as identified in Board Policy.

Prior to the senior year, written notice must be provided to the parents of each special education student regarding whether or not the student will be on a diploma track or an alternative Certificate of Completion track. Parents will be advised of any waiver procedures developed by the state.

The IEP team determines the appropriate track:

1. If a diploma track is identified, the student must complete all graduation requirements.
2. If a Certificate of Completion track is identified, the student must meet the certificate requirements of progress in IEP goals and objectives.

A special education student who fails to meet the requirements for graduation will be subject to the same policies regarding graduation as all other district students unless that student is covered by a state and/or district-approved waiver to regular graduation policies and meets those individualized graduation policies as outlined in his/her waiver.

Though a special education student on the Certificate of Completion track will not meet the requirements to receive a diploma, he/she may participate in the graduation ceremony with his/her graduating class provided he/she has met all requirements for a certificate of completion as outlined in his/her IEP.

A special education student exempted from high school graduation requirements and participating in the graduation ceremony may remain eligible for special education services through the age of twenty-one (21).

Early Graduation from Foothill High School

Early graduation petitions must be submitted to the school site administration during the third quarter of their Junior school year. The student must be enrolled in all classes needed to graduate and have passed all proficiencies. The petition must be signed by the student, parent/legal guardian, counselor, and the school principal and *must include*:

- A rationale for the request to graduate early;
- An action plan for completing the required course work for early graduation;
- A complete record of the student's grades and credits earned to date;
- And the attendance record for the student.

Once completed, the petition to graduate early must be submitted to Student Services for review, then to the Board of Trustees for final approval. Students who graduate at the end of the first semester will not be allowed to participate in second-semester senior activities. The student will be allowed to participate in the graduation ceremonies subject to the principal's approval. Students who graduate early must be in good behavior standing to participate in the graduation ceremony.

Government, Economics, and Senior English courses shall be primarily limited to twelfth-grade students and students who are age-appropriate for twelfth grade. Enrollment of eleventh-grade students in senior required courses will be based on space availability, student grades and attendance, and the ability of the student to graduate early.

Course Schedule Changes and Policies

For all specific questions regarding a course schedule change, please contact your student's counselor. The summary below should clarify basic questions regarding schedule changes and policies.

During the first three school days of the first semester and the first three school days of the second semester, schedule changes may be available on a limited basis. –

The following criteria are utilized to determine if a schedule change is possible:

- Credit has previously been earned in the course.
- Inappropriate placement in the class (e.g., level, subject).
- Scheduling errors (e.g., two second periods, no fourth period).
- Student has not taken the necessary pre-requisites to meet course requirements.
- Incomplete schedule (student's schedule is missing a course)
- Summer school course work completed and a subsequent change is required
- Upper classmen need the course for graduation.
- To balance class size.

******A request does not guarantee classes will be changed. It is simply a request.******

****** Schedule changes will NOT be made for the following reasons:**

- Requested class and then changed mind
- To have a course or lunch with a friend
- To have a course with a specific teacher
- Conflict with a teacher without following appropriate intervention steps

Withdrawal from Classes

A student who drops a course during the first six weeks of the semester may do so without any entry on his/her permanent record. A student who drops a course after the first six weeks of the semester shall receive an "F" grade on his/her permanent record unless otherwise decided by the principal or designee because of extenuating circumstances.

Note: Extenuating circumstances do not include, for example, the following: Poor attendance, poor performance, personality differences, etc. Students making changes to classes beyond the first six weeks of the semester may risk not earning the maximum amount of credits per class.

Report of Student Progress

Academic Honesty

Trustworthiness is the key to academic success. All work submitted by students should be a true reflection of their effort and ability. If it is not, then the student has exhibited unacceptable behavior.

The following criteria define cheating:

- Claiming credit for work that is not the product of one's own honest effort.
- Providing unwarranted access to materials or information so that others may dishonestly claim the credit.
- Representation of another person's words, and ideas, as your own by not properly citing the source and giving the author credit.
- Copying off the internet.
- Altering grades in a teacher's electronic gradebook.
- Knowledge and toleration of the foregoing circumstances.

Any behavior defined as cheating represents a violation of mutual trust and respect essential to education at Foothill High School. Students who cheat should expect to be confronted by their teacher and will be subject to the following penalties:

- A "zero" on the submitted work;
- Notification of parents.

If a student is found to have cheated a *second time or is involved in a particularly serious act of cheating*, the student will be referred to an assistant principal for a conference of those concerned: student, teacher, parents, counselor, and administrator. Consequences may include suspension from class and/or school; dropping the student from class with no credit; and/or notification of the student's prospective colleges.

Grading

The purpose of grading is to communicate the level of achievement in the educational program to students, parents, institutions of higher learning, prospective employers, counselors and other schools the student might attend. Grades for achievement shall be reported each marking period as follows:

A	Outstanding Mastery	4.0 grade points
B	Above Average Mastery	3.0 grade points
C	Average Mastery	2.0 grade points
D	Below Average Mastery	1.0 grade points
F/NP	Little or No Mastery	0 grade points
I	Incomplete	0 grade points

Whenever it becomes evident to a teacher that a student is in danger of failing a course, *the teacher shall arrange a conference with the student's parent/guardian or send the parent/guardian a written report.*

An incomplete is given only when a student's work is not finished because of illness or other excused absence. If not made up within two weeks after returning to school, the incomplete will become an F.

Plus and minus signs may be used at the teacher's option.

No grade of a student participating in a physical education class may be adversely affected due to the fact that the student, because of circumstances beyond his/her control, does not wear standardized physical education apparel.

Criteria for determining grades for achievement may include but are not limited to:

- Preparation of assignments, including accuracy, legibility, and promptness
- Contribution to classroom discussions
- Demonstrated understanding of concepts in tests
- Applications of skills and principles to new situations
- Organization and presentation of written and oral reports
- Originality and reasoning ability when working through problems

Grading and Unexcused Absences

If a student misses class without an excuse and does not subsequently turn in homework, take a test or fulfill another class requirement, which he/she missed within the designated time frame, the teacher may lower the student's grade for nonperformance.

Progress Reports

Progress reports are mailed to each student household at the halfway point of each school quarter (approximately every 4 weeks).

Report Cards

Report cards are mailed to each student household at the end of each quarter. For specific questions regarding report cards, holds, or transcripts, please contact the Counseling Office at 566-3445.

Students or parents who have questions regarding grades should pursue the following courses of action:

- Contact the specific teacher.
- Schedule a meeting with the teacher and counselor (as needed).
- For further steps, please refer to the *Path to Successful Communication* located in this handbook.

Please note: California Ed Code 49066 (a) states that when grades are given for any course of instruction taught in a school district, the grade given to each pupil shall be the grade determined by the teacher of the course and the determination of the pupil's grade by the teacher, in the absence of clerical or mechanical mistake, fraud, bad faith, or incompetence, shall be final.

Transcript Requests

Twin Rivers Unified School District has partnered with Parchment to provide all transcript requests and other credentials securely. Parchment is the Third-Party Vendor for active TRUSD sites and is available for third party verification companies, employers, former students and higher education entities to request graduation verifications, education verifications, and official transcripts. There may be a fee associated with these requests.

Requests can take up to 2-3 business days to process.

To request your Foothill High School Transcripts please click the link below. This will open a new browser window and take you directly to the Foothill Parchment Storefront. You can create a free account and request Education/Graduation verifications or official transcripts to be provided quickly and securely from Parchment.

<https://www.parchment.com/u/registration/6068/institution>

Extra-Curricular Activities

In order to be academically eligible to participate in extracurricular activities, a student must have earned at least an overall 2.00 grade point average on a 4.0 grading scale for credits attempted in the previous grading period. The grade point average and determination of eligibility shall be based on semester grades for the first and third quarter grading periods and on quarter grades for the second and fourth quarter grading periods. Summer school grades may be averaged with the grades from the preceding spring semester to improve the student's overall grade point average. Per California Interscholastic Federation, any student participating in a sport must successfully pass 20 units (minimum 4 classes) at the time of each grading period, regardless of Grade Point Average. Students/Parents may consult the head coach of their sport or the athletic director for clarification on eligibility.

Repeated Courses

With the approval of the principal or designee, a student may repeat a course in order to raise his/her grade. The student shall receive credit only for taking the course once. Both grades received will be entered on the student's transcript.

Credit Recovery

Students who need to make up credits will be enrolled in Edgenuity classes. The student's counselors will assign credit recovery classes as needed.

Make-Up Work/Homework CA Ed. Code 48205

The District Board recognizes that homework contributes to building responsibility, self-discipline, and life-long learning habits and that time spent on homework directly influences students' ability to meet the district's academic standards. The Board expects students, parents/guardians, and staff to view homework as a routine and important part of students' daily lives.

Make-Up Homework Requests

Students shall be given the opportunity to request make-up work missed because of an excused absence and shall receive full credit for the work that is turned in within a reasonable period following an absence. Teachers will provide students with make-up work within a reasonable time of their request. Education

Code 48205 (b): A pupil absent from school under this section shall be allowed to complete all assignments and tests missed during the absence that can be reasonably provided and, upon satisfactory completion within a reasonable period of time, shall be given full credit therefore. The teacher of any class from which a pupil is absent shall determine the tests and assignments shall be reasonably equivalent to, but not necessarily identical to, the tests and assignments that the pupil missed during the absence.

Make-Up Work and Unexcused Absences BP 5113

If a student misses class without an excuse and does not subsequently turn in homework, take a test or fulfill another class requirement that he/she missed within the designated time frame, the teacher may lower the student's grade for nonperformance.

Make-Up Work and Suspension CA Ed. Code 48913

The teacher of any class from which a pupil is suspended may require the suspended pupil to complete any assignments and tests missed during the suspension - Education Code 48913.

The Board encourages teachers to give suspended students full credit for work that is turned in according to a reasonable make-up schedule. Teachers may require suspended students to complete any assignments and tests missed during the suspension.

Attendance

Regular attendance plays a key role in student achievement. The Board recognizes its responsibility to ensure that students attend school regularly under the law. Parents/guardians of children ages six to eighteen are obligated to send their children to school full-time unless otherwise provided by law. The Board shall abide by all state attendance laws and may use appropriate legal means to correct the problems of excessive absence or truancy. Attendance at all schools and classes shall be recorded and kept in accordance with the law and regulations of the State Board of Education.

Excused Absences

Absences from school will be excused only for health reasons, family emergencies, and justifiable personal reasons, as permitted by law, Board policy, and administrative regulations.

1. Appearance in court
2. Attendance at a funeral service for a person other than a member of the student's immediate family.
3. Observation of a holiday or ceremony of his/her religion
4. Attendance at religious retreats for no more than four hours during a semester
5. Employment interview or conference
6. Jury duty in the manner provided by law

In addition, if a student is the custodial parent of a child, his/her absence shall be excused when the child is ill or has a medical appointment during school hours.

Class participation is an integral part of students' learning experiences, and parents/guardians and students are encouraged to schedule medical appointments during non-school hours. When this is not possible, parents are requested to vary the appointment time, so the student does not continually miss instruction at the same time of day.

Clearing an Absence

The Attendance Office at Foothill High School is open to students before school, during lunch, and after school to excuse absences.

When students who have been absent return to school, they must present a satisfactory explanation verifying the reason for the absence. The following methods may be used to verify student absences:

- Written note from parent/guardian or parent representative. You may drop off a note to the attendance office personnel during the times listed above.
- Conversation between the verifying employee and the student's parent/guardian or parent representative in person or by telephone. Your parent/guardian may call the attendance office during school hours at (916) 566-3445 x26095.
- Visit the student's home by the verifying employee or any other reasonable method that establishes that the student was absent for the reasons stated. A written recording shall be made, including the information outlined above.
- Physician's verification
- When excusing students for confidential medical services or verifying such appointments, district staff shall not ask about the purpose of such appointments but may contact a medical office to confirm the time of the appointment.
- When a student has had 14 absences in the school year for illness verified by methods listed in #1 - #3 above, any further absences for illness must be verified by a physician.

Illness at School

If you feel ill during the school day, a student may go to the nurse's station in the main office with a pass from the teacher to rest for a 15-minute period. If the student is not feeling better after that time, they may call a parent/guardian from the attendance office to see about going home. The principal or designee must grant permission according to each individual case. Attendance personnel will verify with your parent/guardian that you may be released to their care and issue an off-campus pass. **If you leave school without receiving an off-campus pass, your absence will not be excused and will count towards truancy.**

Off-Campus Passes

Requests for early dismissal permission must be granted by the principal or designee according to each individual case

- No student will be allowed to leave campus without permission from a parent/guardian and must be in possession of an off-campus pass.
- Parents/guardians arranging to pick up their son/daughter at school during the instructional day, must report in person to the attendance office prior to their child being released from school and may be asked by school personnel to show identifying information (driver's license, student's date of birth, and/or school identification number).
- In the event the parent/guardian is requesting their child be released from school to meet him/her at a location away from the school site, he/she may call the attendance office at (916) 566-3445 x26095 and arrange for a student to pick up an off campus pass before leaving school. The parent/guardian must be listed on the student's current record and provide an identifying piece of information prior to an off campus pass being issued by school personnel in the attendance office.

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Closed Campus Policy

All schools within Twin Rivers Unified School District are closed campuses. Pursuant to Board Policy 5112.5, students are not allowed to leave campus during the school day without an approved early dismissal notice. Parents wishing for their student to be excused early from school must call the attendance office or provide a written note detailing the time and reason for the early release of their child. This information may be verified by school personnel prior to the release of any student.

Food delivery services (examples; Door Dash, Grub Hub, and Uber Eats) are not to be utilized during school hours. Deliveries will be kept until the end of the day for students to pick up.

Unexcused Absences/Truancy

Truancy may result from unexcused absences, tardiness, or a combination of both. The district participates in the County School Attendance Review Board (SARB) as allowed by law to meet the special needs of students with school attendance or school behavior problems.

Students who are habitual truants, habitually insubordinate or disorderly during attendance at school may be referred to the school attendance review board or the county probation department.

FHS Truancy and Tardy Policy

- All FHS students are required to carry their School ID at all times. We use the Minga program to track tardies.
- When arriving after school has started, students must check in at the front office for a late pass.
- Students who accumulate 5 or more tardies will be assigned detention.
- Students with un-served detentions will be placed on the non activity list. Being on this list will prevent students from attending any extra curricular events.
- Students are given multiple opportunities to serve detention hours.

Enrollment Requirements

Emergency cards

We need to be able to notify parents/guardians in case of illness, accident, or other emergencies. Emergency cards for all students must be on record each school year. Please remember to update emergency information throughout the year as needed.

Identification Cards

Each student will be issued student identification through Minga free of charge (**please note that all students are required to get their picture taken**). For safety purposes, all students are required to carry their current year student ID card at all times and present the card when requested by any school employee or public safety officer. Current year student ID cards serve as library cards. If a student loses his/her ID card, a new one may be obtained from the main office for a progressive fee.

Immunizations

California law requires that all students attending school must have current immunizations. Parents will be notified if their student's vaccinations need to be updated. When immunizations are not current, the student will not be allowed to attend school until the requirements are met.

Assessment Programs (Standardized Testing)

CAASPP: California Assessment of Student Performance and Progress

The CAASPP assessment system encompasses the following required assessments:

- Smarter Balanced Summative Assessments (SBAC): A student assessment system aligned with the common core state standards of academic content for English language arts/literacy and mathematics
- California Alternative Assessments (CAAs): The CAAs are for students with the most significant cognitive disabilities and whose individualized education program (IEP) team has designated the use of an alternative assessment on statewide summative assessments.
- California Science Test (CAST): A student assessment system aligned with the Next Generation Science Standards (NGSS).

English Language Proficiency Assessments for California (ELPAC)

The ELPAC is a required state test for English language proficiency that must be given to students whose primary language is other than English.

Advanced Placements Tests

All students enrolled in Advanced Placement courses are eligible to take the appropriate AP exam. AP exams are given in May and are administered on campus for approximately two hours. Students who earn high scores on an AP exam may receive college credit for the course upon admission to a college or university. Each AP Exam costs approximately \$82.00, but there may be options for financial support available to some students.

Student Recognition

ACE Student

Periodically throughout the academic year, faculty members are requested to nominate a student from one of their classes that best exemplifies the characteristics necessary to be successful Foothill High School students.

All School Awards Ceremony

Each year, Foothill High School recognizes students for their many extraordinary efforts throughout the year. Awards for academics, sports, extra-curricular activities, and attendance are announced.

Honor Roll

All courses shall be counted in computing eligibility for Honor Roll. To qualify for the Honor Roll, a student must receive no current grade below a “C” and have a grade point average of 3.0 or better.

Scholarships

There are many scholarships available for students who are interested in continuing their education beyond high school. Scholarship information is available in the Career Center and from your counselor. Be aware of financial aid deadlines during your senior year. Check the *Career Center Bulletin* frequently for updated information.

Valedictorian

Each year, a Foothill senior is named valedictorian of his/her class. The criteria are as follows:

- The valedictorian shall be named at the end of seven semesters.
- The student with the highest cumulative grade point average (GPA) calculated to the nearest hundredth will be named valedictorian.
- If two or more students are within 0.015 of a point difference in grade point average, they will also be named valedictorian.
- All courses on the official transcript will be included in the GPA calculations.

Alternative Educational Options

The Twin Rivers Unified School District Unified School provides a variety of ways to pursue alternative credits toward graduation. The following opportunities are available, please see your counselor for more details.

Extended Year

Extended year is available for all students who have failed a class. In some instances, students may be able to take extended year to improve a “D” grade to a “C” or higher in order to meet university A-G requirements.

Pacific Career & Technology High School

Pacific High School provides a continuation high school setting for credit deficient students age 16 and over who prefer or need an alternative to the comprehensive high school setting. Students may request a transfer to Pacific High School at any point throughout the school year. The school provides an individual instruction program, which enables students to make up deficient credits and graduate on time. *Any student who attends Pacific High School and wishes to return to Foothill High School to graduate with their cohort, must do so by the beginning of the 2nd semester of their senior year. Seniors returning to Foothill must be caught up on deficient credits, and need only one semester worth of credits to graduate.*

Keema High School

Keema High School is an independent study high school sponsored by TRUSD. Keema High School is accredited by the Western Association of Schools and Colleges and provides students the opportunity to complete courses and in many cases, make up deficient credits toward graduation. Students typically meet for a weekly appointment with their teacher and must complete all assignments at home. Students may return to Foothill High School at any time.

Home/Hospital Instruction

Students who have been diagnosed with a long-term debilitating illness may apply for the home study if their physician requests in writing that they be placed in the program. Students in Home/Hospital Instruction may have a teacher meet them at an agreed upon location for five (5) hours a week. Please contact your counselor for further information.

Enrollment at Community College

High school students may enroll in courses at community college for either high school or college credit while being concurrently enrolled at Foothill High School. Students can obtain general information from their high school counselor. Concurrent enrollment must be approved by the principal prior to the student enrolling in a college class. Some restrictions may apply. For example (since community college classes are non-California State Standards aligned), students will only receive elective credit for core content classes.

Important College Information

Admission to Colleges and Universities

While completion of the requirements for high school graduation will allow admittance to a community college, it does not ensure entrance into all colleges, universities, trade schools, etc. Although not all students choose to attend college, Foothill High School provides all of its students with every possibility to attend a college or university. The majority of core classes in English, Math, Science, and Social Science are college preparatory classes. Additionally, the counseling staff works hard to assist students to schedule appropriate classes and planning a 4-year course of study that meets UC/CSU requirements. **However, college entrance gets more competitive each year; therefore, we will be pushing students to go beyond the minimum A-G College Requirements, e.g. students will be encouraged to take 4 years of math instead of 3, and an additional year of Science, etc.**

College Preparation

Preparing for college requires planning at every grade level. Please see your counselor for more details.

California Community College Entrance Requirements

Generally, any student who is 18 years of age, or has a high school diploma or its equivalent, is eligible to enter a California community college. Assessment testing for proper placement is normally required. A student wishing to enter a community college outside his/ her district of residence should inquire about an inter-district agreement. For more information, please contact your student's counselor.

Student Activities

Extra/Co-Curricular, Athletics: Definition

For the purpose of this policy, extra-curricular activity means a program that has all of the following characteristics:

- a. The program is supervised or financed by the school district.
- b. Students participating in the program represent the school district.
- c. The program includes both preparations for performance and performance before a public audience.
- d. The activity is not part of the regular curriculum, is not graded, does not offer credit, and/or does not take place during classroom time.

For the purpose of scholastic eligibility, co-curricular activity means a program that may be associated with the curriculum in a regular classroom (Education Code 36150.5).

Examples of such extra-curricular/co-curricular activities/programs shall include but are not limited to the following:

1. All interscholastic athletics.
2. Instrumental music activities not included as part of the required program.
3. Pep squads, dance team
4. Student government.
5. Class officers.
6. Club officers.
7. Choral productions not included as part of the required program.
8. Out-of-class student digital/journalism presentations and competitions.
9. Out-of-class student yearbook, presentations and competitions.
10. Other performances or competitive groups.

Eligibility for Athletics and Activities (Extra/Co-Curricular): Attendance/Discipline

In order to participate in school-sponsored after-school activities as well as co-curricular and extra-curricular events, students need to be in good standing. Good standing means that the student does not owe more than 2 detention hours. Students also need to have a valid, current school year student ID card and have been in attendance at school for a minimum of 4 scheduled periods on the day of the activity, unless absent for the following reasons that have been pre-approved by the administration: Medical appointments, attending funeral services of an immediate family member, or appearance in a court of law. Students under home suspension are not allowed to participate in or attend any school-related activities.

A parent may not excuse an athlete except for the reasons stated above. Students leaving Foothill High School may not attend any school activities during the current school year without the express consent and approval of the school administration.

Athletics and Activities (Extra/Co-Curricular) Eligibility

Co-Curricular Code of Ethics - All students participating in activities sponsored by the school must meet certain standards. Specifically, the principal must certify that all students participating are good citizens.

All students elected to the student office or who represent their school in co-curricular activities shall have and maintain a minimum 2.0 grade point average at each grading period. Grade point averages shall be checked at the end of each grading period. Coaches have the discretion to impose higher grade point average requirements for participation in their designated sports. These requirements will be made available to all interested students prior to the season. Eligibility shall be determined by the student's 1st quarter, 1st semester, and 3rd quarter, 2nd semester grades. Second semester grades will determine eligibility for the 1st quarter of the next school year.

ASB

The Associated Student Body (ASB) is the governing body for the students at Foothill High School. The ASB sponsors dances and other activities at the school. The following are the offices represented:

President	Vice President
Treasurer	Secretary
Senior Rep	Junior Rep
Sophomore Rep	Freshman Rep
Athletics	Publicity
Elections	Spirit & Rally

Attendance Requirements

In order to be eligible to participate in extracurricular activities (including school dances) a student must be in school for a minimum of four periods the day of the activity. If the activity is scheduled for a holiday or weekend, the student must be in school for a minimum of four periods on the last day of required attendance before the event.

Clubs & Organizations

Involvement in extra-curricular activities assists students in their total development. Colleges, universities, vocational institutions, and employers are searching for well-rounded students for their respective organizations. Join a club or athletic team, or become a member of the Associated Student Body (ASB), or become a community volunteer and make a difference. The following is a list of some of the clubs and organizations:

ASB	AVID Club
Fashion Club	Band
Game Club	BSU-Black Student Union
National Honor Society	Spanish Club
Pre-Med Club	FCCLA
Multi-Cultural Club	Pride Club
Poetry Club	
Friday Night Live	
Afghani Student Union	

Dances

Casual dances are for Foothill High School students only. All students must show a valid, current school year student ID card upon entering any dance. Foothill students may invite a guest to the Homecoming Dance and the Prom. A guest pass must be completed and approved one week before the dance. Guests may not be attending middle school and must be under 20 years of age. Freshman and sophomore students may only attend the prom as a guest of a junior or senior.

Guidelines for Student Behavior at Dances

- No one will be admitted without purchasing a ticket.
- All students MUST present a valid, current school year student ID or they will not be allowed to enter the dance.
- All school rules apply at the dance, even if a guest/student is not a minor.
- You must arrive within the first hour to enter the dance.
- Students are not permitted to return to the dance once they leave.
- Students may not attend the dance if they owe more than 5 detention hours. (*Check in the Main Office, before the dance, at break or lunch, to see if you owe any*)
- No guest will be allowed into the dance without a completed and approved guest pass form. The completed guest pass form must be turned into the assistant principal's office by designated date and time.
- Illegal entry or attempted illegal entry into the dance will result in the students' removal from the dance and possible disciplinary action.
- Students will not be permitted to slam dance and/or dance in a sexual manner, such as freak dancing.
- Students who dance in this manner will be immediately removed from the dance.
- Sexually suggestive or provocative dancing with explicit sexual gestures, gyrations, and similar body maneuvers, motions, or actions will be cause for your immediate removal from the dance.
- In the event that a guest behaves inappropriately and is asked to leave the dance the guest and the FHS student forfeit their privileges to receive a guest pass for the remainder of the school year.
- Students must prearrange transportation both to the dance and immediately following the dance.
- All ticket sales are final. Refunds will not be provided
- This notice is your warning. No warnings will be given at the dance!

Rallies and Assemblies

Rallies and assemblies will be held throughout the school year to promote school spirit and pride. Students are expected to enter and exit the gymnasium in an orderly fashion and behave appropriately. Students are to sit in their assigned areas.

For rallies/assemblies to be a success, the following is necessary:

- No class or group may display inappropriate language towards other class, group, or individual. School unity is an important goal of rallies. Individual class spirit should be expressed in positive cheering for that class and with posters.
 - Students should channel their energy into enthusiastic support of teams or other student groups in the program.
 - No objects may be thrown to or from the crowd, stands, or seats.
 - Students will defer to the instructions and corrections of all school staff and assigned parent volunteers.
 - No sign may be displayed which is not in accord with the rest of the rally/game conduct code
 - Failure to comply with the above policies may result in suspension and/or cancellation of future games/rallies.
- Student discipline rules are enforced at all rallies and games.

Athletics

Academic Eligibility Requirements

A student, in order to be academically eligible to participate in extra-curricular activities, must have earned at least an overall 2.00 grade point average and no more than 2 F's on a 4.00 grading scale for credits attempted in the previous grading period (including progress reports). Coaches have the discretion to impose higher grade point average requirements for participation in their designated sports. These requirements will be made available to all interested students before the season. The grade point average and determination of eligibility shall be based on quarter grades for the first, second, third, and fourth quarter grading periods. For courses where students earn credits on a quarterly basis grades will be used to determine academic eligibility. Summer school grades may be averaged with grades from the preceding spring semester to improve the student's overall grade point average.

Behavior and Citizenship Eligibility

A student, in order to be eligible, must have demonstrated good citizenship and behavior during the previous quarter and must maintain those high standards throughout the grading period of participation. The Principal or his/her designee may revoke a student's eligibility for participation in extra/co-curricular activities when a student's poor citizenship is serious enough to warrant loss of this privilege. The Principal or his/her designee shall determine the duration of the revocation.

Foothill High School Extra-curricular Study Team

Students at Foothill High School who fall below a 2.00 non-weighted grade point average at the first and third grading periods or the fall and spring semester grading periods may be placed on academic probation, and apply to obtain a waiver of the academic requirement. This provision will be granted on a case by case basis and is reserved for seniors only. Waivers will not be issued to juniors, sophomores or freshmen.

In order to obtain a waiver of the academic requirements a student must:

1. Have earned a minimum unweighted grade point average of 1.60 (on a 4.00 grading scale) for the grading period used for determination of eligibility.
2. Not have been placed on academic probation involving a waiver more than once during his/her four years of eligibility at Foothill High School since the date of the implementation of this policy revision.
3. Comply with the program's requirements by following the contract specified below:
 - a. Submit a weekly progress report signed by all of the students' teachers to the appropriate assistant principal or his/her designee each Monday that the student is on probation.
 - b. Meet with his/her counselor twice each month during the time that the student is on probation for general consultation and guidance towards meeting academic goals, improving attendance and behavior, and completing assigned coursework.
4. Submit a completed application form for a waiver to the athletic director signed by all parties indicated (including parental consent for participation by the student in the program) before continuing to participate in the extracurricular activity.

Violation of the weekly progress report requirement, as determined by the Principal or his/her designee, will result in suspension from the waiver program (no practice or participation in the activity) for one week on the first offense, and suspension from the activity itself for the remainder of the quarter grading period to continue to participate in extra- curricular activities.

Summer school grades may be used to raise a student's grade point average or replace a grade for the preceding grading period as long as all districts, league, and CIF/SJS policies, where applicable, are followed. The new grade point average will determine eligibility.

Attendance Requirements

In order to be eligible to participate in a game or a practice, a student must be in school for a minimum of four periods the day of the activity. If the game or practice is scheduled for a holiday or weekend, the student must be in school for a minimum of four periods on the last day of required attendance prior to the event.

Eligibility

A student must have fulfilled the following requirements prior to her/his first practice or game:

- Physical examination completed after July 1st of the current year.
- Proof of health insurance coverage
- Name and address of parent or guardian
- Consent signature of parent or guardian
- Consent signature of student.
- Proof of a 2.0 or better grade point average at the conclusion of the last grading period.

Evidence of requirement completions must be submitted to the athletic department for the student to be eligible to practice. Eligibility forms are normally submitted to the coach of each sport. The coach forwards the forms to the athletic department. For a more detailed description of eligibility requirements, please pick up a Student Athlete Eligibility Packet from the Athletic Director. We encourage members of our student body to be participants in our athletic program.

Guidelines for Student Behavior at Athletic Events

Attendance at an Athletic Event is a privilege for Foothill High School students. All school rules are in effect during the time of the event, including to and from the event. Students violating the following behavioral guidelines are subject to suspension and may be removed from the athletic event and excluded from future events.

Additionally, it is the individual student's responsibility to ensure that he/she has arranged to leave athletic events within 20 minutes of the end of the event. It poses safety concerns for students to remain on campus for extended periods of time after an athletic event. Students who do not have timely transportation home after athletic events may be excluded from watching the athletic events (at the discretion of site administration).

Spectators Expectations

Spectators should support their teams by:

- Treating their opponents, game officials, visiting students, and spectators respectfully as guests
- Keeping all comments positive about Foothill teams and not negatively directed at opposing teams
- Demonstrating sportsmanship at all times by displaying self-control before, during, and after all games
- Demonstrating respect for public and private property.
- Not bringing noisemakers
- Not attempting to enter an athletic event without purchasing an admission ticket

Behavior Expectations

Each student, as a representative of our school, will be encouraged to be well groomed. Students will follow training rules developed by each athletic coach or advisor with emphasis on adequate rest, nutrition, cleanliness, safety and physical fitness.

In keeping with well-established national standards covering all high school athletic activities, athletes will abstain from the use and possession of alcoholic beverages, tobacco, and illegal drugs

or substances at all times. Students are also subjected to the athletic procedures as outlined in the athletic eligibility packet.

Citizenship

A coach or advisor may impose rules of behavior or conduct for his/her team, which has not been addressed elsewhere.

Pursuing Victory with Honor

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these “six pillars of character.”
2. It’s the duty of school boards, superintendents, school administrators, parents, and school sports leadership – including coaches, athletic administrators, program directors, and game officials – to promote sportsmanship and foster good character by teaching, enforcing, advocating, and modeling these “six pillars of character.”
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical, and ethical development of student athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student athletes must abide by the rules and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
5. Schools boards, superintendents, school administrators, parents, and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents, and spectators.
6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics, and sportsmanship should be emphasized in all communications directed to student athletes and their parents.
8. School boards, superintendents, school administrators, parents, and school sports leadership must ensure that the first priority of their student athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
9. School boards, superintendents, principals, school administrators, and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs.
Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical, and ethical well-being of student athletes is always placed above desires and pressures to win.
10. All employees of member schools must be directly involved and committed to the academic success of student athletes and the character-building goals of the school.
11. Everyone involved in competition including parents, spectators, associated student body

leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect.

Coaches have a special responsibility to model respectful behavior and the duty to demand that their student athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting, and inappropriate celebrations.

12. School boards, superintendents, and school administrators of CIF member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of: 1) The character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character. 2) The physical capabilities and limitations of the age group coached as well as first aid. 3) Coaching principles and the rules and strategies of the sport.
11. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.
12. To safeguard the health of athletes and the integrity of the sport, school sports programs must actively prohibit the use of alcohol, tobacco, drugs and performance-enhancing substances, as well as demand compliance with all law and regulations, including those related to gambling and the use of drugs.
13. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name or reputation. There should be no undue influence of commercial interests. In addition, sports programs must be prudent, avoiding undue dependency on particular companies or sponsors.

The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimensions of their sport, coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring, and good citizens.

Fall Sports

Boys/Girls Cross Country
Girls Volleyball
Girls Flag Football

Boys Football
Girls' Golf
Cheer

Winter Sports

Boys/Girls Basketball
Boys/Girls Soccer

Wrestling
Cheer

Spring Sports

Boys Baseball
Girls Softball
Boys/Girls Tennis

Boys/Girls Track & Field
Boys/Girls Swimming
Cheer

Dress Code/Grooming **Guidelines**

The purpose of a dress and grooming code is to facilitate education, not to inhibit any person's taste in attire or appearance. Students should be clean and neatly dressed in a manner that will be appropriate to the school setting, not hazardous to the health and safety of the students, and not disruptive or distracting from the educational program of the school.

No articles of clothing, apparel or school materials, including hats, backpacks, purses, or binders, may have pictures, printing, or writing that is crude, vulgar, profane, sexually suggestive, racially, ethnically, or religiously intolerant, that contain images of weapons, tobacco, drugs and/or alcohol, or which the school's administration reasonably predicts will disrupt the learning environment.

Students are expected to wear clothing which is appropriate and does not interfere with the learning environment. No student shall wear articles of clothing, jewelry, or accessories which, in the opinion of school administration, pose a disruption to the educational process or a threat to the physical well-being and safety of the student or others.

Students must wear clothing including both a shirt with pants or skirt, or the equivalent (for example, dresses, leggings, or shorts) and appropriate shoes.

- Clothing must cover undergarments.
- Clothing must be worn appropriately and in its intended manner (i.e pants must be zipped up and buttoned, clothing not tucked into undergarments).
- Clothing must not be see-through.
- Clothing must cover the chest and torso and must cover the bottom while standing and sitting.
- Clothing must be safe and appropriate for all scheduled classroom activities, including physical education, science labs, shop classes, and other activities where unique hazards or specialized attire or safety gear are required.
- Hats, caps, and other head coverings shall not be worn indoors except as an expression of religious beliefs or as needed for a health condition.
- Hats and sunglasses may be worn while outside in the sun for an extended period of time for protection from the sun.
- Clothing, jewelry, and personal items shall be free of writing, pictures, or any other insignia that is vulgar, lewd, obscene, profane, or sexually suggestive or which promotes the use of alcohol, drugs, tobacco, or other illegal activity.
- Clothing containing images, symbols, or wording that is homophobic, obscene, religiously or racially discriminatory, or that promotes gender-biased discrimination or defamation is not permitted in a school environment or in the participation of the academic program.

Gang Apparel is Prohibited

Items and colors which the school shall determine to be related to gang lifestyle or denotes membership in a gang or group shall not be worn by students or allowed at school. This rule applies from head to toe; including, but not limited to, hairstyle, hats, shirts, jackets, pants, belts, shoes, shoe laces, and adornments.

Student clothing and items displaying any combination of letters or numbers which may show loyalty

or representation to an area or group are strictly prohibited.

Pursuant to education code and state law, students are allowed to wear a head covering while outside of school buildings. Hats, head scarves, and other head covering must be consistent with the student dress code, with regard to color, and be in compliance with other dress code guidelines.

Foothill High School reserves the right to confiscate items that may be inappropriate or violate the dress code.

Parents may be required to meet with the administration prior to the release of confiscated items.

NOTE: Coaches and teachers may impose additional guidelines for special needs and safety. Consequences for not adhering to the dress code may include phone calls home so that someone can bring a change of clothes, assigned detention(s), and refusal to adhere to directives from staff may also result in suspension from school and/or school sponsored activities including dances, athletic events, etc.

Foothill High School Electronics Policy

ELECTRONICS POLICY Electronic devices including, but not limited to portable speakers, video games, iPods, MP-3 players and cellular phones are not to be used on campus EXCEPT during a student's lunch period and passing time. The school assumes no responsibility for the loss or theft of electronic devices and will only help in the investigation of such loss or theft if time permits.

Please take particular note of the following:

- ★ Electronic devices should only be used during a student's lunch and/or passing periods, unless instructed by the teacher for classroom use.
- ★ Electronic devices may not be used during class time unless the use is pre-approved by the teacher.
- ★ Unapproved use of an electronic device during class time will result in the confiscation of that item and disciplinary action. FHS expects that electronic devices will be in silent mode and stored in a backpack or out of sight during class time.
- ★ Headphones should be removed during class time.
- ★ Electronic devices may not be "played" so that other students can hear them by use of speakerphones, speakers or other amplifying devices.

CONSEQUENCES FOR NON-COMPLIANCE Students who violate the electronics policy will be disciplined as follows:

- ★ **First Offense** Warning by teacher, review of electronics policy, and a minor referral
- ★ **Second Offense** Electronic device is confiscated until the end of the period
- ★ **Third Offense** Electronic devices are confiscated until the end of the day and must be picked up from the administrative office.
- ★ **Fourth Offense** Administration pick up, 30 minute detention, phone returned after detention or parents pick up.

- ★ **Fifth Offense** Administration pick up, 60 minute detention, phone returned after detention or parent pick up.
- ★ **Sixth Offense** Parent pick up.
- ★ **Seventh Offense** Parent pick up plus 2 weeks on NAL (Non-Activity List).

FAILURE TO SURRENDER DEVICE Students who refuse to surrender a device to school personnel will be assigned consequences commensurate with a fifth offense as detailed above. Any student who fails to surrender the device, regardless of number of offenses, may face immediate suspensio

PARENT INVOLVEMENT/COMMUNICATION

Our goal is to have informed/involved parents. To support this goal, we will continue to provide you with updated information on our websites, <http://fhs.trusd.net>

There are numerous opportunities for parents to be actively involved in your student’s school. For example, they can serve as guest speakers, help out at Back to School Night, etc.

Some of the parent organizations are:

- Foothill Booster Club
- DELAC/ELAC
- School Site Council

Guidelines for Positive Communication For All Students and Staff

1. Address the subject or issue being discussed, thereby avoiding personal attacks against individuals or any groups. *
2. Discussions should educate and illuminate rather than inflame passions that could create a hostile school environment.
3. Any and all printed material that is meant for distribution anywhere on campus will need to conform to the above guidelines.**
4. All speech will be in accordance with the discipline grid posted in classrooms and with the behavior guidelines described in the student handbook.

Modeling Positive Communication

1. All students and staff will model the positive communication guidelines.

2. Any communication that does not model the guidelines will be stopped and redirected by the appropriate staff member.
3. Individuals whose speech violates the discipline grid, communication guidelines, or board policy, after redirection as described above, will be referred to an administrator.

*Groups include, but are not limited to; racial or ethnic, religious, gender, sexual orientation, and political affiliation.

**Per Education Code 48970, nothing may be distributed that is libelous, obscene, or that creates a material disruption of the campus environment.

Foothill High School's Path to Successful Communication

At a large comprehensive high school such as Foothill High School, communication between parents and the school is a key ingredient to success. Parents/guardians and students should utilize the “**Path to Successful Communication**” below to facilitate them getting the answers they desire in a timely fashion.

Teachers

Step 1 <u>Contact the Individual Teacher</u>	Please contact the teacher directly if you have a question related to a specific class, test, assignment, etc. Contacting the teacher first allows for the fastest response to a parent/student question. Please allow the teacher at least two working days to respond. If this timeline is not met, please progress to Step 2.
Step 2 <u>Contact your student's administrator</u>	If after having a conversation with your student's teacher does not meet your expectations, please contact the main office to reach your student's administrator. The administrator will assist in facilitating your discussion with the teacher and schedule a parent/teacher conference (if needed).
Step 3 <u>Request contact with school principal</u>	When you feel a question has not been adequately answered by the teacher and or your student's administrator, the Principal will be glad to assist you in resolving any unanswered questions.
Step 4 <u>Continue to work with school administration</u>	Should you continue to have questions or concerns, continue working with school administration to receive information about our Student Services department.

Counseling

Step 1 <u>Contact your student's counselor</u>	If you have a question about schedules, setting up a conference, college requirements, financial aid, or other counseling related needs - please contact your student's counselor first.
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Step 2 <u>Contact your student's administrator</u>	If after having a conversation with your student's teacher does not meet your expectations, please contact the main office to reach your child's administrator. The administrator will assist in facilitating your discussion with the teacher and schedule a parent/teacher conference (if needed).
Step 3 <u>Request contact with school principal</u>	When you feel a question has not been adequately answered by the teacher and or your child's administrator, the Principal will be glad to assist you in resolving any unanswered questions.
Step 4 <u>Continue to work with school administration</u>	Should you continue to have questions or concerns, continue working with school administration to receive information about our Student Services department.

General/Discipline

Step 1 <u>Contact the appropriate staff member</u>	If you have general questions about your student's educational experience, please contact either your student's counselor or the staff member responsible for the related program/event. Any discipline questions should be directed first to your student's administrator.
Step 2 <u>Contact your student's administrator</u>	If further clarification is needed regarding a general question or event, contact your student's administrator.
Step 3 <u>Request contact with school principal</u>	Should you need more information, the Principal will become involved as requested.

Athletics

Step 1 <u>Contact your student's immediate coach</u>	Should you have a question about a specific team, please start with your immediate level coach. For example, all members of the freshmen football team should contact the head freshmen coach first.
Step 2 <u>Contact the head varsity coach</u>	If the discussion with your immediate coach does not meet your expectations, please contact the head varsity coach for further assistance.
Step 3 <u>Request contact with the Athletic Director</u>	If your discussion with the head varsity coach still leaves some questions unresolved, the Athletic Director should be contacted for further assistance
Step 4 <u>Request contact with the Deputy Principal</u>	The Deputy Principal, who supervises the athletic department, should be contacted for assistance after a discussion with the athletic director has not led to a satisfactory resolution of the issue at hand.

Activities

Step 1 <u>Contact the Activity Director</u>	All questions regarding student activities, student government, school dances, homecoming, etc. should be first referred to the Activity Director.
Step 2 <u>Request contact with the Deputy Principal</u>	The Deputy Principal should be contacted for assistance after a discussion with the activities director has not led to a satisfactory resolution of the issue at hand..
Step 3 <u>Request contact with the Principal</u>	If Steps 1 & 2 have taken place, the Principal will become involved as requested.

Foothill High School Student Conduct Code Disciplinary Violations and Consequences

Please note: All school rules are enforceable on the way to school, leaving school, during school, at lunch time, during the period that school is in session when the student is truant from school, at school activities, to and from school activities on or off campus. The area of school supervision includes the campus, the perimeter of the campus and sidewalks on both sides of the streets adjacent to the school. All school rules are also in effect at ALL SCHOOL events and activities. **Education code 48900 subsection (r)**

The Student Conduct Code provides an indication of the types of behavior violations and potential consequences that may occur. Please be aware that behavior consequences incurred at any of the Twin Rivers Unified School District Schools are cumulative, regardless of the fact that they pertain to different offenses. Consequences and infractions incurred at one school will be carried out in any of the other Twin Rivers Unified School District High Schools in case of student transfer. Each student's behavior as well as his/her academic record will follow the student if, and when, he/she changes schools in the Twin Rivers Unified School District.

Gang-related Conduct/Activity

Gang-related conduct/activity on all school campuses and/or adjacent to the campus during all school sponsored events is a threat to the safety of others and is STRICTLY PROHIBITED.

EDUCATION CODE 48900

1. Acts of Violence [EC § 48900(a)]	Alternative to Suspension	Suspension	Expulsion
(1) Caused, attempted to cause, or threatened to cause physical injury to another person.	X	X	X
(2) Willfully used force or violence upon another person.		X	X
2. Weapons and Dangerous Objects [EC § 48900(b)]	Alternative to Suspension	Suspension	Expulsion
(1) Possession, sale, or furnishing of weapons (knife, gun, sharp object, club, or an object that could inflict injury) or explosive.		X	X
(2) Explosives, use or possession.		X	X
3. Drugs and Alcohol [EC § 48900(c)]	Alternative to Suspension	Suspension	Expulsion
Possession, use, sale, or furnishing, or otherwise being under the influence of alcohol, controlled substances, or an intoxicant.		X	X

4. Sale of “Look-Alike” Controlled Substance or Alcohol [EC § 48900(d)]	Alternative to Suspension	Suspension	Expulsion
Offering, arranging, or negotiating to sell drugs, alcohol, or any intoxicant, and then substituting a look-alike substance intended to represent drugs, alcohol, or an intoxicant.		X	X
5. Robbery or Extortion [EC § 48900(e)]	Alternative to Suspension	Suspension	Expulsion
Committed or attempted to commit robbery or extortion.		X	X
6. Damage to Property [EC § 48900(f)]	Alternative to Suspension	Suspension	Expulsion
Caused, or attempted to cause damage to, school or private property.	X	X	X
7. Theft or Stealing [EC § 48900(g)]	Alternative to Suspension	Suspension	Expulsion
Stealing, or attempting to steal, school or private property.	X	X	X
8. Tobacco [EC § 48900(h)]	Alternative to Suspension	Suspension	Expulsion
Possessed or used tobacco or nicotine products.	X	X	
9. Profanity, Obscene Acts, Vulgarity [EC § 48900(i)]	Alternative to Suspension	Suspension	Expulsion
(1) Directed at peers.	X	X	X
(2) Directed at school personnel.	X	X	X
10. Drug Paraphernalia [EC § 48900(j)]	Alternative to Suspension	Suspension	Expulsion
Possessed, offered, arranged, or negotiated to sell any drug paraphernalia.	X	X	X

11. Willful Defiance or Disruption of School Activities [EC § 48900(k)(1)]	Alternative to Suspension	Suspension	Expulsion
<p>Note: With the exception of classroom suspensions imposed by a teacher under <i>Education Code</i> § 48910, no student enrolled in kindergarten through grade three may be suspended for violation of <i>Education Code</i> § 48900(k)(1). Additionally, no student enrolled in kindergarten through grade twelve, regardless of age, may be recommended for expulsion for violation of <i>Education Code</i> § 48900(k)(1) [EC § 48900(k)(2)]</p>			
(1) Disrupting school activities.	X	X	
(2) Refusing to follow the valid authority of school personnel, including supervisors, teachers, school officials, or other school staff performing their duties.	X	X	
	X	X	
(3) Failure to follow school rules.	X	X	
(4) Failure to follow the directives or instructions of staff or teachers.	X	X	
(5) Failure to follow the conduct code for school bus passengers.	X	X	

12. Possession of Stolen Property [EC § 48900(l)]	Alternative to Suspension	Suspension	Expulsion
Knowingly received stolen school property or private property.	X	X	X
13. Imitation Firearm [EC § 48900(m)]	Alternative to Suspension	Suspension	Expulsion
Possession of an imitation firearm that is substantially similar in physical properties to an existing firearm, as to lead a reasonable person to conclude the replica is a firearm.		X	X
14. Sexual Assault or Sexual Battery [EC § 48900(n)]	Alternative to Suspension	Suspension	Expulsion
Committed or attempted to commit a sexual assault or battery.		X	X
15. Harassment of a Student Witness [EC § 48900(o)]	Alternative to Suspension	Suspension	Expulsion
Harassed, threatened, or intimidated a pupil who is a witness in a school disciplinary proceeding for the purpose of intimidation or retaliation.	X	X	X
16. Prescription Drug Soma [EC § 48900(p)]	Alternative to Suspension	Suspension	Expulsion
Unlawfully offered, arranged to sell, negotiated to sell, or sold the prescription drug Soma.	X	X	X
17. Hazing [EC § 48900(q)]	Alternative to Suspension	Suspension	Expulsion
Engaged or attempted to engage in hazing.	X	X	X
18. Bullying and Bullying by Electronic [EC § 48900(r)]	Alternative to Suspension	Suspension	Expulsion
Engaged in an act of bullying, including, but not limited to, bullying committed by means of an electronic act, directed specifically toward a pupil.	X	X	X

19. Aided or Abetted to Inflict Physical Injury [EC § 48900(t)]	Alternative to Suspension	Suspension	Expulsion
Aided or abetted in the infliction or attempted infliction of physical injury to another student.	X	X	X
20. Sexual Harassment [EC § 48900.2]	Alternative to Suspension	Suspension	Expulsion
Prohibited sexual harassment includes, but is not limited to, unwelcome sexual advances, requests for sexual favors, and other verbal, visual, or physical conduct of a sexual nature. Applies to grades 4-12.	X	X	X
21. Acts of Hate Violence [EC § 48900.3]	Alternative to Suspension	Suspension	Expulsion
Students in grades 4-12 may be suspended or recommended for expulsion for causing, threatening, or attempting to cause, or participating in an act of hate violence defined as willfully interfering with or threatening another person's person or property rights because of race, ethnicity, national origin, religion, disability, or sexual orientation. Speech that threatens violence, when the perpetrator has the apparent ability to carry out the threat, may be considered an act of hate violence.	X	X	X
22. Other Harassment [EC § 48900.4]	Alternative to Suspension	Suspension	Expulsion
Students in grades 4-12 may be suspended or recommended for expulsion for intentionally engaging in harassment, threats, or intimidation against a student or group of students when the harassment is severe and pervasive and disrupts classes or creates disorder or an intimidating or hostile educational environment.	X	X	X
23. Terrorist Threats [EC § 48900.7]	Alternative to Suspension	Suspension	Expulsion
Making terrorist threats against school officials and/or property.	X	X	X

24a. Attendance – Truant [EC § 48260]	Alternative to Suspension	Suspension	Expulsion
Absent from school without a valid excuse.	X		
24b. Attendance – Repeat Truant [EC § 48261]	Alternative to Suspension	Suspension	Expulsion
Absent from school for more than one day without a valid excuse.	X		
24c. Attendance – Habitual Truant [EC § 48262]	Alternative to Suspension	Suspension	Expulsion
Any student truant three or more times per school year. Students who are habitually truant may be referred to the School Attendance Review Board (SARB).	X		

Mental Health Resources

Bullying

Foothill High School is committed to maintaining a learning environment for all students free from bullying. Board Policy 5131.2 states: No student or group of students shall, through physical, written, verbal or other means, harass, sexually harass, threaten, intimidate, cyberbully, cause bodily injury to, or commit hate violence against any other student or school personnel.

Bullying is defined as any physical, verbal and/ or psychological act intended to harm or disturb. Cyberbullying is defined as the use of modern technologies including, but not limited to, email, social networking sites and instant messaging, cell phones and other methods of technology to intentionally embarrass, humiliate, threaten or intimidate an individual or a group.

Resources:

Stop Bullying Now - the national campaign for bullying prevention website sponsored by the Health Resources and Services Administration (HRSA). www.stopbullyingnow.hrsa.gov

Pacer Center's National Center for Bullying Prevention - interactive, creative and relevant bullying prevention site created for and by kids to raise awareness of bullying prevention. www.pacerteensagainstbullying.org & [Link]www.pacerkidsagainstbullying.org

Cyberbullying Research Center - Provides fact sheets, cases, research, resources, stories, videos, strategies and solutions to assist in the prevention of online cruelty. www.cyberbullying.us

National PTA Organization - features information and resources for parents. www.pta.org/bullying

Girls Circle - A research based program recognized as a promising approach in the Model Programs Guide of the OJJDP www.girlscircle.com

Suicide Prevention

Suicide is the second leading cause of death for young people between 10 to 24. Sometimes your struggle can be underestimated because of your age. But we hear you, and help is available.

Resources:

National Suicide Prevention Lifeline- The National Suicide Prevention Lifeline is funded by the federal Substance Abuse and Mental Health Services Administration (SAMHSA) and administered by Vibrant Emotional Health. <https://suicidepreventionlifeline.org/> or call 1-800-273-8255.

