



AHS

2015-2016

REGULAR AND ALTERNATIVE SCHEDULE DAYS

REGULAR DAY	CLASS TIME
Warning Bell	7:37 a.m.
Period 1 67 minutes	7:40 a.m. - 8:47 a.m.
Period 2 67 minutes	8:54 a.m. - 10:01 a.m.
Period 3 67 minutes	10:08 a.m. - 11:15 a.m.
Period 4 104 minutes	11:22 a.m. - 1:06 p.m.
Period 5 67 minutes	1:13 p.m. - 2:20 p.m.

WEDNESDAYS (TORNADO TIME)	CLASS TIME
Warning Bell	7:59 a.m.
Period 1 52 minutes	8:02 a.m. - 8:54 a.m.
Advisement 45 minutes	9:01 a.m. - 9:46 a.m.
Period 2 52 minutes	9:53 a.m. - 10:45 a.m.
Period 3 52 minutes	10:52 a.m. - 11:44 a.m.
Period 4 90 minutes	11:51 a.m. - 1:21 p.m.
Period 5 52 minutes	1:28 p.m. - 2:20 p.m.

EARLY MORNING ASSEMBLY	CLASS TIME
Assembly 44 minutes	7:40 a.m. - 8:24 a.m.
Warning Bell	8:28 a.m.
Period 1 50 minutes	8:31 a.m. - 9:21 a.m.
Period 2 50 minutes	9:28 a.m. - 10:18 a.m.
Period 3 50 minutes	10:25 a.m. - 11:15 a.m.
Period 4 104 minutes	11:22 a.m. - 1:06 p.m.
Period 5 67 minutes	1:13 p.m. - 2:20 p.m.

MINI ASSEMBLY SCHEDULE	CLASS TIME
Assembly 15 minutes	7:40 a.m. - 7:55 a.m.
Warning Bell	8:02 a.m.
Period 1 55 minutes	8:05 a.m. - 9:00 a.m.
Period 2 54 minutes	9:07 a.m. - 10:01 a.m.
Period 3 67 minutes	10:08 a.m. - 11:15 a.m.
Period 4 104 minutes	11:22 a.m. - 1:06 p.m.
Period 5 67 minutes	1:13 p.m. - 2:20 p.m.

*Warning bell sounds 2 minutes before each class period.

**Period 4 includes 29 minutes for lunch.

Property of: _____ Grade: _____



Fight Fight Anoka Fight

Go Go Tornadoes

Win Win Maroon and White

We're with you tonight Tornadoes

Fight Fight to Victory

Team Team it's your game

Score-score-score and then

Score some more

Tornadoes win!

The current policies of Anoka High School and the Anoka-Hennepin School Board are subject to change at any time. If there have been any changes since the printing of this handbook, communication to parents and students will be given. Students are also responsible for the contents of the Anoka-Hennepin Schools Policy Handbook.

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FREQUENTLY CALLED TELEPHONE NUMBERS

ANOKA HIGH SCHOOL

Phone..... 763-506-6200
 Fax 763-506-6203
 TTY 763-506-6219

Activities

Ms. Poore 763-506-6223
Director

Ms. Brickley 763-506-6380
Secretary

Address/Telephone # Changes

Ms. Blake..... 763-506-6359
Data Management Secretary

Administration

Mr. Farley 763-506-6201
Principal

Ms. Hagerty 763-506-6221
Associate Principal A-F

Ms. Pelkey..... 763-506-6232
Associate Principal G-L

Mr. Lakanen 763-506-6225
Associate Principal M-R

Ms. Alton..... 763-506-6220
Associate Principal S-Z

Ms. Mahlberg... 763-506-6202
Head Secretary

Attendance Line. 763-506-6206

Health Office

Ms. Nikolic..... 763-506-6336
Nurse

Ms. DeLong 763-506-6204
Nurse Para

Counselors

Grades 9 & 11

Ms. Amy Gardner *A-K*
 763-506-6228

Ms. Katie Bruck *L-U*
 763-506-6226

Ms. Kim R. Nelson *V-Z, AVID & EL*
 763-506-6231

Grades 10 & 12

Ms. Kari Schell *A-K*
 763-506-6224

Mr. Michael McMahon *L-U*
 763-506-6267

Ms. Kim R. Nelson *V-Z, AVID & EL*
 763-506-6231

Fines/Parking Permits

Ms. Curtis 763-506-6296

Police Liaison

Mark Yates..... 763-506-6279

Psychologist

Mr. Lucas Reidenbach
 763-506-6229

Social Worker

Ms. Amber Turcotte .. 763-506-6305

Special Education

Julie Dreyer 763-506-6316

Testing

Mr. Lakanen 763-506-6225
 Ms. Chojnacki.... 763-566-6255



COMMUNICATION PROTOCOL

This communication protocol was developed to help promote direct communication so that problems and concerns can be addressed quickly, efficiently, and effectively between the parties involved. We are asking students and parents to follow this protocol. AHS staff is committed to student success and will listen to the concerns, maintain confidentiality and return calls/emails in a timely manner.

CLASSROOM CONCERNS

TEACHER

Students are encouraged to express their concerns directly to the teacher. Parents can contact teachers via telephone or email. Teachers will make every effort to get back to you as quickly as possible, but it may take a day or two.



SCHOOL COUNSELOR

If the concern is not resolved, then the student or parent should discuss the matter with the Counselor. Counselors can help with concerns that deal with classroom practice, grade, assignment or if you need a progress report.



ASSOCIATE PRINCIPAL

If a student or parent is dissatisfied with the response from the counselor, please contact the student's Associate Principal to express your concerns.



PRINCIPAL

Most concerns will have been resolved by this point. However, if you still need to speak with someone about your situation, please contact Principal, Michael Farley at 763-506-6201.



ASSOCIATE SUPERINTENDENT

If your concern has not been resolved through the Principal's office, please contact Associate Superintendent, Jeff McGonigal at 763-506-1005.

STUDENT ACTIVITY CONCERNS

COACH/ADVISOR/DIRECTOR

Students are encouraged to express their concerns directly with their coach/advisor. Parents can contact the coach/advisory via email or telephone.



VARSITY HEAD COACH/HEAD ADVISOR

If the concern is not resolved, then the student or parent should discuss the matter with the activity's Varsity Head Coach/Head Advisor. If the head coach/head advisor is the person you contacted previously, please proceed to the next step.



ACTIVITIES DIRECTOR

If a student or parent is dissatisfied with the response from the Head Coach or Head Advisor, please contact Activities Director, Gwendolyn Poore at 763-506-6223.



PRINCIPAL

Most concerns will have been resolved by this point. However, if you still have concerns after speaking with the Activities Director, please contact Principal, Mike Farley at 763-506-6201.



ASSOCIATE SUPERINTENDENT

If your concern has not been resolved through the Principal's office, please contact Associate Superintendent, Jeff McGonigal at 763-506-1005.

USING YOUR HANDBOOK/PLANNER

HOW TO USE YOUR STUDENT PLANNER TO MANAGE YOUR TIME!

Students have never been busier juggling academics, extra-curriculars, employment, and family responsibilities.

Planning and organizing will allow you to manage your time more effectively, reduce stress, and leave more leisure time for you to enjoy.

Statistics show that effective use of a planner can give you:

- 25-33% more time for the fun things you want to do.
- Reduction in your anxiety/stress level.
- More sleep at night.
- A great habit to have developed by the time you go to any post-secondary institution or training where you will have a less structured schedule.

HERE ARE SOME GUIDELINES TO HELP YOU WITH TIME MANAGEMENT:

- **Use your time wisely**, make use of “down time” whenever possible.
- **Get to class on time**, do not miss out on anything that should be recorded in your planner.
- **Start working on an assignment right away**. If you run into problems, you have time to ask your teacher before you leave the classroom or school for the day.
- **Use study hall time, advisement time, or study time in your classes**. If you don't have a current assignment to work on, study your notes from earlier class periods.
- **Don't miss school**. You will miss out on valuable class discussions and assignments and will have more work when you return.
- **Make a “To Do List” (TDL)**. In the evening or the early morning, list the tasks you want to accomplish for the day and rank each task (1st, 2nd, 3rd, etc.). Complete the tasks according to their importance and either cross them out or check them off when they are completed.

GUIDELINES TO USING YOUR PLANNER

- **Record assignments, projects, and due dates.**
- **For long assignments, take the time to space out the tasks of the assignment or project and write them down in your planner.**
- **Don't “cram” the night before - the learning will only be “short term”.**
- **Record test dates and information to be studied on tests.**
- **Record dates and times of meetings, practices, games, and other appointments.**

- **Record dates that are important to you (vacation days, birthdays, etc).**
- **Record your work schedule.**
- **Use the reference section - academic helps in the areas of English, Math and Science every morning to begin mentally planning your day.**

STUDY SKILLS

Prioritize your assignments on your weekly calendar pages before you start studying. The following tips will help you maximize your learning during your study time and give you extra free time.

- Find a quiet place to study, make sure it is well lit, and keep the television and music OFF or turned down low. They will only distract you if they are too loud.
- Sit in a chair that has a straight back. You'll get too sleepy studying on your bed or in a soft chair. Make sure there is enough fresh air.
- Have all your supplies easily accessible - books, calculator, ruler, pens, pencils, paper, note cards, highlighters, paper clips, etc.
- Keep your workplace organized and clean.

READING, LISTENING, AND NOTE TAKING

- Think about what you are reading. If the reading is hard to understand, stop and summarize what you've read. You may need to re-read the section more slowly and look up words you don't understand.
- Use shortcuts such as symbols and abbreviations to speed up your writing.
- Listen and record information that teachers indicate is important. [“This is important.” “Listen to what I am saying.” “Don't forget this...”]
- Listen carefully and stay focused. Ask the teacher to explain a point if you don't understand everything.
- Evaluate what you read and hear before writing anything.
- Taking notes:
 - a. Keep notes for each subject together
 - b. Use highlighters/colored pencils for different subjects.
 - c. Write down vocabulary terms and their definitions.
- Using flash cards is a GREAT way to memorize vocabulary, formulas, concepts, history events, science facts, etc. before a test or quiz.



2015-2016
AHS
DAILY PLANNER

7 MONDAY	
<i>Labor Day Holiday</i> <i>Building Closed ~ Offices Closed</i> LABOR DAY	SEPTEMBER
8 TUESDAY	Boys Soccer: 5:00 pm Spring Lake Park @ AHS Girls Soccer: 7:00 pm Spring Lake Park @ AHS
<i>First Day of School</i> <i>Opening Assembly ~ 7:40 am</i> 	SEPTEMBER
9 WEDNESDAY	
<i>Tornado Time</i> 	SEPTEMBER
10 THURSDAY	Cross Country: 4:00 pm Invitational @ Gale Woods- Minnetrista Girls Tennis: 4:00 pm Maple Grove @ AHS Girls Soccer: 5:00 pm Away @ Blaine Girls Volleyball: 7:00 pm Andover @ AHS Boys Soccer: 7:00 pm Away @ Blaine
<i>Picture Day</i> 	

Football: 7:00 pm Andover @ AHS SEPTEMBER	FRIDAY 11	
	Reminder: Last day for Tri. 2 and Tri. 3 schedule changes is October 13, 2015.	





Girls Volleyball: 9:00 am Invitational @ Big Lake Girls Swimming: 12:00 pm Invitational @ U of M Girls Soccer: 3:00 pm Park Center @ AHS Boys Soccer: 5:00 pm Park Center @ AHS	SATURDAY 12	
	<i>ACT</i>	
	<i>Classic Car Show</i>	

SEPTEMBER	SUNDAY 13	

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

<p>14 MONDAY</p> 	<p>Girls Soccer: 5:00 pm Away @ Champlin Park</p> <p style="text-align: right;">SEPTEMBER</p>
<p>15 TUESDAY</p> 	<p>Girls Volleyball: 7:00 pm Champlin Park @ AHS</p> <p style="text-align: right;">SEPTEMBER</p>
<p>16 WEDNESDAY</p> <p><i>Tornado Time</i></p> 	<p>Girls Tennis: 4:00 pm Away @ Spring Lake Park</p> <p style="text-align: right;">SEPTEMBER</p>
<p>17 THURSDAY</p> 	<p>Cross Country: 3:30 pm Invitational @ AHS</p> <p>Girls Tennis: 4:00 pm Totino-Grace @ AHS</p> <p>Girls Soccer: 5:00 pm Away @ Osseo</p> <p>Girls Swimming: 6:00 pm Away @ Maple Grove</p> <p>Girls Volleyball: 7:00 pm Away @ Spring Lake Park</p> <p>Boys Soccer: 7:00 pm Away @ Osseo</p>

Football: 7:00 pm Away @ Coon Rapids SEPTEMBER	FRIDAY 18
Reminder: Last day for Tri. 2 and Tri. 3 schedule changes is October 13, 2015.	



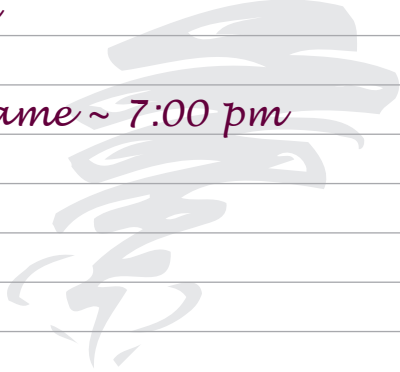

Girls Tennis: 9:00 am Away @ Cambridge-Isanti Girls Swimming: 1:00 pm Invitational @ St. Kates Univ. Boys Soccer: 1:00 pm Away @ Buffalo SEPTEMBER	SATURDAY 19

SEPTEMBER	SUNDAY 20

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

<p>21 MONDAY</p> 	<p>Girls Tennis: 4:00 pm Away @ Centennial</p> <p>Boys Soccer: 5:00 pm Andover vs AHS @ Goodrich</p> <p>Girls Soccer: 7:00 pm Andover vs AHS @ Goodrich</p> <p>Girls Volleyball: 7:00 pm Centennial @ AHS</p> <p style="text-align: right;">SEPTEMBER</p>
<p>22 TUESDAY</p> 	<p>Girls Swimming: 6:00 pm Elk River vs AHS @ AMSA-FM</p> <p style="text-align: right;">SEPTEMBER</p>
<p>23 WEDNESDAY</p> <p><i>Tornado Time</i></p> <p><i>Powder Puff Game ~ 7:00 pm</i></p> 	<p style="text-align: right;">SEPTEMBER</p>
<p>24 THURSDAY</p> 	<p>Girls Tennis: 4:00 pm Elk River @ AHS</p> <p>Girls Soccer: 5:00 pm Coon Rapids vs AHS @ Goodrich</p> <p>Girls Swimming: 6:00 pm Away vs CPHS @ Jackson</p> <p>Boys Soccer: 7:00 pm Coon Rapids vs AHS @ Goodrich</p> <p>Girls Volleyball: 7:00 pm Andover @ AHS</p>

Football: 7:00 pm Blaine @ AHS	FRIDAY 25
	<i>Homecoming</i>
	<i>Assembly: 7:40 am</i>
	<i>Football Game: 7:00 pm</i>
	<i>Activity Night @ AHS: 8-11 pm</i>
SEPTEMBER	Reminder: Last day for Tri. 2 and Tri. 3 schedule changes is October 13, 2015.

Girls Diving: 8:30 am Girls Swimming: 12:30 am Invitational @ Centennial Cross Country: 10:00 am Milaca Mega Meet @ Milaca Girls Soccer: 1:00 pm St. Francis vs AHS @ Goodrich	SATURDAY 26
	<i>Fall Dance Show</i>

SEPTEMBER	SUNDAY 27

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

<p>28 MONDAY</p>	<p>Girls Tennis: 4:00 pm Irondale @ AHS</p> <p style="text-align: right;">SEPTEMBER</p>
<p>29 TUESDAY</p> <p><i>Blood Drive</i></p>	<p>Girls Tennis: 4:00 pm Away @ Osseo</p> <p>Boys Soccer: 5:00 pm Elk River vs AHS @ Goodrich</p> <p>Girls Swimming: 6:00 pm Away vs Andover @ AMSA-FM</p> <p>Girls Soccer: 7:00 pm Elk River vs AHS @ Goodrich</p> <p>Girls Volleyball: 7:00 pm Armstrong @ AHS</p> <p style="text-align: right;">SEPTEMBER</p>
<p>30 WEDNESDAY</p> <p><i>Tornado Time</i></p> <p><i>Senior Panoramic Picture during advisement</i></p>	<p style="text-align: right;">SEPTEMBER</p>
<p>1 THURSDAY</p> <p><i>College Knowledge Month = October</i></p>	<p>Girls Tennis: 4:00 pm Armstrong @ AHS</p> <p>Girls Soccer: 5:00 pm Armstrong vs AHS @ Goodrich</p> <p>Girls Swimming: 6:00 pm Centennial vs AHS @ AMSA-FM</p> <p>Boys Soccer: 7:00 pm Armstrong vs AHS @ Goodrich</p> <p>Girls Volleyball: 7:00 pm Away @ Blaine</p> <p style="text-align: right;">OCTOBER</p>

Football: 7:00 pm Away @ Champlin Park OCTOBER	FRIDAY 2	
	Reminder: Last day for Tri. 2 and Tri. 3 schedule changes is October 13, 2015.	





Girls Volleyball: 9:00 am Tournament @ Duluth East Girls Swimming: 1:00 pm Section True Team @ Northdale Boys Soccer: 1:00 pm Away @ Centennial Girls Soccer: 3:00 pm Away @ Centennial	SATURDAY 3	
	<i>Band Field Show</i>	
	<i>Debate Invitational</i>	

OCTOBER	SUNDAY 4	

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

<p>5 MONDAY</p> 	<p>Girls Tennis: 4:00 pm Away @ Champlin Park</p> <p>Boys Soccer: 5:00 pm Away @ Irondale</p> <p>Girls Soccer: 7:00 pm Away @ Irondale</p> <p style="text-align: right;">OCTOBER</p>
<p>6 TUESDAY</p> 	<p>Cross Country: 4:00 pm Invitational @ St. Michael Rec Center</p> <p>Girls Volleyball: 7:00 pm Park Center @ AHS</p> <p style="text-align: right;">OCTOBER</p>
<p>7 WEDNESDAY</p> <p><i>Tornado Time</i></p> 	<p style="text-align: right;">OCTOBER</p>
<p>8 THURSDAY</p> 	<p>Girls Soccer: 5:00 pm Maple Grove vs AHS @ Goodrich</p> <p>Girls Swimming: 6:00 pm Away vs Park Center @ Brooklyn JHS</p> <p>Boys Soccer: 7:00 pm Maple Grove vs AHS @ Goodrich</p> <p>Girls Volleyball: 7:00 pm Away @ Coon Rapids</p> <p style="text-align: right;">OCTOBER</p>

Girls Volleyball: 4:00 pm Away @ St. Michael Girls Swimming: 6:00 pm True Team State @ U of M Football: 7:00 pm Centennial @ AHS	FRIDAY 9
	<i>Tri 1 Progress Report 1 of 2</i>
	<i>Posted online for parents/students</i>
OCTOBER	Reminder: Last day for Tri. 2 and Tri. 3 schedule changes is October 13, 2015.

Girls Volleyball: 8:00 am Tournament @ St. Michael-Albertville	SATURDAY 10
	<i>Tornado Scare Fun Run ~ 7:00 pm</i>
OCTOBER	

	SUNDAY 11
OCTOBER	

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

<p>12 MONDAY</p> <p><i>Picture Retake Day ~ 7:00 am-Noon</i></p>	<p style="text-align: right;">OCTOBER</p>
<p>13 TUESDAY</p> <p>LAST DAY FOR SCHEDULE CHANGES FOR THE ENTIRE 2015-16 SCHOOL YEAR!</p>	<p>Girls Swimming: 6:00 pm Irondale vs AHS @ AMSA-FM</p> <p>Girls Volleyball: 7:00 pm Maple Grove @ AHS</p> <p style="text-align: right;">OCTOBER</p>
<p>14 WEDNESDAY</p> <p><i>Staff Development ~ No Students</i></p> <p><i>PSAT, Blaine HS</i></p>	<p>Cross Country NWSC Championship @ Elk River GG</p> <p style="text-align: right;">OCTOBER</p>
<p>15 THURSDAY</p> <p><i>MEA Teacher Convention ~ No Students</i></p>	<p>Girls Swimming: 6:00 pm Away vs White Bear Lake @ WBL-YMCA</p> <p style="text-align: right;">OCTOBER</p>

OCTOBER	FRIDAY 16
	<i>MEA Teacher Convention ~ No Students</i>

OCTOBER	SATURDAY 17

OCTOBER	SUNDAY 18

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

19 MONDAY	
<i>Selective Colleges Admissions Presentation</i> <i>6:30-8:00 p.m. Auditorium</i>	<p style="text-align: right;">OCTOBER</p>
20 TUESDAY	
<i>Tornado Time</i> <i>Senior Cap/Gown Invitation -Advisement time</i>	<p>Girls Swimming: 6:00 pm NWSC @ AMSA-FM</p> <p>Girls Volleyball: 7:00 pm Away @ Elk River</p> <p style="text-align: right;">OCTOBER</p>
21 WEDNESDAY	<p style="text-align: right;">OCTOBER</p>
22 THURSDAY	<p>Girls Volleyball: 7:00 pm Irondale @ AHS</p> <p style="text-align: right;">OCTOBER</p>

OCTOBER	FRIDAY 23

Girls Swimming: 9:00 am Varsity/JV Conference Tournament @ Northdale MS OCTOBER	SATURDAY 24
	<i>ACT</i>

OCTOBER	SUNDAY 25

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

<p>26 MONDAY</p>	
<p>27 TUESDAY</p>	
<p>28 WEDNESDAY</p> <p><i>Tornado Time</i></p> <p><i>PSAT National Test Date</i></p> <p><i>Senior College Application Event (all day)-LMC</i></p>	
<p>29 THURSDAY</p> <p><i>P/T Conferences ~ 2:55-8:30 pm</i> <i>2:55-4:30 pm (Classrooms)</i> <i>5:00-8:30 pm (Fieldhouse)</i></p> <p><i>Senior Information</i> <i>6:00 pm Auditorium</i></p>	<p>Cross Country: 3:30 pm Section 5AA Championship @ AHS</p>

OCTOBER

OCTOBER

OCTOBER

OCTOBER

OCTOBER	FRIDAY 30
	<i>Halloween Dance</i> <i>AHS Cafeteria 8:00-11:00 pm</i>





OCTOBER	SATURDAY 31
	HALLOWEEN

NOVEMBER	SUNDAY 1
	DAYLIGHT SAVINGS - FALL BACK

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

<p>2 MONDAY</p> 	<p>NOVEMBER</p>
<p>3 TUESDAY</p> <p>ELECTION DAY</p> 	<p>NOVEMBER</p>
<p>4 WEDNESDAY</p> <p><i>Tornado Time</i></p> 	<p>NOVEMBER</p>
<p>5 THURSDAY</p> 	<p>NOVEMBER</p>

NOVEMBER	FRIDAY 6
	<i>Fall Musical ~ 7:00 pm</i>
	<i>Tri 1 Progress Report 2 of 2 Posted online for parents/students</i>

NOVEMBER	SATURDAY 7
	<i>Fall Musical ~ 7:00 pm</i>

NOVEMBER	SUNDAY 8
	<i>Fall Musical ~ 2:00 pm</i>

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

9 MONDAY	
<i>Boys Basketball, Alpine Ski, Nordic Ski, Gymnastics, Boys Hockey Sports Starts</i>	
10 TUESDAY	NOVEMBER
	Girls Hockey: 7:00 pm Away vs Irondale @ NSC
11 WEDNESDAY	NOVEMBER
<i>Tornado Time</i> <i>Veteran's Day Assembly Advisement time</i> <i>National Letter of Intent Signing</i> VETERAN'S DAY	NOVEMBER
12 THURSDAY	NOVEMBER
<i>Fall Musical ~ 7:00 pm</i>	NOVEMBER

NOVEMBER	FRIDAY 13
	<i>Fall Musical ~ 7:00 pm</i>

NOVEMBER Girls Hockey: 3:00 pm Maple Grove @ Anoka Arena	SATURDAY 14
	<i>Fall Musical ~ 7:00 pm</i>

NOVEMBER	SUNDAY 15

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

16 MONDAY	
<i>Girls Basketball, Wrestling Starts</i>	
17 TUESDAY	Girls Hockey: 7:00 pm Away vs Armstrong/Cooper @ New Hope Ice Arena
18 WEDNESDAY	
<i>Tornado Time</i>	
19 THURSDAY	Girls Hockey: 7:00 pm Away @ Elk River Ice Arena
<i>Dance Team starts</i>	

NOVEMBER

NOVEMBER

NOVEMBER

NOVEMBER

Boys Basketball: 7:15 pm Away @ Rogers NOVEMBER	FRIDAY 20	

Girls Hockey: 3:00 pm Spring Lake Park @ Anoka Arena NOVEMBER	SATURDAY 21	

NOVEMBER	SUNDAY 22	

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

<p>23 MONDAY</p>	
<p>24 TUESDAY</p> <p><i>Cap/Gown Order Deadline</i></p>	<p>Girls Hockey: 7:00 pm Rogers @ Anoka Arena</p> <p>Boys Basketball: 7:00 pm St. Francis @ AHS</p> <p>Boys Hockey: 7:30 pm Away @ Coon Rapids</p>
<p>25 WEDNESDAY</p> <p><i>No School</i></p>	
<p>26 THURSDAY</p> <p><i>Thanksgiving Holiday</i> <i>No School Building Closed</i></p>	

NOVEMBER

NOVEMBER

NOVEMBER

NOVEMBER

NOVEMBER	FRIDAY 27
	<i>Thanksgiving Holiday</i>
	<i>No School</i>

Boys Hockey: TBD Away vs Totino-Grace @ Brooklyn Park CC Girls Hockey: 3:00 pm Totino-Grace @ Anoka Arena	SATURDAY 28
	<i>Jingle Bell Run, 10:00 am start</i>

NOVEMBER	SUNDAY 29

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

30 MONDAY

Boys Swimming Starts

NOVEMBER

1 TUESDAY

Gymnastics: 6:30 pm
AHS vs Andover/Blaine
@ Jam Hops

Girls Hockey: 7:00 pm
Away vs North Metro Stars
@ BPCC

Girls Basketball: 7:00 pm
@ AHS

DECEMBER

2 WEDNESDAY

Boys Basketball: 7:30 pm
Away @ Zimmerman

DECEMBER

3 THURSDAY

End of Trimester 1

Nordic Ski: 3:30 pm
NWSC Age Group Skate
@ Elm Creek

Alpine Ski: 4:45 pm
Scrimmage @ Trollhaugen

Girls Hockey: 7:00 pm
Away vs St. Francis
@ East Bethel Ice Arena

Boys Hockey: 7:00 pm
Irondale @ Anoka Arena

Girls Basketball: 7:00 pm
Forest Lake @ AHS

Wrestling: 5:00 pm Buffalo @ AHS Boys Basketball: 7:00 pm Away @ Totino-Grace Wrestling: 7:00 pm Buffalo, St. Francis @ AHS DECEMBER	FRIDAY 4	
	<i>Staff Planning/Grading Day</i>	
	<i>No School for Students</i>	

Boys Hockey: TBD Centennial @ Anoka Arena Gymnastics: 11:00 am Invitational @ Elk River Gymnastics: 6:30 pm AHS vs Centennial @ Jam Hops Girls Hockey: 7:00 pm Away @ Centennial	SATURDAY 5	

DECEMBER	SUNDAY 6	

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

7 MONDAY	
<i>First Day of Trimester 2</i>	DECEMBER
8 TUESDAY	Girls Hockey: 7:00 pm Elk River @ Anoka Arena Boys Basketball: 7:00 pm Park Center @ AHS
	DECEMBER
9 WEDNESDAY	Nordic Ski: 3:30 pm NWSC Classic @ Elm Creek Gymnastics: 6:30 pm Away @ Champlin Park
<i>Tornado Time</i>	DECEMBER
10 THURSDAY	Girls Basketball: 7:00 pm Blaine @ AHS Boys Basketball: 7:00 pm Away @ Blaine Boys Hockey: 7:00 pm Away @ Elk River
<i>Trimester 1 Report Cards Posted</i>	DECEMBER

Girls Basketball: 7:00 pm Woodbury @ AHS Wrestling: 7:00 pm Away @ Elk River DECEMBER	FRIDAY 11	





Wrestling: 9:00 am Tournament @ Woodbury Boys Swimming: 12:00 pm Varsity Conf Tourn @ Northdale Girls Hockey: 3:00 pm Away vs CP @ Champlin Ice Forum Boys Basketball: 3:00 pm Bemidji @ AHS Boys Hockey: 7:00 pm Away @ Wayzata	SATURDAY 12	
	<i>ACT</i>	

DECEMBER	SUNDAY 13	

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

<p>14 MONDAY</p> 	<p>DECEMBER</p>
<p>15 TUESDAY</p> 	<p>Nordic Ski: 3:30 pm NWSC 7.5K Skate @ Woodland Trails Elk River</p> <p>Boys Swimming: 6:00 pm Coon Rapids vs AHS @ AMSA-FM</p> <p>Girls Basketball: 7:00 pm Champlin Park @ AHS</p> <p>Boys Basketball: 7:00 pm Away @ Champlin Park</p> <p>DECEMBER</p>
<p>16 WEDNESDAY</p> <p><i>Tornado Time</i></p> 	<p>DECEMBER</p>
<p>17 THURSDAY</p> 	<p>Alpine Ski: 4:45 pm Meet @ Trollhaugen</p> <p>Wrestling: 7:00 pm Away @ Andover</p> <p>DECEMBER</p>

Girls Basketball: 7:00 pm Away @ Elk River Boys Basketball: 7:00 pm Elk River @ AHS DECEMBER	FRIDAY 18	

Girls Hockey: 3:00 pm Blaine @ Anoka Arena Gymnastics: 6:30 pm AHS vs Coon Rapids @ Jam Hops Boys Hockey: 7:30 pm AHS vs Blaine @ Fogerty Arena DECEMBER	SATURDAY 19	

DECEMBER	SUNDAY 20	

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

21 MONDAY



DECEMBER

22 TUESDAY



Boys Swimming: 6:00 pm
Away vs Blaine @ Northdale
Girls Basketball: 7:00 pm
Roseville @ AHS
Boys Hockey: 7:00 pm
Andover @ Anoka Arena

DECEMBER

23 WEDNESDAY

Winter Break



DECEMBER

24 THURSDAY

Winter Break ~ Building Closed



DECEMBER

DECEMBER	FRIDAY 25
	<i>Winter Break ~ Building Closed</i>

DECEMBER	SATURDAY 26

DECEMBER	SUNDAY 27

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

28 MONDAY

Winter Break

DECEMBER

29 TUESDAY

Winter Break

DECEMBER

30 WEDNESDAY

Winter Break

Boys Basketball: 7:15 pm
Away @ Princeton

DECEMBER

31 THURSDAY

Winter Break

DECEMBER

JANUARY	FRIDAY 1
	<i>New Year's Day Holiday ~ Building Closed</i>



JANUARY Boys Basketball: 7:00 pm Hudson @ AHS	SATURDAY 2

JANUARY	SUNDAY 3

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

4 MONDAY	
<i>Return to School</i> 	
	<p>Nordic Ski: 3:30 pm NWSC 7.5K Classic @ TBD</p> <p>Alpine Ski: 4:45 pm Meet @ Wild Mountain</p> <p>Boys Swimming: 6:00 pm Champlin Park vs AHS @ AMSA-FM</p> <p>Girls Hockey: 7:00 pm Coon Rapids @ Anoka Arena</p> <p>Girls Basketball: 7:00 pm Away @ Coon Rapids</p> <p>Boys Basketball: 7:00 pm Coon Rapids @ AHS</p>
5 TUESDAY	
<i>Tornado Time</i> 	
	<p>Boys Swimming: 6:00 pm Away @ Irondale</p> <p>Boys Basketball: 7:00 pm Away @ Andover</p> <p>Girls Basketball: 7:00 pm Andover @ AHS</p> <p>Boys Hockey: 7:30 pm Away @ Maple Grove CC</p>

JANUARY

JANUARY

JANUARY

Girls Gymnastics: 6:30 pm Away @ Irondale JANUARY	FRIDAY 8	





Nordic Ski: 10:00 am Mesabi Invitational @ Biwabik Wrestling: 10:30 am Invitational @ Cambridge-Isanti Gymnastics: 12:15 pm Invitational @ Princeton Girls Hockey: 3:00 pm Centennial @ Anoka Arena Girls Basketball: 5:00 pm Away @ St. Francis Boys Hockey: 7:00 pm Away @ Centennial	SATURDAY 9	

JANUARY	SUNDAY 10	

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

<p>11 MONDAY</p> 	<p>JANUARY</p>
<p>12 TUESDAY</p> 	<p>Girls Basketball: 7:00 pm Away @ Irondale</p> <p>Boys Basketball: 7:00 pm Irondale @ AHS</p> <p>JANUARY</p>
<p>13 WEDNESDAY</p> <p><i>Tornado Time</i></p> 	<p>JANUARY</p>
<p>14 THURSDAY</p> 	<p>Nordic Ski: 3:30 pm NWSC 5K Skate @ Elm Creek</p> <p>Alpine Ski: 4:45 pm Meet @ Trollhaugen</p> <p>Boys Swimming: 6:00 pm Away @ Spring Lake Park</p> <p>Gymnastics: 6:30 pm Elk River vs AHS @ Jam Hops</p> <p>Wrestling: 7:00 pm Centennial @ AHS</p> <p>Girls Hockey: 7:00 pm Away vs St. Michael-Albertville @ Moose Sherrit Arena</p> <p>Boys Hockey: 7:00 pm Elk River @ Anoka Arena</p>

Boys Basketball: 7:00 pm Centennial @ AHS Girls Basketball: 7:00 pm Away @ Centennial JANUARY	FRIDAY 15
	<i>Tri 2 Progress Report 1 of 2</i>

Wrestling: 9:00 am Invitational @ Elk River Nordic Ski: 10:00 am ABC Relays @ Theodore Wirth Girls Hockey: 3:00 pm Champlin Park @ Anoka Arena JANUARY	SATURDAY 16
	<i>Dance Invitational</i>

JANUARY	SUNDAY 17

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

<p>18 MONDAY</p> <p><i>Martin Luther King Day</i> ~ No School</p>	<p>Nordic Ski: 10:00 am ABC Pursuit @ TBD</p> <p style="text-align: right;">JANUARY</p>
<p>19 TUESDAY</p>	<p>Alpine Ski: 4:45 pm Meet @ Wild Mountain</p> <p>Boys Basketball: 7:00 pm Away @ Maple Grove</p> <p>Girls Basketball: 7:00 pm Maple Grove @ AHS</p> <p style="text-align: right;">JANUARY</p>
<p>20 WEDNESDAY</p> <p><i>Tornado Time</i></p>	<p style="text-align: right;">JANUARY</p>
<p>21 THURSDAY</p>	<p>Boys Swimming: 6:00 pm Away vs Armstrong @ Plymouth MS</p> <p>Gymnastics: 6:30 pm Away @ Maple Grove</p> <p>Wrestling: 7:00 pm Blaine @ AHS</p> <p>Girls Hockey: 7:30 pm Away vs Mounds View @ NSC</p> <p style="text-align: right;">JANUARY</p>

Boys Basketball: 7:00 pm Away @ Armstrong Girls Basketball: 7:00 pm Armstrong @ AHS JANUARY	FRIDAY 22			

Boys Hockey: TBD Blaine @ Anoka Arena Girls Hockey: 3:00 pm AHS vs Blaine @ Fogerty Arena JANUARY	SATURDAY 23			

JANUARY	SUNDAY 24			

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

<p>25 MONDAY</p>	<p>Nordic Ski: 3:30 pm JV Conference @ Theodore Wirth</p> <p style="text-align: right;">JANUARY</p>
<p>26 TUESDAY</p>	<p>Boys Swimming: 6:00 pm Elk River vs AHS @ AMSA-FM</p> <p>Boys Basketball: 7:00 pm Champlin Park @ AHS</p> <p>Girls Hockey: 7:00 pm Andover @ Anoka Arena</p> <p>Girls Basketball: 7:00 pm Away @ Champlin Park</p> <p>Boys Basketball: 7:14 pm Away vs Duluth East @ Heritage Center</p>
<p>27 WEDNESDAY</p> <p><i>Tornado Time</i></p> <p><i>NHS Induction ~ 7:00 pm</i></p> <p><i>Senior Scholarship Applications ~ Auditorium</i> <i>8:54 a.m. - 9:46 a.m. (advisement)</i></p>	<p>Nordic Ski: 10:00 am NWSC Championship @ Theodore Wirth</p> <p style="text-align: right;">JANUARY</p>
<p>28 THURSDAY</p> <p><i>P/T Conferences ~ 2:55-7:35 pm</i> <i>2:55-4:30 pm (Classrooms)</i> <i>5:00-7:35 pm (Fieldhouse)</i></p> <p><i>Grade 8 Parent Reg. Night</i> <i>5:30 pm - Auditorium</i></p> <p><i>PSEO Meeting ~ 6:30 pm - Auditorium</i></p>	<p>Alpine Ski: 2:00 pm Meet @ Trollhaugen</p> <p>Boys Basketball: 7:00 pm Away @ Coon Rapids</p> <p>Boys Hockey: 7:00 pm Away @ Andover Arena</p> <p style="text-align: right;">JANUARY</p>

Girls Basketball: 7:00 pm Coon Rapids @ AHS Wrestling: 7:00 pm Away @ Coon Rapids JANUARY	FRIDAY 29			





Boys Hockey: TBD Maple Grove @ Anoka Arena Wrestling: 9:30 am Dual @ AHS Wrestling: 10:00 am Tournament @ Canby Girls Basketball: 2:00 pm Away @ St. Cloud Tech Girls Hockey: 3:00 pm Away @ Coon Rapids Ice Center Gymnastics: 6:30 pm Osseo vs AHS @ Jam Hops	SATURDAY 30			

JANUARY	SUNDAY 31			

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

<p>1 MONDAY</p> 	<p>FEBRUARY</p>
<p>2 TUESDAY</p> 	<p>Alpine Ski: TBD Sectional Tournament @ TBD</p> <p>Boys Basketball: 7:00 pm Andover @ AHS</p> <p>Girls Basketball: 7:00 pm Away @ Andover</p> <p>Boys Hockey: 7:00 pm St. Michael-Albertville @ Anoka Arena</p> <p>FEBRUARY</p>
<p>3 WEDNESDAY</p> <p><i>Tornado Time</i></p> <p><i>Talent Show</i></p> <p><i>National Letter of Intent Signing</i></p> 	<p>Nordic Ski: 10:00 am Section 5 Championship @ Theodore Wirth</p> <p>FEBRUARY</p>
<p>4 THURSDAY</p> 	<p>Boys Swimming: 6:00 pm Varsity Tournament @ TBD</p> <p>Gymnastics: 6:30 pm Away @ Park Center</p> <p>Boys Basketball: 7:00 pm Away @ Elk River</p> <p>Boys Hockey: 7:00 pm Armstrong/Cooper @ Anoka Arena</p> <p>Girls Basketball: 7:00 pm Elk River @ AHS</p>

Wrestling: 7:00 pm Champlin Park @ AHS FEBRUARY	FRIDAY 5	
	<i>MORP Assembly ~ Advisement Fieldhouse</i>	
	<i>MORP Dance ~ Courtyards of Andover</i>	





Wrestling: 9:00 am Champlin Park @ AHS Boys Hockey: 7:00 pm Away vs Spring Lake Park @ Fogerty Arena FEBRUARY	SATURDAY 6	
	<i>ACT</i>	

FEBRUARY	SUNDAY 7	

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

<p>8 MONDAY</p> 	<p>Nordic Ski: 4:00 pm Conference JV Meet @ Elm Creek</p> <p>Boys Hockey: 7:00 pm Osseo @ Anoka Arena</p> <p style="text-align: right;">FEBRUARY</p>
<p>9 TUESDAY</p> 	<p style="text-align: right;">FEBRUARY</p>
<p>10 WEDNESDAY</p> <p><i>Tornado Time</i></p> 	<p>Nordic Ski: 1:00 pm Charlie Bank's State Relay's @ Biwabik</p> <p>Alpine Ski: TBD State Tournament @ TBD</p> <p>Girls Basketball: 7:00 pm Centennial @ AHS</p> <p>Boys Basketball: 7:00 pm Away @ Centennial</p> <p style="text-align: right;">FEBRUARY</p>
<p>11 THURSDAY</p> 	<p>Nordic Ski: 10:00 am MSHSL Nordic Ski Championship @ Biwabik</p> <p>Boys Hockey: 7:00 pm Champlin Park @ Anoka Arena</p> <p style="text-align: right;">FEBRUARY</p>

Boys Basketball: 7:00 pm Away @ Osseo Girls Basketball: 7:00 pm Osseo @ AHS FEBRUARY	FRIDAY 12	

Boys Swimming: TBD JV Conf Tourn @ Northdale FEBRUARY	SATURDAY 13	

FEBRUARY	SUNDAY 14	
	VALENTINE'S DAY	

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

15 MONDAY	
<i>President's Day Holiday ~ Building Closed</i> PRESIDENT'S DAY	FEBRUARY
16 TUESDAY	Boys Basketball: 7:00 pm Spring Lake Park @ AHS Girls Basketball: 7:00 pm Away @ Spring Lake Park
<i>Staff Development Day ~ No School for Students</i> 	FEBRUARY
17 WEDNESDAY	
<i>Tornado Time</i> 	FEBRUARY
18 THURSDAY	Boys Basketball: 7:00 pm Away @ South Saint Paul
	FEBRUARY

Boys Basketball: 7:00 pm Blaine @ AHS Girls Basketball: 7:00 pm Away @ Blaine FEBRUARY	FRIDAY 19
	<i>Tri 2 Progress Report 2 of 2</i>

FEBRUARY	SATURDAY 20

FEBRUARY	SUNDAY 21

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

22 MONDAY

Lined writing area for Monday, February 22.

FEBRUARY

23 TUESDAY

Music - Spring Fling ~ 7:00 pm

Lined writing area for Tuesday, February 23.

Girls Basketball: 7:00 pm
Away @ Park Center

FEBRUARY

24 WEDNESDAY

Tornado Time

Boys/Girls State Meeting

Lined writing area for Wednesday, February 24.

FEBRUARY

25 THURSDAY

Music - Spring Fling ~ 7:00 pm

Lined writing area for Thursday, February 25.

FEBRUARY

Girls Basketball: 7:00 pm Totino-Grace @ AHS FEBRUARY	FRIDAY 26			

FEBRUARY	SATURDAY 27			

FEBRUARY	SUNDAY 28			

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

29 MONDAY

Music - Spring Fling ~ 7:00 pm

FEBRUARY

1 TUESDAY

MARCH

2 WEDNESDAY

Tornado Time

MARCH

3 THURSDAY

MARCH

MARCH	FRIDAY 4	

MARCH	SATURDAY 5	
	<i>Speech Tournament</i>	

MARCH	SUNDAY 6	

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

<p>7 MONDAY</p> <p><i>[Faint background watermark of a stylized bird or logo]</i></p>	<p>MARCH</p>
<p>8 TUESDAY</p> <p><i>College Fair ~ 8:00-10:00 am Fieldhouse</i></p> <p><i>FAFSA Night 5-7 pm</i></p> <p><i>[Faint background watermark of a stylized bird or logo]</i></p>	<p>MARCH</p>
<p>9 WEDNESDAY</p> <p><i>[Faint background watermark of a stylized bird or logo]</i></p>	<p>MARCH</p>
<p>10 THURSDAY</p> <p><i>End of Trimester 2</i></p> <p><i>[Faint background watermark of a stylized bird or logo]</i></p>	<p>MARCH</p>

MARCH	FRIDAY 11
	<i>Staff Planning/Grading Day</i>
	<i>No School for Students</i>

MARCH	SATURDAY 12

MARCH	SUNDAY 13
	DAYLIGHT SAVINGS - SPRING AHEAD

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

14 MONDAY	
<i>Spring Break ~ No School</i>	
<i>Softball and Track Sports Start</i>	
15 TUESDAY	
<i>Spring Break ~ No School</i>	
<i>Trimester 2 Report Cards Posted</i>	
16 WEDNESDAY	
<i>Spring Break ~ No School</i>	
17 THURSDAY	
<i>Spring Break ~ District Closed</i>	
ST. PATRICK'S DAY	

MARCH

MARCH

MARCH

MARCH

MARCH	FRIDAY 18
	<i>Spring Break ~ District Closed</i>

MARCH	SATURDAY 19

MARCH	SUNDAY 20

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

21 MONDAY	
<i>Trimester 3 Begins</i>	
<i>Prom Ticket Sales ~ March 21-April 1, 2016</i>	
<i>Boys/Girls Golf, Baseball Sports Start</i>	
22 TUESDAY	
23 WEDNESDAY	
<i>Tornado Time</i>	
24 THURSDAY	

MARCH	FRIDAY 25
	<i>Staff Development</i> <i>~ No Students</i>

MARCH	SATURDAY 26

MARCH	SUNDAY 27

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

28 MONDAY

Boys Tennis Starts

MARCH

29 TUESDAY

MARCH

30 WEDNESDAY

Tornado Time

MARCH

31 THURSDAY

Last Day for: Senior Graduation Speaker Sign-ups

MARCH

APRIL	FRIDAY 1
	<i>Last Day for: Prom Ticket Sales</i>

APRIL	SATURDAY 2

APRIL	SUNDAY 3

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

4 MONDAY	
<i>Boys/Girls Lacrosse starts</i>	
5 TUESDAY	
<i>Graduation Speaker Tryouts ~ News Studio 1:15 - 3:00 pm</i>	
6 WEDNESDAY	
<i>Tornado Time</i>	
7 THURSDAY	

APRIL

APRIL

APRIL

APRIL

APRIL	FRIDAY 8	





APRIL	SATURDAY 9	
	<i>ACT</i>	

APRIL	SUNDAY 10	

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

<p>11 MONDAY</p> 	<p>APRIL</p>
<p>12 TUESDAY</p> 	<p>Girls Softball: 4:30 pm Away @ Coon Rapids Boys Baseball: 4:30 pm Away @ Coon Rapids</p> <p>APRIL</p>
<p>13 WEDNESDAY</p> <p><i>Tornado Time</i></p> <p><i>National Letter of Intent Signing</i></p> 	<p>APRIL</p>
<p>14 THURSDAY</p> 	<p>Boys Baseball: 4:30 pm Away @ Centennial Girls Softball: 4:30 pm Away @ Centennial</p> <p>APRIL</p>

Boys Lacrosse: 6:30 pm Away @ Osseo Girls Lacrosse: 6:30 pm Osseo @ AHS APRIL	FRIDAY 15
	<i>Tri 3 Progress Report 1 of 2</i>





APRIL	SATURDAY 16
	<i>Prom ~ 6:30-11:00 pm</i>
	<i>International Market Square</i>

APRIL	SUNDAY 17

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

<p>18 MONDAY</p> 	<p>Boys Lacrosse: 6:30 pm Maple Grove vs AHS @ Goodrich Field</p> <p>Girls Lacrosse: 6:30 pm Away @ Maple Grove</p> <p style="text-align: right;">APRIL</p>
<p>19 TUESDAY</p> <p><i>ACT at AHS</i></p> 	<p>Boys Baseball: 4:30 pm Armstrong @ AHS</p> <p>Girls Softball: 4:30 pm Armstrong @ AHS</p> <p style="text-align: right;">APRIL</p>
<p>20 WEDNESDAY</p> <p><i>Tornado Time</i></p> 	<p>Boys Lacrosse: 6:30 pm Away @ Totino-Grace</p> <p>Girls Lacrosse: 6:30 pm Totino-Grace vs AHS @ Goodrich Field</p> <p style="text-align: right;">APRIL</p>
<p>21 THURSDAY</p> 	<p>Boys Baseball: 4:30 pm Spring Lake Park @ AHS</p> <p>Girls Softball: 4:30 pm Spring Lake Park @ AHS</p> <p style="text-align: right;">APRIL</p>

APRIL	FRIDAY 22


APRIL	SATURDAY 23

APRIL	SUNDAY 24

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

<p>25 MONDAY</p> 	<p>Boys Lacrosse: 6:30 pm Spring Lake Park vs AHS @ Goodrich Field</p> <p>Girls Lacrosse: 6:30 pm Away @ Spring Lake Park</p> <p style="text-align: right;">APRIL</p>
<p>26 TUESDAY</p> 	<p>Boys Baseball: 4:30 pm Away @ Elk River</p> <p>Girls Softball: 4:30 pm Away @ Elk River</p> <p style="text-align: right;">APRIL</p>
<p>27 WEDNESDAY</p> <p><i>Tornado Time</i></p> 	<p style="text-align: right;">APRIL</p>
<p>28 THURSDAY</p> <p><i>P/T Conferences ~ 2:55-7:35 pm</i> 2:55-4:30 pm (Classrooms) 5:00-7:35 pm (Fieldhouse)</p> 	<p>Boys Baseball: 4:30 pm Champlin Park @ AHS</p> <p>Girls Softball: 4:30 pm Champlin Park @ AHS</p> <p style="text-align: right;">APRIL</p>

APRIL	FRIDAY 29

APRIL Boys Baseball: 4:30 pm Totino-Grace @ AHS	SATURDAY 30

MAY	SUNDAY 1

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

<p>2 MONDAY</p> <p><i>AP Testing</i></p>	<p>Boys Lacrosse: 6:30 pm Andover vs AHS @ Goodrich Field</p> <p>Girls Lacrosse: 6:30 pm Away @ Andover</p> <p style="text-align: right;">MAY</p>
<p>3 TUESDAY</p> <p><i>AP Testing</i></p>	<p>Boys Baseball: 4:30 pm Blaine @ AHS</p> <p>Girls Softball: 4:30 pm Blaine @ AHS</p> <p style="text-align: right;">MAY</p>
<p>4 WEDNESDAY</p> <p><i>Tornado Time</i></p> <p><i>AP Testing</i></p> <p><i>Scholarship Night ~ 7:00 pm Auditorium</i></p>	<p>Boys Lacrosse: 6:30 pm Blaine vs AHS @ Goodrich Field</p> <p>Girls Lacrosse: 6:30 pm Away @ Blaine</p> <p style="text-align: right;">MAY</p>
<p>5 THURSDAY</p> <p><i>AP Testing</i></p>	<p>Boys Baseball: 4:30 pm Away @ Park Center</p> <p>Girls Softball: 4:30 pm Away @ Park Center</p> <p style="text-align: right;">MAY</p>

Track: 3:30 pm
Meet @ New Richmond

FRIDAY 6

AP Testing

MAY

SATURDAY 7

MAY

SUNDAY 8

MAY

MOTHER'S DAY

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

<p>9 MONDAY</p> <p><i>AP Testing</i></p>	<p>Boys Lacrosse: 6:30 pm Away @ Armstrong</p> <p>Girls Lacrosse: 6:30 pm Armstrong vs AHS @ Goodrich Field</p> <p style="text-align: right;">MAY</p>
<p>10 TUESDAY</p> <p><i>AP Testing</i></p>	<p>Boys Baseball: 4:30 pm Away @ Andover</p> <p>Girls Softball: 4:30 pm Away @ Andover</p> <p style="text-align: right;">MAY</p>
<p>11 WEDNESDAY</p> <p><i>Tornado Time</i></p> <p><i>AP Testing</i></p> <p><i>Honor's Assembly ~ Advisement in Fieldhouse</i></p>	<p>Boys Lacrosse: 6:30 pm Champlin Park vs AHS @ Goodrich Field</p> <p>Girls Lacrosse: 6:30 pm Away @ Champlin Park</p> <p style="text-align: right;">MAY</p>
<p>12 THURSDAY</p> <p><i>AP Testing</i></p>	<p>Boys Baseball: 4:30 pm Irondale @ AHS</p> <p>Girls Softball: 4:30 pm Irondale @ AHS</p> <p style="text-align: right;">MAY</p>

MAY	FRIDAY 13
	<i>AP Testing</i>

MAY	SATURDAY 14

MAY	SUNDAY 15

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

<p>16 MONDAY</p>	<p>Boys Lacrosse: 6:30 pm Away @ Centennial</p> <p>Girls Lacrosse: 6:30 pm Centennial vs AHS @ Goodrich Field</p> <p style="text-align: right;">MAY</p>
<p>17 TUESDAY</p> <p><i>Special Recognition Awards</i> 7:00 pm Auditorium</p>	<p>Boys Baseball: 4:30 pm Away @ Osseo</p> <p>Girls Softball: 4:30 pm Away @ Osseo</p> <p style="text-align: right;">MAY</p>
<p>18 WEDNESDAY</p> <p><i>Tornado Time</i></p> <p><i>Academic Lettering Night</i> 7:00 pm ~ Fieldhouse</p> <p><i>Senior Graduation Meeting</i> Auditorium/Advisement</p>	<p>Boys Lacrosse: 6:30 pm Elk River vs AHS @ Goodrich Field</p> <p>Girls Lacrosse: 6:30 pm Away @ Elk River</p> <p style="text-align: right;">MAY</p>
<p>19 THURSDAY</p> <p><i>Senior Breakfast</i> <i>Yearbook/Cap & Gown Distribution</i></p>	<p>Boys Baseball: 4:30 pm Maple Grove @ AHS</p> <p>Girls Softball: 4:30 pm Maple Grove @ AHS</p> <p style="text-align: right;">MAY</p>

MAY	FRIDAY 20
	<i>Tri 3 Progress Report 2 of 2</i>

MAY	SATURDAY 21

MAY	SUNDAY 22

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

23 MONDAY

Boys Lacrosse: 6:30 pm
Away @ Coon Rapids
Girls Lacrosse: 6:30 pm
Coon Rapids vs AHS
@ Goodrich Field

MAY

24 TUESDAY

Girls Softball: 4:30 pm
Totino-Grace @ AHS

MAY

25 WEDNESDAY

Tornado Time

Boys Lacrosse: 6:30 pm
Away @ Irondale
Girls Lacrosse: 6:30 pm
Irondale vs AHS
@ Goodrich Field

MAY

26 THURSDAY

MAY

MAY	FRIDAY 27

MAY	SATURDAY 28

MAY	SUNDAY 29

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

30 MONDAY

*Memorial Day Holiday
~ Building Closed*

MEMORIAL DAY

MAY

31 TUESDAY

MAY

1 WEDNESDAY

Senior's Last Day

JUNE

2 THURSDAY

JUNE

JUNE	FRIDAY 3	

JUNE	SATURDAY 4	

JUNE	SUNDAY 5	
	<i>Baccalaureate</i>	

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

6 MONDAY	
<i>Commencement ~ 7:00 pm</i> <i>Goodrich Field</i>	
7 TUESDAY	
8 WEDNESDAY	
9 THURSDAY	

JUNE

JUNE

JUNE

JUNE

JUNE	FRIDAY 10
	<i>End of Trimester 3</i>

JUNE	SATURDAY 11
	<i>ACT at AHS</i>

JUNE	SUNDAY 12

WEEKLY HALL PASS

Date	Time Out	Destination	Time In	Teacher Initial

Parent/Teacher Comments: _____

13 MONDAY

*Staff Planning
~ No Students*

JUNE

14 TUESDAY

JUNE

15 WEDNESDAY

Trimester 3 Report Card Posting

JUNE

16 THURSDAY

JUNE



ANOKA HIGH SCHOOL

POLICIES & PROCEDURES

2015-2016

The current policies of Anoka High School and the Anoka-Hennepin School Board are subject to change at any time. If there have been any changes since the printing of this handbook, communication to parents and students will be given. Students are also responsible for the contents of the Anoka-Hennepin Schools Policy Handbook.

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WELCOME TO ANOKA HIGH SCHOOL

The main purpose of this handbook is to acquaint you, the student, with the organization of your high school. It is intended to help you. Should you be confused by any of its contents please contact any faculty member.

Experience has shown that the best guarantee of accomplishing a job successfully is to start it in the right way. Undefined goals, inefficient methods, and wasted hours are often key factors in failing to complete a task. Therefore, it is important to observe these guidelines in order to make the school year a success for us as individuals and for the entire student body of Anoka High School.

*To hear today's daily
announcements, dial
763-506-6208*

ADMINISTRATION

Mr. Michael Farley
Principal

Ms. Susan Hagerty
Associate Principal
Grades 9-12 (A-F)

Ms. Amy Pelkey
Associate Principal
Grades 9-12 (G-L)

Mr. Eric Lakanen
Associate Principal
Grades 9-12 (M-R)

Ms. Jill Alton
Associate Principal
Grades 9-12 (S-Z)

Ms. Gwen Poore
Activities Director

**ATTENDANCE LINE:
763-506-6206**

FOR TECHNOLOGY OR PASSWORD HELP,
CALL 763-506-HELP

RESPECT: LET IT BEGIN HERE!

Respect is the cornerstone of all our interactions and behaviors. We acknowledge the dignity and worth of one another and strive never to diminish another by our conduct or our attitudes.

MISSION STATEMENT

Anoka High School is a caring community dedicated to excellence while fostering learning, leadership, and respect.

INAPPROPRIATE LANGUAGE

At Anoka High School, disrespectful language of any kind will not be tolerated. Any use of racial epithets, ethnic slurs and derogatory/insulting terms relating to mental and/or physical ability, appearance, gender, country of origin, home language, religion, sexual orientation or social class is strictly forbidden. The use of such language anywhere on school premises/grounds will result in immediate consequences, such as but not limited to: referral to the office; contacting parent(s); and suspension.

INAPPROPRIATE ACTIONS

Inappropriate actions of any kind will not be tolerated. Any display of hostility or disrespectful behavior will be met with consequences. Hostile hand gestures, facial expressions or body language will not be tolerated. Inappropriate

touching, pushing, shoving, or violence of any kind will not be tolerated. Defacing of school or personal property will not be tolerated. Displays of offensive symbols and words on clothing, book covers, or motor vehicles driven/parked on school property will not be tolerated.

RESPONDING TO HATE SPEECH OR HATE CRIMES AT SCHOOL

One of the simplest measures of school's commitment to respect is the quality of interaction in its hallways. The use of put-downs and epitaphs, physical intimidation or visual messages of hate creates a toxic environment for learning and growth.

The First Amendment may protect student's right to say, write, or display a sense of words and symbols but courts have ruled that schools can punish behavior, including speech, that is disruptive to the educational process. Perhaps the best approach in balancing First Amendment rights with other concerns is to stress the importance of a safe atmosphere in which every student is treated with respect.

The Confederate flag is considered offensive to students of color and, therefore, is not permitted on Anoka High School property.

Diversity Committee '99-'00

SCHOOL COUNSELORS

COUNSELOR ASSIGNMENTS • GRADES 9 & 11

Ms. Amy Gardner (A-K)	Amy.Gardner@anoka.k12.mn.us	763-506-6228
Ms. Katie Bruck (L-U)	Katie.Bruck@anoka.k12.mn.us	763-506-6226
Ms. Kim R. Nelson (V-Z, AVID & EL)	KimR.Nelson@anoka.k12.mn.us	763-506-6231

COUNSELOR ASSIGNMENTS • GRADES 10 & 12

Ms. Kari Schell (A-K)	Kari.Schell@anoka.k12.mn.us	763-506-6224
Mr. Michael McMahon (L-U)	Michael.McMahon@anoka.k12.mn.us	763-506-6267
Ms. Kim R. Nelson (V-Z, AVID & EL)	KimR.Nelson@anoka.k12.mn.us	763-506-6231

COUNSELING DEPARTMENT

The Counseling Department is designed to assist all students with academic, personal/social, career planning and post-secondary concerns. This includes requirements for graduation, course registration, classroom presentations, college testing information, financial aid, and counseling individual student needs.

CAREER EDUCATION

For students and parents, the process of planning for the future can be stressful and frustrating. The AHS Career Center is designed to help with that process. It is a clearinghouse of information for career decision making. A variety of resources are available to secure the training needed for occupations such as college, military, apprenticeship and school to work options. College and military visits are conducted in the Career Center. Students may sign up to meet with the representatives. Students can participate in district wide career field trips for a variety of occupations by signing up through the Career Center. Students and parents can obtain financial aid and scholarship information in the career center.

During the school year, the Career Center is open on the second Tuesday of the month from 5-7 PM, when school is in session, for students and parents to access all of these great resources. The website for the career center is www.anoka.k12.mn.us/careercenter for current or upcoming activities or call 763-506-6273. Colleen Neary is the contact person for the Career Center.

Another outstanding resource that contains a wealth of information for college and career planning is the website www.anoka.k12.mn.us/collegeplus

A-H CONNECT

Parents can access their child's information via A-H Connect. A-H Connect is a secure online school district web-based system that provides access to a great deal of public information as well as specific information regarding individual students. With a username and password, information about grades, schedules and even entire course and grade history can be accessed. A request form to access the personal information can be found in the public area of A-H Connect. Get connected at: AHConnect.anoka.k12.mn.us. For technology or password help, call 763-506-HELP

STUDENT SERVICES

INTRODUCTION

The years you spend at Anoka High School are some of the most important years of your life. In all probability, you will never again have as many people helping you and as interested in your well being. We ask that you be a good school citizen who represents yourself, your parents, and your school

BOOKS

School texts are furnished free to all students. Certain classes may use workbooks or magazines as part of their curriculum. Some courses charge fees for materials.

Students are asked to exercise care in using books and will be held accountable for lost, damaged or stolen books.

Book covers may be obtained in the Counseling Office, Resource Areas, or the school store, which is located in the main commons. Other school supplies may also be purchased before school and during lunch.

LOCKERS

You will be assigned an individual locker. Students should not, for any reason, share a locker with another student. Students are responsible for all items in their lockers, as well as the care and cleanliness of their locker. Students will be assessed fines for any damage to their assigned locker.

Each locker is provided with an **activated** combination lock. Do not lock your locker with a personal padlock - it will be cut off. All students are reminded that they are responsible for

articles kept in their lockers. **DO NOT LEAVE VALUABLES OR MONEY IN YOUR LOCKER EVEN IF IT IS LOCKED SINCE THE SCHOOL CANNOT BE HELD RESPONSIBLE FOR STOLEN PROPERTY.** All backpacks/bookbags are to remain in the lockers during the school day (7:40-2:20).

IDENTIFICATION CARDS

Identification cards will be issued to all students shortly after pictures are taken in the fall. This ID card should be carried with you at all times during school and school activities. You may need to produce your ID card:

- when asked by a staff member to see it
- when checking out LMC materials/books
- when seeking admittance to school events
- when leaving or entering the building or grounds during the school day

If you lose your ID card, it can be replaced for a fee of \$5.00

BUS TRANSPORTATION

The School District provides bus transportation for students who qualify. It is the responsibility of each student riding the bus to behave properly. Driving demands the bus driver's full attention. For the safety of everyone, do nothing to distract the driver. Transportation may be refused to anyone causing a disturbance or endangering the bus as per published district policy.

If students need to ride a bus that is not assigned to them, they must get approval from their Associate Principal 24 hours in advance.

BUS TRANSPORTATION TO OTHER SITES

Bus transportation is provided for vocational programs. If a student misses the bus, he/she is to report to his/her principal's office and may be placed in MLC for the remainder of the class period [s].

DANCE POLICY FOR ALL ANOKA HIGH SCHOOL DANCES

1. All dance tickets must be purchased in advance. There will be no sales at the door.
2. Students will not be allowed to purchase tickets and/or attend Anoka High School dances if they have unpaid fines or fees.
3. Students will not be allowed to attend dances if they have serious discipline issues.
4. Students must show school I.D. when purchasing tickets and checking in at the dance.
5. Students who are dressed inappropriately will not be allowed into the dances.

Homecoming & Halloween Dance Expectations

- Only currently enrolled Anoka High School students allowed

MORP Dance Expectations

- Juniors and seniors only may invite one guest who is currently enrolled in a high school.
- Sophomore and Freshman may only attend with AHS students.
- A guest contract must be completed and submitted to their Associate Principal for approval before the purchase of tickets.

PROM Dance Expectations

- Freshmen and sophomores may attend only as a guest of a junior or senior.
- Juniors and seniors may invite one guest who is currently enrolled in a high school or is 20 years of age and under.
- A guest contract must be completed and submitted to their Associate Principal for approval before the purchase of tickets.

DRIVER'S TRAINING

Driver training classroom instruction: is offered during the school day as a class option as well as after the school day. Both options meet the state requirements. To enroll in the daytime classroom options, students must indicate their interest when they register for classes (usually in January). The after school classroom course is offered several times throughout the year at a cost of \$60. Students are notified of these courses through announcements at school and register in the Counseling Office.

"Behind-the-Wheel" driver training instruction is offered before and after school, on weekends and during the summer months. The current fee is \$170. The rescheduling fee for students who do not show-up for their scheduled Behind the Wheel lesson is \$40.

FINAL EXAMINATIONS

Compulsory final examinations will be given in grades 9-11 the last days of each trimester for all courses giving credit. Tri 3 final exams for seniors will be given at the discretion of the teacher. **No student shall be allowed to take final exams early.**

GRADING

Anoka High School uses a Regular and a Weighted Grading System. Report cards are issued at the end of each trimester.

WEIGHTED GRADE POINT AVERAGE (GPA)

The weighted grade point averages will be calculated by a value "added" weighted system for grades of C or above earned in Honors, Advanced Placement, College in the Schools, Concurrent Enrollment classes, and selected PSEO classes. Students are able to take as many honors level courses per year as they wish. Weighted GPA will be

calculated by adding all the grade points earned in a trimester and dividing the total by the number of courses taken that trimester.

GPA calculations are based on a 4.0 system. Based on the five period day, each trimester of a class equals .50 credit.

<u>Grade</u>	<u>Regular</u>	<u>Honors</u>
A	4.00	4.33
A -	3.67	4.00
B+	3.33	3.67
B	3.00	3.33
B -	2.67	3.00
C+	2.33	2.67
C	2.00	2.33
C -	1.66	1.66
D+	1.33	1.33
D	1.00	1.00
D -	0.67	0.67
F, I, NC	0.00	0.00
NG, P	No Value Assigned	

CLASS RANK is calculated and reported based on GPAs. Both weighted and unweighted class ranks are produced. It is the composite ordering of all students' GPAs. As GPAs change, so do class ranks. As grades are entered and calculations run, class ranks are produced. Most grades are entered into the system at the end of a trimester. However additional situations outside the usual grading window include:

- Incompletes are changed to grades after 3 weeks. All incompletes must be completed within 3 weeks from the end of the trimester.
- Transfer student's grades are added to the system.
- Dropped student's grades are removed from the system.
- PSEO grades are added when received from the post secondary institution.

Any time grades are added or removed, and calculations run, the class rank will change. Weighted and unweighted GPA's will appear on report cards. Both weighted and unweighted GPA will appear on transcripts.

More information about GPA and class rank is available from the counseling office.

GRADUATION REQUIREMENTS

To receive a diploma from Anoka High School, a student must have obtained the minimum number of credits established by the School Board and pass State Mandated Tests or complete a college readiness exam. A student may walk through the ceremony if they meet a minimum of

26 credits. A student completing diploma requirements a year late would not walk through commencement.

It is the students' responsibility to be aware of their credit situation. Students with credit concerns should contact their counselor for assistance.

Honors Graduation Requirements:

Honors graduation status is determined by cumulative GPA and number of Honors courses completed with a C or higher at the end of Trimester 2. PSEO students' status will be determined after the college's fall semester.

Highest Honors:

Weighted GPA "at and above" 3.90. Two credits of honors courses must be completed in grade 12 and a total of 10 credits during grades 9-12.

High Honors:

Weighted GPA "at and above" 3.60. One credit of honors courses must be taken in grade 12 and a total of 6 honors credits taken during grades 9-12.

Honors:

Weighted GPA "at and above" 3.30 with no honor course requirements.

Note:

- Honors credit is only awarded if a student earns a C or better [i.e. students taking honors courses will not receive honors recognition unless they earn at least a C in the course].
- Those with an A, B, or C grade in honors courses will earn a weighted grade.
- Determination is based on exact decimal, no rounding of numbers.
- Students who earn a "P" based on truancies are not eligible for academic awards and lettering.

GRADING OPTIONS

PSEO Credit Conversion

By state law, four semester college credits equal one high school credit.

Credit Awarded Via Assessment

When a student applies for high school credit through the assessment process, it is assumed that the student believes he/she is ready to demonstrate that the learner outcomes of the course can be met. The student will discuss the request for testing out with the school counselor and then complete an application form. This process must begin at least a trimester prior to the start of the regular class. The summer period will be treated as one trimester. All portions of the assessment must be completed within a two-trimester period. This option is not available to those students who have already been enrolled in that class.

Pass/Fail Option

If students wish to receive a P or F as a final grade, they must complete a pass/fail form within the first 15 days of the trimester. The form is available in the Counseling Office and must be completed each trimester. This option only applies to upper level elective courses. A student can choose from 2 grading options:

1. A=A, B=B, C=C, D=P (pass)
2. Pass/Fail

A "P" mark has no GPA impact.

Repeated Course Option:

Students who retake courses may be eligible to have the previous grade earned removed. When repeating courses, please pay attention to the following items:

- If the student is repeating a **failed course** and if the course retaken has been successfully completed, it is the student's responsibility to meet with his or her counselor to initiate the removal of the "F", and
 - This includes any course which meets the same requirement as the failed course for graduation.
 - The failed course can be retaken during the school day, night school, summer school or other credit recovery opportunities.
- If the student is repeating a course for a **better grade**, the grade representing the students most recent learning will be the grade on the transcript:
 - A student could potentially earn a lower grade in the course that is retaken, and that will be the grade reflected on the transcript.
 - A student cannot receive multiple/double credit for the course; the most recent course will be reflected in the student GPA.

GUIDELINES FOR REGISTRATION AND SCHEDULING OF STUDENTS

Time of registration - All students will register for the following year in January. The exact dates each year will be determined by the principal in accordance with administrative needs of Anoka High School and District No. 11.

Schedule Changes - Once a student receives their 2015-16 class schedule in August, please review carefully as ***all schedule changes for trimester 2 and 3 must be made by Tuesday, Oct. 13.*** If a change for a core class is requested for trimester 1, it must be made by August 28. As in the past, no elective class changes will be made for trimester 1, but can be for trimesters 2 or 3 by Oct. 13.

A student can still petition for a schedule change throughout the school year, if their request meets one of the following criteria:

- There is a computer error on your schedule (example: 2 - 1st period classes)
- Student failed a prerequisite and no longer is eligible for the selected course.
- Student has a medical reason which prevents him/her from taking the course. (Medical verification will be needed)

A form to request these types of schedule changes will be available in the Counseling Office all year long.

Classes dropped after the first week of the trimester will receive an "F".

(The only exception being medical reasons with verification.) *This includes high school level online courses.

HEALTH SERVICE

Should your child be diagnosed with a health condition/illness please contact the health service at 506-6204.

A public health school nurse and a health paraprofessional are on duty to assist students who are injured or ill. Students are to obtain a pass at the beginning of the class period from their teacher. **To exclude your child from school for a doctor, dental or orthodontic appointment, send a note with your child to bring to the Health Service or Principal's Office where a pass will be given to him/her either the day prior or the morning of the appointment. For medical appointments in which a note is not sent, please call the attendance secretary (same as attendance numbers on table of contents page).**

It is very difficult to reach a student during the school day for an appointment. Services available include: vision, hearing, blood pressure, health counseling, medical referrals, and immunization records.

Please return the Pupil Emergency Data Sheet to either your 1st period teacher or the Health Service on the first day of school. **Remember to notify the school with updated phone numbers and emergency contact information. Health service staff members will not call numbers that parents/guardians have not pre-approved.**

High School Medicine Policy

Anoka-Hennepin high school students shall abide by the 1989 Procedures for Administration of Medicines. The following are exceptions:

1. High school students shall be allowed to carry inhalers to be used to relieve asthma symptoms (example, Albuterol)
 - a. Parent request forms must be completed, including permission for students to self-administer.
 - b. If the high school student takes two puffs [one dose= 2 puffs] and has no relief of respiratory distress - they must seek assistance in Health Service.
 - c. The inhaler may be used ONLY by the student for whom it is prescribed.

2. High school students will not be allowed to carry ANY other prescription medication.
3. High school students are permitted to carry a maximum of two doses of over the counter medication for self-administration to relieve symptoms of minor pain, cramps, indigestion, and headache. It must be in the original container.
4. This policy DOES NOT ALLOW high school students to carry over the counter stimulants used to stay awake such as NoDoz, Vivarin, Ephedrine, and caffeine.

HOMEBOUND

Upon the written recommendation of a doctor and with the approval of the school principal, home and hospital instruction is provided for students who are ill or have been seriously injured and are unable to be in the school environment. Usually this service is for students who are likely to be absent for an extended time. This service is coordinated through the school nurse, at 506-6336

PHYSICAL EDUCATION EXCUSES

The Physical Education Department offers a variety of physical education activities so students with health conditions or physical limitations may still be able to participate in physical education activities.

Students who have restrictions need to obtain a doctor's note indicating specifically what the limitations include and the length of time restrictions are needed. These restrictions are to be brought to the health service where the school nurse and the physical education department will develop a modified program to fit the student's restrictions if appropriate.

- A modification request for 5 days or less= Alternate paper assignment (Student may work in the LMC with approval from the instructor and the LMC Director.)
- A modification request for 6-10 days= Make-up days before/after school or during Advisement (Student will remain in class to observe or assist during the 6-10 days.)
- A Modification request for 11 or more days= Recommendation to drop the class without F penalty.
- A Modification request for a persistent condition= 504 considerations

LMC (Library Media Center)

The LMC is open from 7:15 a.m. to 3:15 p.m. Our facility has over 25,000 print and non-print media available for student use. You may locate and check availability of our materials using the LMC catalog. Books are checked out for 3 weeks and are renewable for the same period. Reference books may be checked out overnight only.

Overdue notices will be sent out weekly during 2nd period and students must be cleared to continue LMC borrowing privileges.

We subscribe to a variety of periodical databases which students may use in the building and from home. If you have internet access, an information card with passwords will allow you to access our periodical databases remotely. Pick up a card in the LMC. Our virtual library homepage is located at www.anoka.k12.mn.us/eresources.

Using LMC Computers

The computers are set up for a variety of tasks: publishing, video digitizing, Internet search functions, multimedia productions, and the basic word processing, database, and spreadsheet tools. Internet use in the lab is for school-related information only, and you are expected to follow district and school guidelines for appropriate and fair use of information technology.

AHS maintains several video editing stations, both digital and analog. Student access to video editing systems is provided for projects related to class projects. Students may sign up for time on the editors in the LMC TVS. Students should reserve time well in advance of project due dates, and anyone unfamiliar with editing should inform staff prior to use for basic instruction and procedures. Projects of a personal nature [e.g. non-AHS sports, family events, etc.] are not to be edited on AHS systems.

INTERNET

Internet access is provided for students to conduct research and receive school-related communication. You are personally responsible for appropriate behavior on the network just as you would be in a classroom. Access to network services is given to students who act considerate and responsible. Access is a privilege, not a right. You must comply with District and school standards and, beyond clarifying those standards, the District is not responsible for restricting or controlling the communications of individuals using the network.

Network and computer storage systems may be treated like school lockers. Administrators may review files and communications to maintain system integrity and ensure that you are using the system responsibly. Material on any computer or within the student server folder is not private. AHS Staff have the ability to monitor and limit internet and applications access.

PRINTING

Students are given a specific quota for printing school related items each trimester. Additional quota requires a request by students with tech support staff.

Within traditional school boundaries, freedom of speech and access to information will be honored; the school,

however, does not have an obligation to provide access for recreational computing activity. You may not:

- send, display, or print offensive or harassing messages, pictures or threats
- install software or run applications from any external media
- use obscene language
- damage computers, systems, networks or other technology tools
- violate copyright laws
- use or attempt to acquire another's password
- trespass in another's folders or files.
- intentionally waste limited resources [e.g. disk space, paper, etc]
- use the network or computer for commercial or illegal purposes
- intentionally bypassing the districts filtering system
- gain access to or use the command prompt

Violations may result in the loss of access restricted use, or loss of all computer privileges, as well as other disciplinary and/or legal action.

OFF CAMPUS/OUT OF SCHOOL CONDUCT

Students involved with off-campus or out-of-school conduct, which has a negative effect on the welfare of the school, will be subject to school discipline.

In summary, when off-campus behavior by a student causes a disruption, poses a threat, brings danger to the school, programs, students or staff, it will not be tolerated. Consequences for this type of behavior could range from suspension to expulsion. It is important to measure your actions so that negative off-campus behavior is not brought into the school setting.

GRADES POSTED ONLINE:

Tri 1

Progress Reports: Oct. 9, Nov. 6
Report Card: Dec. 10

Tri 2

Progress Reports: Jan. 15, Feb. 19
Report Card: March 15

Tri 3

Progress Reports: April 15, May 20
Report Card: June 15

PARENT-TEACHER CONFERENCES

Parent-teacher conferences for the parents of all students are held each term as listed below.

- Oct. 29, 2:55-8:30 pm
- Jan. 28, 2:55-7:35 pm
- April 28, 2:55-7:35 pm

PARENT CONTACT WITH STUDENTS DURING THE SCHOOL DAY

Policy

The Anoka-Hennepin School District recognizes the rights of both parents of a student to have equal access to communication with their child during the school day. At the same time, the District realizes the importance of providing a learning environment for all students that is free of distractions and disruptions. Whenever possible, parent/guardians should arrange to meet with and/or talk with their children outside the school day.

In the event of an emergency which requires parental contact with a child during the school day, the parent/guardian should telephone or go to the office of the building principal to:

1. Request that your child be called to the office to meet with the parent/ guardian and/or to speak with the child on the telephone.
2. The Associate Principal or designee may determine if the child may leave class at that time to meet or talk with the parent/guardian.
3. This policy and the procedures will be implemented equally with all parents/ guardians whether custodial or non-custodial.

The School District recognizes that disputes often arise between divorced or estranged parents; however, it is not the arbitrator of these disputes and will not assume that role. Accordingly, the District will not enforce custody or parental visitation orders that are not specifically directed at it.

Procedure

1. The principal or designee may select the meeting place and determine the length of time the student may be away from class. If appropriate, the principal or designee may be present when the parent/guardian meets with the child.
2. Parents/guardians may not go to classrooms, cafeterias, or other school locations to meet with their children unless they first check into the principal's office and have received prior permission from an administrator to do so.
3. Parents/guardians may not bring their children food/treats unless they have received prior permission from an administrator to do so.
4. When a non-custodial parent/guardian requests to take his/her child off school grounds during the day or to pick a child up in school at the end of the school day for the purpose of taking the child off school grounds, written permission must be granted for this release by the parent with whom the child resides, and the school may contact the parent with whom the child resides to inform them.

TELEPHONES

We ask of you to let your parents know not to call school during the day unless it is a family emergency.

For Cell Phone Use Policy, see page 98.

LOST AND FOUND

Articles found in and around the school should be turned in to the Main office, where the owners may claim their property by identifying it. Unclaimed articles left over 30 days will be donated to local charities.

VIDEO SURVEILLANCE

Anoka High School is equipped with video cameras in an effort to maintain the health, welfare and safety of students, staff and visitors as well as the protection of school property.

STUDENT COUNCIL and CLASS OFFICERS

The Student Council is the student self-governing body through which you can exercise your right to help make your school the kind you wish it to be.

The purposes of the Student Council are to provide for the functioning of school activities, promote harmony between staff and students, and to assist the administration in the management of the school.

Student Council nominations and elections are held in the spring. The Executive Officers are elected by the Student Council from the senior class representatives.

SCHOOL DAY

BULLETINS

A "Daily Bulletin" will be posted on the AHS website, tv monitors, and read during a class period daily. STUDENTS ARE HELD RESPONSIBLE FOR ALL COMMUNICATIONS AND NOTIFICATIONS AND NEITHER ABSENCE NOR TARDINESS EXCUSES A STUDENT FROM COMPLIANCE WITH INFORMATION CONTAINED THEREIN. Notices intended for the bulletin shall be written and given to the principal's office the day before the announcement. **To hear the daily announcements, call 763-506-6208.**

CHANGE IN STUDENT STATUS

Any change in address, phone number, or e-mail address should be reported to the main office as soon as possible so that the school has correct information at all times, especially if an emergency arises.

DISTRIBUTION OF MATERIALS AND FUND RAISING ACTIVITIES

No fund raising activities will be allowed on school property without permission of the school principal.

Requests for approval of distribution of materials must receive prior approval from the principal or appropriate building administrator. The Principal shall determine if the materials are appropriate in the school setting and whether distribution is reasonable in time, place, and manner which does not disrupt the education programs or interfere with the educational objectives of the school district. Copies of District policies, procedures, and guidelines regarding the Distribution of Materials on School District Property by Non School Persons, Distribution of Non School Sponsored Materials on School Premises by

Students and Employees, and School Sponsored Student Publications are available in the Principals office.

All signs and posters must be approved and initialed by an administrator before hanging in the building.

FIRE, TORNADO AND LOCKDOWN DRILLS

Fire, tornado, and lockdown drills are held during the year. It is the student's responsibility to know the specific directions for leaving each of the rooms in which he/she has classes. An exit plan is posted in each room for fire and an alternate location within the building is designated for tornadoes. Should we need to evacuate the building, the designated alternative site is the Anoka Hockey Arena.

LOCKDOWN PROCEDURES

If it becomes necessary for all staff and students to remain locked in classrooms and offices due to a situation in the community or on school grounds, the principal/ designee will initiate a LOCKDOWN. This means that all students and staff are to stay put, close and lock doors and blinds, sit quietly on the floor and access voicemail and Email for information and/or further instructions.

LUNCHROOM PROCEDURES

Lunches and breakfasts are served to Anoka students in compliance with State Department of Education regulations. The lunch shift schedule for each fourth period class will be announced on the first day of school.

The cafeteria is open to all students - whether lunches are brought from home or bought in school.

1. There will be no eating of food outside of the cafeteria or patio.

2. Students are not to leave campus during lunch.
3. Students are not to receive food deliveries for lunch.
4. Avoid crowding and pushing while lining up for hot lunches.
5. Be orderly at the lunch table. Leave it and the floor as clean as you found them. Be respectful of others.
6. Return all trays, dishes, and silverware to the counter after disposing of all waste paper.
7. Students are to attend only one lunch period.
8. The cafeteria, patio, and main commons are the only areas open to students during lunch. Students will need a pass to enter or leave the area during lunch.
9. All students are given a lunch account number. Each student is responsible for the security of that account number. **DO NOT** give your lunch account number to your friends!

PARKING LOT/PARKING PERMITS

A parking permit is required for all vehicles on district designated school days between the hours of 7:40 a.m. - 3:00 p.m. Parking will be allowed by permit only in lots 1, 2, 3, 4. The fee will be \$35.00 for each trimester or you can purchase a full year permit for \$105. Parking will be on first come basis. **All fines must be paid in full prior to the purchase of a parking permit.** When all available permits are sold, a waiting list will be started. There will be a limited number of daily parking spaces available at the cost of **\$2.00 per day**. You must have your license number in order to a \$2.00 pass. There is free parking available in the area over the hill north of lot #4. This area will not be supervised. **Parking fees are subject to change pending possible revisions by the School Board over the summer.**

Abuse of parking lot rules and regulations may result in towing and/or loss of permit privileges. **Any student may have his/her parking permit suspended or revoked as a disciplinary consequence for tardies, truancies and behavior. Permit fees would not be refunded.**

Applications for the parking permits will be available the first week of each trimester in the finance office. Permits may be shared by two or more students **as long as all the vehicles using the permit are registered on the application. We strongly encourage pooling of parking permits if registered correctly.**

PARKING RULES AND REGULATIONS

- All cars on school grounds must have a valid and current parking permit visible between the hours of 7:40 a.m. and 3:00 p.m. Parking permits must hang from your rear view mirror.
- All fines/fees must be paid before a parking permit can be purchased.

- Parking permits may not be altered, written on or distorted in any way.
- Parking is allowed in lots 1, 2, 3, 4 (dirt lot) and the tennis court area, except in spaces marked handicapped, reserved, visitor, police or daily parking.
- Drivers who do not follow the rules and regulations or who have improperly parked are subject to tickets with a fine of up to \$25.00, loss of parking permit and/or parking privileges, vehicle being immobilized (boot), and possible towing at the owner's expense.
- Daily parking is available in lot 4 (dirt lot) at the cost of \$2.00 per day. If security person is not available to pay, check in with the main office to pay for \$2.00 lot. If you do not check in before the start of 2nd hour, you will receive a ticket.
- It is still your responsibility to keep your car locked at all times. For your safety please do not leave valuables in your car. Please report any damage or thefts related to your vehicle to our Police Liaison.
- A \$5.00 fee will be charged to replace lost or stolen permits.
- Students are not permitted in the parking lot during the school day unless they have an appropriate pass from a school official. Any students found outside during school hours without a pass are subject to a search of their person and their vehicle.
- Students are not allowed to "hang around" in the parking lot before or after school.
- Any student may have his/her parking permit suspended or revoked as a disciplinary consequence for tardies, truancies and behavior. Permit fees would not be refunded.
- Students may not give, buy, or sell their parking permits to any other students.
- Any student whose parking fines reach \$100 will be notified along with a call to their parents. Any subsequent tickets can result in the towing of the vehicle at the owner's expense.
- Students have 5 school days to dispute a parking ticket. This includes tickets you received if you have a permit.
- Please see your Associate Principal with further parking questions.

PLEASE NOTE: Students, staff and visitors' park at their own risk. Anoka High School is not responsible for damage or theft of any vehicles on AHS property.

By entering the school parking lot, the person driving and/or owner of any vehicle is deemed to consent to a complete search of the vehicle for any reason. The area of search will include the entire passenger compartment, engine compartment, trunk and under-carriage, and all containers therein, locked or unlocked.

The search may be conducted by school officials or by law enforcement officers at school request.

RESPECT FOR PROPERTY

Although AHS students and parents are justly proud of their building, a few students may be forgetful of the respect and responsibility due for the care of building property.

Marking or scratching walls or desks, or otherwise destroying property, is inexcusable. Students will be fined when willful destruction is committed. Every member of the student body should help to preserve the building and keep it clean. Each class should leave classrooms neat and orderly for the next class.

SALUTE TO THE FLAG

The salute to the Flag is given at the beginning of first hour every Monday morning.

I pledge allegiance to the flag of the United States of America and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all.

Students and staff who wish to sit out the Pledge of Allegiance may do so as a matter of personal choice.

STUDY HALL

Students who are assigned a study hall must be in their assigned location. Attendance will be taken. Students must report to study hall first for attendance even if they have a pass to go to other areas of the building.

VISITORS

Any person other than Anoka High School students and staff, are regarded as visitors and must report to the office for clearance and a visitor's pass before going anywhere in the building. Permission to remain in the building will be granted only in cases of official educational business. **Students are not allowed to have visitors during the school day.**

ACADEMIC LETTERING

1. Students may "letter" in academics based on their cumulative weighted grade point average at the end of trimester two. To letter, a student must have a cumulative weighted grade point average of:

9th Grade = cumulative weighted GPA of 3.90

10th Grade = cumulative weighted GPA of 3.85

11th Grade = cumulative weighted GPA of 3.80

12th Grade = cumulative weighted GPA of 3.75

2. Awards will be presented at a ceremony in April.

3. Any student who drops out of school during the year for any reason not approved by the Awards Committee will not be eligible for an award.

4. **Students who violate Minnesota State High School League rules pertaining to alcohol/drugs, tobacco, vandalism, violation of the criminal code, hazing, racial/religious/ sexual harassment or violence, may not be eligible for an award.**

HONOR ROLL

1. There are four honor rolls established every term.

Commended 3.0–3.29

Honor Roll 3.3–3.599

High Honor Roll 3.6–3.899

Highest Honor Roll 3.9–4 and above

All honor rolls are posted at school.

Honor rolls are based on a student's term academic weighted G.P.A.

STUDENT OF THE MONTH

The Student of the Month program has been initiated to recognize and reward positive student behavior, academic effort and/or improvement achieved by students.

Students are selected monthly by academic departments according to criteria established by each department. Recipient has photo prominently displayed in school.

Youth Salute - This program recognizes seniors for academic accomplishment, community involvement and achievement in activities at Anoka High School, these recipients are saluted weekly with a picture and display in the main commons.

ABSENCE PROCEDURE

Student absences from school should be confirmed by a **phone call from the parents** the morning of each absence, **or** upon returning to school, students shall present a **written excuse from their parent or guardian** to their attendance secretary. This excuse should indicate the nature of the absence, all dates absent, and a number the parent can be reached.

If you are absent a portion of the day, your admit slip should be obtained from your principal's office.

Students who are late to school 15 minutes or more must report to the office for a pass to class.

If unexpected illnesses or emergencies occur during the day, students will be excused from the nurse's office or the principal's office only.

DO NOT LEAVE THE BUILDING WITHOUT BEING EXCUSED! THIS WILL BE CONSIDERED A TRUANCY.

Under normal circumstances, two [2] days are allowed to make up work for each day absent, for full credit.

ATTENDANCE - EXTRACURRICULAR ACTIVITIES

Students participating in any extracurricular activity must be in attendance by the beginning of 3rd period on the day of the event or practice unless prior approval has been obtained through the principal's office. Unless prior approval has been received, participation will not be permitted that day. This policy applies to students involved in athletics, music, drama, speech, debate and other activities of an extracurricular nature, including any school function (MORP, etc.).

Any student suspended from school (including in-school suspension to the modified learning center) may not attend any extracurricular practice, game, event or activity until such time as the student is reinstated into regular classes by his/her associate principal.

ATTENDANCE POLICY

Attendance is a priority at Anoka High School. Absences affect student performance. Data collected by our staff indicates a significant correlation between student absences and achievement.

I. CLASSIFICATION OF ABSENCES

A. School Authorized Absences - These need to be verified at the time of the absence. Make up work is required.

- All school approved absences through the principal's office.
- Medically verified illness.
- Official religious holidays.
- Death in the immediate family i.e. grandparents, brothers, sisters, parents.
- Court subpoenas/appearances.

B. Verified Absences - Absences verified by parent at the time of the return to school. Make up work is required. Examples would be illnesses, family emergencies and other extenuating circumstances, pre-arranged absences with parental permission.

C. Truant Absences - all absences not school authorized and not verified by parents are considered truantcies. Participation credit will not be granted.

These examples of absence need to have special school approval prior to leaving and will take precedence over any parental request.

TRUANCY

- Three truancies per trimester per class will result in P/F (pass or fail) mark.
- Truancy = Being absent for 15 minutes or more during a single class period.
- Tardies and **ULAs** (Unexpected Late Arrivals) are discipline issues and are not part of the P/F (pass or fail) mark.
- Students can earn back the course grade mark (an A-D grade) by serving a detention, one hour for each truancy, before and after school.
 - After school:
 - Mondays and Wednesdays in S115 from 2:30 – 4:30 or
 - Tuesdays and Thursdays in S115 from 2:45 – 5:15 (After attendance, students are escorted to Lighthouse in the LMC. Students may leave after an hour with parent and Lighthouse supervisor approval.)
 - Before school
 - Tuesdays and Thursdays in L131 from 7:05 – 7:35 (Student must serve 2 morning detentions to equal 1 hour)
- Student is responsible to serve the time – administration does not assign.
- Students have until the end of the trimester that the class is scheduled to complete the detention.
- If student does not serve the time, the student keeps the "P" mark or an "F" if that was the grade earned.
- Students who earn a "P" based on truancies are not eligible for academic awards and lettering.

Procedure:

- Truancy 1 – Office conferences with student, parent call made.
- Truancy 2 – Office conferences with student, parent is notified that next truancy will result in a "P" or "F" for that course.
- Truancy 3 – Associate Principal conferences with

ATTENDANCE (cont.)

student and makes contact with the parent. Parent is notified that student has received a P for course(s); parent is provided with the information in regards to the process to redeem grade mark and discusses the days and times that detention is available to serve. If detention time is served, student receives grade earned. If time is not redeemed, student will receive a "P" mark or an F if that was the grade earned.

- Students who continue to truant will be referred to the county for a truancy violation and will face further disciplinary consequences.
- Students have one trimester to get the "P" mark changed to the grade earned and must work with their Associate Principal to get this cleared up.

PASSES

Passes to leave the building can only be issued by the school nurse or the principal's office. Leaving the building without a Pre-approved Dismissal pass may be considered a truancy and will result in detention.

A pass must be issued to all students leaving or returning to their assigned classes. It must have the student's name, time, date and teacher's signature.

If parent/guardian makes an appointment and calls the office for a pass, the student must pick the pass up at the office. In efforts of minimizing classroom disruption, passes will not be delivered to student.

II. ATTENDANCE PARTICIPATION GRADE - a daily participation grade based upon attendance is a part of each course offered at Anoka High School. Students who have an excused absence will lose a portion of the daily participation grade which may be made up [See Make Up Policy below].

III. MAKE UP POLICY - It is the student's responsibility to make arrangements for make up work. Verified absences receive full credit for work missed and participation credit may be made up. Unverified/truant absences will receive no participation credit and will receive partial credit for assigned work and tests which are made up.

BUILDING CODE OF STUDENT CONDUCT/DISCIPLINE

The following rules and regulations cover those situations which occur most commonly throughout the school year. All staff have the authority and responsibility of enforcing adherence to these rules and regulations. Penalties and consequences will be imposed as consistently as possible under normal conditions. However, the listed consequences/interventions are the minimum and more appropriate consequences/interventions maybe applied by the administration based on the severity of the violations. Field trips and off-campus sites such as the hockey arena and the bowling alley used for Physical Education classes become an extension of the classroom and all school rules apply.

DRESS CODE

It is Anoka High School's philosophy that good attitude and behavior are directly related to appropriate dress and good grooming. Therefore, proper school dress is emphasized, and although no dress codes can consider all of the new styles as they are created, appearance and dress are to be in good taste at all times. Fad clothing or extremes in dress are not considered appropriate. Any student who is determined to be inappropriately dressed for school will be required to change or appropriately alter clothes. Improper dress includes student attire and/or personal grooming which creates a danger to health or safety; creates a disruption to the educational process or violates common standards of decency, and any apparel, jewelry, accessories, or matter of grooming which by virtue of its color, arrangement, trademark, or any other attribute [as a primary purpose] denotes membership in an organized gang. Shirts determined to be offensive, obscene or racially derogatory, or which contain alcohol/drug references are not to be worn.

- Backless and strapless tops are not appropriate for school.

- Short tops which reveal cleavage or bare midriffs are not appropriate for school.
- Hats, caps and other head attire, including sunglasses, must not be worn, seen or carried during the school day. Exceptions will be made for religious, medical and other reasons deemed appropriate by an administrator.
- No sagging of pants or shorts.
- Shorts and skirts must be at appropriate length for school attire.
- All undergarments must be covered.
 1. Student may have clothes brought to him/her or be sent home to change. [Time missed shall count as an absence.]
 2. In some circumstances, the student may be suspended from school.

BULLYING

(See District Policy Handbook for detailed definition.)

CELL PHONE/ELECTRONIC DEVICES POLICY

It is the intention of the Anoka-Hennepin School District to maintain a safe learning environment at all times. While the district personnel understand that cell phones are prevalent, convenient, and a part of day to day life for many students, their use by students during the day increases dramatically the potential for the disruption of learning and the safe operation of the school.

The Anoka-Hennepin School District has adopted guidelines for bringing personal electronic devices (radios, personal gaming devices, MP3 players, iPods, iPads, personal computers, laser pens, cell phones, etc.) to school. At the base of these guidelines is respectful and appropriate use of technology within the school setting.

- All portable electronic devices may be used in the classroom only with teacher or administrator approval.
- If a cell phone is brought to school, it must be put away and turned off during class time unless the teacher has given permission.
- Making or receiving a call or text message may only occur before or after school, during the individual student's assigned lunch, or during passing time.
- Taking pictures or video and audio recording other students or school staff is prohibited without the permission of a teacher or administrator per district guidelines.
- Portable electronic devices used without the appropriate approval, may result in disciplinary action.
- Student removal of a memory chip or battery from a phone in the process of being confiscated may be considered grounds for disciplinary action by school administration.
- The possession, use, or sharing of cell phones, smart-phones, iphones, digital cameras, etc. in the locker rooms and physical education classes is strictly prohibited.

If there is unapproved use, the electronic device may be confiscated by a staff person and taken to the main office and held until the end of the day or at the discretion of the Associate Principal as electronic devices can be disruptive to the educational process.

1. First Offense: Detention
2. Second Offense: Detention
3. Third Offense: Detention or MLC
4. Fourth Offense: Possible out of school suspension

The Anoka-Hennepin district assumes no responsibility for loss or damage to personal electronic devices, whether in the possession of staff or students. The District bears no responsibility for, or are its employees obligated to investigate, the theft of any personal electronic device.

For more information please visit the district's website at www.anoka.k12.mn.us/ahmobile.

CHEATING/PLAGIARISM

A. Plagiarism

According to the merriam-webster online dictionary, to "plagiarize" means:

- to steal and pass off (the ideas or words of another) as one's own
- to use (another's production) without crediting the source
- to commit literary theft
- to present as new and original an idea or product derived from an existing source

These are all different ways plagiarism can look:



CLONE

Submitting another's work, word-for-word, as one's own.



CTRL-C

Contains significant portions of text from a single source without alterations.



FIND - REPLACE

Changing key words and phrases but retaining the essential content of the source.



REMIX

Paraphrases from multiple sources, made to fit together.



RECYCLE

Borrows generously from the writer's previous work without citation.



HYBRID

Combines perfectly cited sources with copied passages without citation.



MASHUP

Mixes copied material from multiple sources.



404 ERROR

Includes citations to non-existent or inaccurate information about sources.



AGGREGATOR

Includes proper citation to sources but the paper contains almost no original work.



RE-TWEET

Includes proper citation, but relies too closely on the text's original wording and/or structure.

Consequences: If you plagiarize, you

- will be given a referral,
- will be required to complete an ethics study within five days of the documentation of the offense,
- will have five days to complete an alternative assessment as determined by the teacher.

* Failure to complete the ethics study and/or alternative assessment within the designated time and to an acceptable standard will result in a zero for the assessment.

* All alternative assessments will take the place of rewrite opportunities. If a student plagiarizes on a rewrite, the student must complete the ethics study and an alternative assessment within the time limit.

B. Definition of Cheating: taking or giving answers or information about assignments or tests or any related work or using answers/content from another student without the knowledge and consent of the instructor whether it be an assignment, a quiz, a test, or project, etc.

Examples of cheating include, but are not limited to:

- Copying or attempting to copy another student's homework, quiz, test, essay or lab report.
 - Lending work or allowing others to copy
 - Use of unauthorized "cheat sheets" or electronic devices, or discussion of test information with other students.
 - Obtaining test questions and/or copies of tests without instructor's consent.
 - Sharing test answers or information electronically during a test (via cell phone, PDA, or other devices).
 - Altering or interfering with grading (forging signatures, changing or inserting grades)
1. If a student is determined to have been cheating or plagiarizing by his/her classroom teacher this policy applies:
 - a) Teacher calls the parent
 - b) Teacher contacts the office via the referral process
 - c) Student receives "O" grade for the activity or test or student will be asked to complete an alternate activity or test and will be assigned an appropriate consequence by an associate principal.
 - d) Incident is referred to National Honor Society Advisor and possibly the Scholarship Committee by Associate Principal's secretary and the Counseling dept. chair
 - e) Associate principal contacts parents and arranges parent conference with all parties in attendance if necessary
 2. Second offense
 - a) All first offense consequences are applied.
 - b) Student is removed from all elected or appointed leadership positions for 1 school year.

CHEMICALS/DRUGS/ALCOHOL

(See District Policy Handbook for detailed definition.)

It is a yearly practice at Anoka High School to work with law enforcement and bring in drug dogs to conduct locker/car searches.

CONDUCT IN THE HALLS

In order to avoid unnecessary confusion or accidents it is necessary to follow a few simple rules. Respect each other by:

1. Keeping to the right in the hallways and on the stairways.
2. Walking, not running.
3. Never pushing.
4. All hallways should be cleared by 3:00 PM unless students have received permission to work directly with a teacher or activity supervisor.
5. Students using the hallways during times other than those required for passing between classes, assembling in the morning and dismissing for the day are required to have a pass.
6. During evening activities in the building students are to stay in the area of the organized activity.
7. No inappropriate displays of affection (kissing, embracing, clinging, etc.).
8. No loitering/gathering by any entrances in the building.

DAMAGE TO SCHOOL PROPERTY

Any student damaging school property may be subject to disciplinary action and/or restitution. Violations include tampering with, unauthorized use of, damage or destruction of school property or the property of school personnel and/or others.

DETENTION

Detention is a consequence for students who violate school rules with truancy, excessive tardies, or other inappropriate behaviors as determined by the associate principals. Students need to provide their own transportation, or use their assigned activity bus.

Failure to complete detention as assigned will result in additional consequences including MLC and/or suspension.

*See attendance secretary for detention schedule.

END OF THE YEAR DISRUPTIONS (SENIORS)

Seniors causing any kind of major disruption at the end of the school year (i.e. food fight, vandalism, etc.) will not be allowed to participate in the graduation ceremony.

EXPELLABLE OFFENSES

(See District Policy Handbook for detailed definitions.)

Students who are chronically disruptive, possess chemicals, possess weapons, or engage in fights may be referred to the school board for expulsion.

FOOD/BEVERAGES

Water is allowed in the classrooms. All other food or beverages are not to be taken into the classrooms. Food is not to be taken out of the cafeteria unless purchased in the snack line.

GAMBLING

Gambling and/or the promotion of gambling activities at school or at school activities will result in disciplinary action.

HARASSMENT (SEXUAL, RACIAL, RELIGIOUS)

[See District Policy Handbook for detailed definition.]

Any student who feels they are being harassed should report the situation to a staff member, counselor or administrator.

HAZING

[See District Policy Handbook for detailed definition.]

INSUBORDINATION

Any student disregarding or refusing to obey directions given by school personnel i.e. refusing to leave a class or report to the office when directed by a staff member; refusing to identify oneself or falsely identifying oneself to a staff member:

1. MLC or suspension.
2. Parent contact/conference.

MODIFIED LEARNING CENTER (IN-SCHOOL SUSPENSION)

The MLC is provided as an educational alternative to a student's regularly scheduled program.

A student in MLC is removed from regular classes but allowed to make up all required work.

PROFANITY AND/OR OBSCENE LANGUAGE

A student using any form of profanity, written or verbal, obscene gestures, signs, pictures or publications:

1. Assigned detention, MLC or suspension from school.

A student using profanity, obscene and/or abusive language directed at a staff member:

1. 1-5 day suspension from school
2. Parent conference

REMOVAL FROM CLASS

A student who is sent out of class by the teacher for disciplinary reasons must report to the office. Failure to report to the office will result in additional consequences.

1. Student sits in the office during that particular period.
2. Detention and/or MLC may be assigned.
3. Student may be required to meet with their teacher in order to gain re-admittance to class.

4. Parent shall be contacted by teacher.

5. Continued disciplinary referrals to the office may result in additional detention, MLC, suspension or permanent removal from class by associate principal.

POSSESSION/SMOKING/USE OF TOBACCO AND/OR E-CIGARETTES

A student found using or in possession of tobacco/nicotine products, e-cigarettes, or look-a-likes in any form on, in or near school premises or in an area of school activity will be suspended. MSHSL rules apply.

1. First Offense - 1 day suspension/MLC citation.
2. Second Offense - 3 day suspension, citation and possible parent conference.
3. Third Offense - 5 day suspension, citation and possible parent conference.

Having smoking material or tobacco products in possession is against school regulations. Students violating this regulation are to be sent to the principal's office where the tobacco product will be confiscated and other disciplinary action taken if warranted.

TARDINESS

- You are considered tardy if you are not at your work station [desk/table] when the bell rings.
- Students tardy to 1st period who arrive to class between 7:40-7:55 should report directly to their 1st period class. Teachers will handle these tardies through the 3rd tardy. Thereafter, the student will be referred to the office.
- If you are tardy to 2nd, 3rd, 4th or 5th period, including tardies from lunch, report directly to that class. Teachers will handle these tardies through the 3rd tardy. Thereafter, the student will be referred to the office. Any student missing over 15 minutes of class will receive 1 unexcused absence.
- Possible consequences for tardiness include detention, lunch detention, in-school suspension, out of school suspension, and suspension or revocation of parking permit.

TECHNOLOGY POLICY

[See District Policy Handbook for detailed definition.]

Please reference full statement of policy in the District Secondary Handbook.

Improper technology use – using technology that is not related to school work is prohibited and is subject to disciplinary action. Possible consequences for technology misuse include detention, in school suspension, and loss of computer privileges for a time period determined by an associate principal.

Social Networking Sites – Students who post or repost his/her personal or others information on various social media sites should realize that this information is highly public and could be used as evidence in determination of eligibility in athletics and school consequences.

STUDENT E-MAIL

Secondary (grades 6 through 12) students will be provided district e-mail accounts through our Anoka-Hennepin Apps system to promote effective communication. District-provided student e mail accounts are a privilege and district guidelines regarding the use of student e mail must be strictly followed. Student e mail accounts must be used for educational purposes only. If a student receives e mail with libelous, defamatory, offensive, racist, or obscene remarks, they are required to retain the mail and report it to a teacher immediately.

Acceptable use of student e mail includes:

- E-mail should be used to communicate with a teacher regarding assignments, class projects, and class activities.
- E-mail should be used to include links to share homework documents created in Google Docs with the teacher or fellow students. Enclosing documents in an e-mail is discouraged.
- E-mail communication between students should be used to facilitate collaboration, planning, and research for school-related projects and activities.
- E-mail is not confidential or private and can be read by teachers or district personnel.

Unacceptable use of student communication includes:

- E-mail must not contain libelous, defamatory, threatening, offensive, racist, or obscene remarks.
- Confidential e-mail should not be forwarded without the senders' permission.
- Students cannot attempt to send e-mail from another person's account or attempt to impersonate another student's e mail address.
- Students cannot forward spam, jokes, images, executable files, or viruses. Doing so will cause a loss of internet and e mail privileges.

THEFT

1. First offense -1-5 day suspension from school, parent conference, restitution and referral to authorities.
2. Second offense - 5-10 day suspension from school, parent conference, restitution and referral to authorities.

THREATS OF VIOLENCE

(See District Policy Handbook for detailed definition.)

TRESPASSING

It is a misdemeanor for a person to enter or be found on school property within six months after being told by the school principal or the principal's designee to leave the property and not return, unless the principal or the principal's designee has given that person permission to return to the property.

TRUANCY

Any student missing 15 or more minutes of class is considered truant. A student who is truant from either a class or for the entire day must see his/her associate principal. He/she will receive the appropriate amount of detention.

VANDALISM

1. First offense -1-5 day suspension from school, parent conference, restitution and referral to authorities.
2. Second offense - 5-10 day suspension from school, parent conference, restitution and referral to authorities.

VIDEO SURVEILLANCE ON SCHOOL GROUNDS AND IN SCHOOL BUILDINGS

(See District Policy Handbook for detailed definition.)

VISITORS TO BUILDINGS AND SITES POLICY

1. The School Board encourages interest on the part of parents and community members in school programs and student activities. The School Board welcomes visits to school buildings and school property by parents and community members, provided the visits are consistent with the health, education, and safety of students and employees and are conducted within the procedures and requirements established by the Anoka-Hennepin School District.
2. The School Board reaffirms its position on the importance of maintaining a school environment that is safe for students and employees and free of activity that may be disruptive to the student learning process or employee working environment.

3. VISITOR LIMITATIONS

- A. All visitors to Anoka-Hennepin buildings and sites must register with the administrative office upon arrival and departure.
- B. Visitors to Anoka-Hennepin buildings and sites will receive and must wear a highly visible visitor badge to signify their status and the fact that school administration has authorized their presence in the building.
- C. Visitors who wish to meet with or observe teachers should schedule appointments in advance and register with the administrative office upon arrival.

BUILDING CODE OF STUDENT CONDUCT/DISCIPLINE (cont.)

- D. If school district personnel or volunteers see a visitor in the building without a visitor badge, they will courteously escort the visitor to the administrative office or immediately notify the administrative office of the presence of the visitor.
- E. Pursuant to this policy, an individual or group may be denied permission to visit a school or school site; or such permission may be revoked if the visitor does

not comply with the school district procedures and regulations, or if the presence of the individual or group is not in the best interest of students, employees, or the school district.

- F. Pursuant to state statute, an individual who enters school property and does not comply with the policy and its requirements may be charged with criminal trespass and thus may be subject to criminal penalty.

ACADEMIC ELIGIBILITY REQUIREMENT FOR ACTIVITY PARTICIPATION

To participate in activities, students must be making satisfactory progress towards the Anoka-Hennepin Independent School District requirements for graduation. Students must earn enough credits each term in order to maintain eligibility for graduation. Academic eligibility may be regained at the end of any term.

Deficiencies - If students are short credits at the end of grades nine, ten and/or eleven resulting in loss of eligibility, they are to make up the deficiency in summer school in the district or at a nearby Area Learning Center such as Elk River or Mounds View. **This process is to be initiated by the student needing the credit.** See your counselor in May for information regarding summer enrollment.

GUIDELINES FOR HOMECOMING AND MORP ROYALTY

The following guidelines cover the eligibility requirements for royalty.

- No Minnesota State High School League ineligibility from second semester of previous school year to date of coronation
- No serious discipline issues
- Must be making satisfactory progress towards graduation.

ANOKA-HENNEPIN ACADEMIC REQUIREMENTS FOR ACTIVITY ELIGIBILITY

CLASS OF 2016, 2017, 2018 & 2019

27 credits to graduate

Grade	Term 1	Term 2	Term 3
9	0	1.5	3.5
10	5.5	8	10
11	12	14.5	17
12	19.5	22	24.5

STUDENT ACTIVITIES

Anoka High School is a proud member of the Northwest Suburban Conference. Member schools include Anoka, Andover, Armstrong, Blaine, Centennial, Champlin Park, Coon Rapids, Elk River, Irondale, Maple Grove, Osseo, Park Center, Spring Lake Park and Totino-Grace. The mission of the Northwest Suburban Conference is to provide educational opportunities for students in competitive and cooperative extracurricular and co-curricular activities. Through participation in these activities, our conference strives to have our students:

- Develop a healthy lifestyle.
- Exhibit fair play through honorable competition.
- Develop an appreciation of preparation and its relationship to success.
- Value treating people with dignity and respect
- Develop personal characteristics of poise, cooperation, leadership, perseverance, and self-discipline.

ACADEMIC TEAMS

KNOWLEDGE BOWL TEAM - This is an interdisciplinary academic contest in which teams compete on the basis of their ability to recall information in a variety of categories.

MATH LEAGUE TEAM - This team competes in mathematics contests and is for those students who have unusual math ability and an interest in working on math and math related problems beyond the scope of the regular curriculum.

ATHLETIC PROGRAM

There is a well rounded program of athletics both intramural and inter-scholastic at Anoka High School. All students are encouraged to participate in them in accordance with their interests and abilities. The participation fee for each activity is determined by the School Board.

BOYS SPORTS

FALL

Cross Country, Football, Soccer, Adapted Soccer

WINTER

Alpine Skiing, Nordic Skiing, Basketball, Swimming, Hockey, Wrestling, Adapted Floor Hockey

SPRING

Baseball, Track, Tennis, Golf, Lacrosse, Adapted Softball, Adapted Bowling

GIRLS SPORTS

FALL

Cross Country, Tennis, Soccer, Volleyball, Swimming, Dance Team, Adapted Soccer

WINTER

Alpine Skiing, Hockey, Basketball, Nordic Skiing, Gymnastics, Dance Team, Adapted Floor Hockey

SPRING

Golf, Softball, Track, Lacrosse, Adapted Softball, Adapted Bowling

As we approach a new season, we would like to ask both the players and the parents to implement good sportsmanship in all aspects of the game. With the benefit of positive playing and cheering, we know the season will go well. Thank you for helping make our season a success.

HIGH SCHOOL LEAGUE - Anoka High School is a member of the Minnesota State High School League and as such is subject to all the rules and regulations which pertain to the various activities governed by the League. Responsibility for knowing eligibility rules rests with the student participant.

ATHLETIC INSURANCE - Students participating in athletic programs must carry insurance through their family policy or must have a waiver signed by their parents stating that they are aware that their son/daughter is participating in athletic programs without insurance coverage.

CHEERLEADERS - Cheerleading tryouts are held each spring. The judges are selected by the cheerleading coach. Cheerleading is considered a sport; cheerleaders will be required to pay a participation fee.

TORNADO TWISTERS PERFORMANCE TEAM - A dance team that performs at various athletic events and assemblies during the fall. Girls are selected during tryouts in the spring. Twisters will be required to pay a participation fee.

Tornado Twisters Competition Team - A dance team that competes at various invitational and MSHSL competitions. Team tryouts are conducted in late October or early November. Registration and a participation fee are required.

FINE ARTS PROGRAM

Many opportunities are available to students wishing to participate in the fine arts. A participation fee, established by the School Board, is required. Check with the Activities Secretary for the fee cost.

MUSIC - The school maintains several instrumental and choral groups. Regular school credit towards graduation is granted for successful participation. From time to time, these organizations appear in public concert and

STUDENT ACTIVITIES (cont.)

represent the school in competition. Participation in the public appearances is a part of the requirements of the courses granting credit. Students interested in joining should contact their counselor.

The school also provides extracurricular activities in the area of vocal music, orchestra, and band. Students interested in any one of these areas should contact one of the music teachers.

THEATER - The school presents to the public, several theatrical productions each year. Events can include dramatic and musical as well as the one act play for MSHSL competition. All students are able to try out prior to each play.

SPEECH - As a member of the speech team, students have the opportunity to build self-confidence and communication skills by participation in a full schedule of interscholastic competition.

DEBATE - This is an interscholastic competitive speaking activity in which students learn to argue persuasively and to defend a position on a controversial current events topic.

NATIONAL HONOR SOCIETY

One of the highest honors that a student can receive is membership in the National Honor Society.

Requirements for membership and continued involvement are: active community involvement, positive character, service, leadership, and scholarship, as set forth by the national organization.

Students must have a cumulative GPA of 3.8 after trimester 1 of their junior or senior year.

In addition, students must have significant involvement in at least 3 different activities, a variety of activities that include high school and community.

All applicants will be notified if they meet the first requirement of 3.8. Then they will be given an application to fill out which will be reviewed by the faculty committee.

The Induction ceremony is in the spring for the elected members of the junior and senior classes. This organization has provided scholarships and promoted student leadership in various school and community service organizations. The Faculty committee will consider any violations of the MN State High School League and incidents of cheating, as part of the selection process.

ORGANIZATIONS & CLUBS

See page 106 and contact advisor for meeting times.

OTHER PROGRAMS

AWARDS - A certificate and/or school letter is awarded to high school students for academic achievement and participation in various extracurricular activities upon

meeting the scholarship and participation requirements for an award and upon being voted such awards by the School Awards Committee.

Any student who drops out of school during the year for any reason not approved by the Awards Committee will not be eligible for an award.

Students who violate Minnesota State High School League rules pertaining to alcohol/drugs, tobacco, vandalism, violation of the criminal code, hazing, **racial/religious/sexual harassment or violence, may not be eligible for an award.**

YOUTH SALUTE - Each week, two senior students are featured as Youth Salute Leaders. Their pictures and resumes are displayed on the bulletin board near the cafeteria.

SCHOLARSHIPS - Nearly all colleges and universities, regardless of size, have scholarships available for high school graduates who can qualify. These scholarships are usually awarded on the basis of a student's high school grades, ability to do college work, character, leadership qualities, and financial need.

Those seniors with the best all-around records throughout their high school years have the best chance. Consult with one of the counselors for further information about scholarships.

STUDENT ACTIVITIES INVOLVEMENT

Social Networking: Students who post personal information on sites such as Facebook, Twitter, etc. should realize that this information is highly public and could be used as evidence in an eligibility hearing, or any matter that could result in school discipline. **Furthermore, student-athletes posting messages about teammates, teachers, coaches, officials or opponents of a derogatory, hurtful, inflammatory, insulting or unsportsmanlike nature may also face code of conduct consequences resulting in a loss of eligibility.**

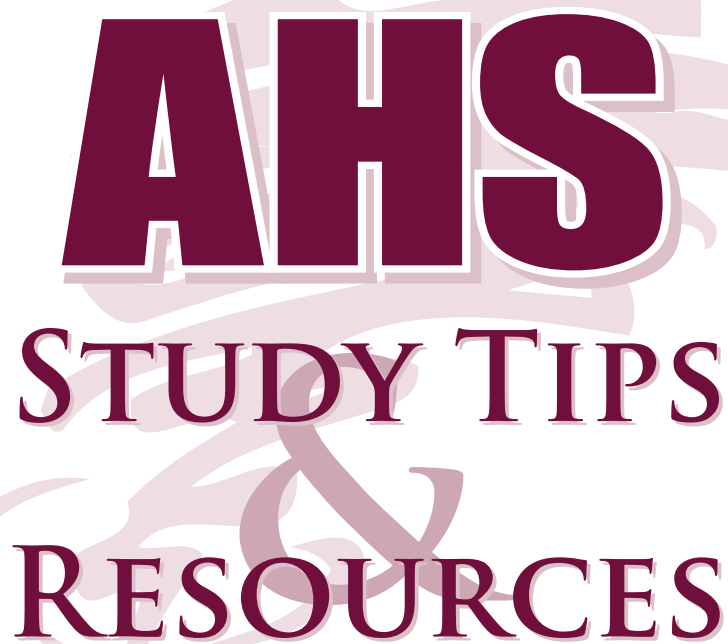
STUDENT PUBLICATIONS

ANOKAN - The end of the school year is climaxed by the publication of the school's hardcover yearbook and video yearbook. In both picture and word, they contain a record of the highlights of the school year. Staff members are selected from the Junior and Senior class.

NOVUS SCRIPTOR - This literary magazine is a student publication which includes short stories, poetry, essays and art work.

ACTIVITIES & CLUBS

Amnesty International	Mr. Plotz	Model UN	Ms. Tschida
Anime/Gaming Club	Mr. Comeau	Multicultural Club	Ms. Houlihan
Anokan (Yearbook).	Mr. Hull	National Honor Society	Ms. Loeffler-Rostad Ms. Tschida
Art Club	Mrs. Gronewold	Novus Scriptor.	Ms. Ashley-Grochowski
Art Shows	Mr. Nitzberg	Orchestra	Mr. Halstenson
Band	Mr. Hauser	Political Club	Ms. Hoffman
Baseball	Mr. Blansette	Prom.	Ms. Murray
Basketball (Boys).	Mr. Tohm	Rally Crew.	Ms. Frosch Ms. Houlihan
Basketball (Girls).	Mr. Antl	Robotics Club	Ms. Messer
Bloodmobile	Ms. Loeffler-Rostad	School Store.	Mr. Orr
Bowling Club	Mr. & Mrs. Jones	Ski Club	Ms. Haemig
BPA (Business Professionals of America)	Ms. Bement	Skiing - Nordic.	Mr. Tremaine
Broken	Mr. Hale	Skiing - Alpine	Mr. Gunderson
Cheerleading.	Ms. Murray	Soccer (Boys)	Mr. Hayes
Chess Club	Mr. Hull	Soccer (Girls)	Ms. Woeltge
Cross Country.	Mr. Tremaine	Softball	Ms. Jesinoski
Curling Club	Mr. Corcoran	Spanish Club.	Ms. Bina
Dance Team Fall	Mr. Madrigal	Spectrum/GSA	Ms. Haemig
Dance Team Winter	Ms. Heidemann	Speech	Mr. Vasquez
Debate.	Ms. Martin	Sports Medicine Program	Ms. Beckendorf
DECA (Distributive Ed Clubs of America)	Mr. Orr	STAR.	Mr. Hale
FEC (Future Educators Club).	Ms. Larson	Strength Training	Mr. Hale
Football.	Mr. Buerkle	Student Council	Mr. Sundberg
French Club	Ms. Newcom	Swimming (Boys)	Mr. Jacobson
German Club.	Ms. Skakal	Swimming (Girls)	Mr. Jacobson
Golf (Boys/Girls)	Mr. Orr Mr. Boline	Tech Crews	Mr. Gomez
Gymnastics (Girls)	Ms. Hedberg	Tennis (Boys).	Mr. Bertram
Hockey (Boys).	Mr. Manthey	Tennis (Girls)	Mr. Wicks
Hockey (Girls)	Mr. Hayes	Theater.	Mr. Felegy
Intramural Athletics	Mr. Hale Ms. Schuster	Track & Field (Boys/Girls)	Mr. Tremaine
Jazz Band.	Mr. Hauser	Vocal Music.	Ms. Hayes
K-Pop Club	Ms. Zachor	Voice of Anoka	Ms. Bobbe
Key Club.	Ms. Eggriuchs	Volleyball	Mr. Fenwick
Knowledge Bowl.	Mr. Hauge	Wrestling.	Mr. Springer
LaCrosse (Boys)	Mr. Sundem	Youth Service.	Ms. Hastings
LaCrosse (Girls).	Mr. Wulf	7th Avenue Singers	Ms. Hayes
Math League.	Mr. Rengo		



AHS

STUDY TIPS

RESOURCES

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Step One: Believe in Yourself

In order to succeed, you must believe in yourself and what you can do. You need to know what you are capable of and in turn, you must know that you can succeed. To help you with this step, you could make a grid with your classes, and the highest grade you believe you could achieve in the class. Track this as the class moves along.

Step Two: Be Organized

If you are an organized student, you will stumble upon nothing but success in your high school career. There are many steps that can be taken to make this easier. One thing to do is to use this planner! With this, you can keep track of assignments and due dates much easier. Another wise step is to use three-ring notebooks for your class notes. You can easily insert handouts, and notes can be organized. You should also use folders for school work. Use a different color folder for each class, and keep all relevant material in the folder. Also, have phone numbers of classmates, so that if you are absent, it will be easy to find out what you missed. You should keep your locker and backpack neat, and get fully organized for the next day of school before you go to bed.

Step Three: Manage Your Time Well

If you have good time management, you have time for both work and play. To do this well, you should use class time and study halls. This allows you to ask questions and get your work done at school instead of at home. Another step to take towards good time management is to create your own "Study Plan." Based on your schedule for the day, create a plan to do your school work during your free time. You must also take into account what could go wrong with your plan, so prepare for interruptions.

Step Four: Be Successful in the Classroom

The first thing that leads to success in the classroom is to be in school on time every day. When you are gone, you miss important notes, lectures, and discussions, and it is simply not worth missing a day. You must also adapt to your different teachers, from rules to learning and teaching methods. Of course, you should also be prepared for class. Bring all needed books, homework, etc., and focus for that class when you arrive. Also, be sure to be adequately rested. Sitting in front of the class also leads to success in school. Body language can tell a lot, as well. If you demonstrate that you want to get a good grade in the class, it is more likely that you will. Also, approach homework as something you must do. Participation can count for a lot as well. If you participate in class, it shows you care about it, and teachers will notice that. You must also be respectful, both to group members, classmates, and teachers. Respect will get you a long way towards a good grade.

Step Five: Take Good Notes

There are many keys to taking good notes. First, you must be an active listener. Pay attention to what you are taking notes on. To take notes that are important, you must recognize important information. Clues to this are a change in the teacher's voice

and words hinting at importance. You should also take notes that are easy to read, using symbols and highlighting key words. You should go over your notes as soon as possible. The fresher it is in your mind, the more likely you are able to learn it. If you are absent, you should get the notes you missed.

Step Six: Know How to Read a Textbook

There are three steps to reading a textbook: scan, read, and review. Scanning gets you familiar with the material and allows you to see what the part of the book you are reading is about. Reading is just that, reading. Read the information, making sure to pay attention to the content of the material. After you finish reading, you should review what you read, making sure you actually learned something from the reading.

Step Seven: Study Smart

To study well, and get the optimum result from your time, you must first find a good place to study where distractions are a minimum. After you find this place, make sure you actually get started and don't procrastinate. You must also learn how you learn best, and go with that style, as it will most likely bring you success in your study time. You should organize your study time, making sure to put your studying in order that will keep you both entertained and focused. To learn things quicker, you should learn tricks to help memorize information, with acronyms, images, and other methods to do this. You should also know how to write a good paper, knowing good English and following the writing process.

Step Eight: Use Test Taking Strategies

To get going on a test, make sure to get off to a good start, making sure to have all necessary materials. Develop a plan for the test after taking a quick look through it. On multiple choice questions, increase your odds by elimination, answering it yourself, and by looking at key words, as in true/false questions. On essay questions, follow a good process, have confidence, use clear concise wording, and write legibly. To improve scores on math tests, you should draw a picture if you're having trouble, don't spend too much time on a tough question, and show all your work. On an open book test, make sure you know your book well. Once the test is completed, check your answers. When the test is returned, go over it, and learn from your mistakes.

Step Nine: Reduce Test Anxiety

To reduce test anxiety, study the material early, be confident, mentally practice going through the test, and practice relaxation techniques. The more positive thinking, the more likely you will find success.

Step Ten: Get Help When You Need It

Put simply, when you have a problem, you should do something about it. If it is with the class or material, consult your teacher. If it is with a student or other person, contact someone else (e.g. prevention specialist, principal, teacher, counselor). If you are dealing with a far more serious problem, be sure to talk with someone about it. Speaking to someone can lead to a solution.

MID-TRIMESTER SELF-EVALUATION

TRIMESTER 1

Evaluate how well you are doing at mid-trimester.
Give yourself a mark out of 10.

- ___ arrived on time
- ___ prepared with supplies etc.
- ___ was attentive in class
- ___ worked toward my goals
- ___ took responsibility for my own actions
- ___ showed respect for others and their property
- ___ recorded assignments and activities in planner
- ___ completed homework and reviewed material

TRIMESTER 2

Evaluate how well you are doing at mid-trimester.
Give yourself a mark out of 10.

- ___ arrived on time
- ___ prepared with supplies etc.
- ___ was attentive in class
- ___ worked toward my goals
- ___ took responsibility for my own actions
- ___ showed respect for others and their property
- ___ recorded assignments and activities in planner
- ___ completed homework and reviewed material

TRIMESTER 3

Evaluate how well you are doing at mid-trimester.
Give yourself a mark out of 10.

- ___ arrived on time
- ___ prepared with supplies etc.
- ___ was attentive in class
- ___ worked toward my goals
- ___ took responsibility for my own actions
- ___ showed respect for others and their property
- ___ recorded assignments and activities in planner
- ___ completed homework and reviewed material

TEST TAKING STRATEGIES

GENERAL STRATEGIES

- Think positively about doing your best.
- Take a few deep breaths to relax.
- Read all test directions carefully.
- Read all of the possible answer choices.
- Choose the best answer, not just the right answer.
- Eliminate impossible or implausible answers.
- Be careful when you see a NOT or EXCEPT in the question or one of the answers. Negative words often trip up people.
- Change your answers only when you are certain. The first answer that comes to mind is often correct.
- Keep a steady pace and do not let difficult questions affect your attitude.

MULTIPLE CHOICE QUESTIONS

- Circle key words in the question, paying special attention to qualifying words such as “always,” “major,” “increase,” etc.
- After reading the question, predict an answer, if possible.
- Eliminate the choices that you know are incorrect.
- If two choices look equally correct, compare each to the main part of the question, making sure that the one you eventually choose answers what is asked.
- If you are still unsure, make an educated guess. Look for subtle differences between the choices.

MATH QUESTIONS

- Read the entire problem and estimate the answer before looking at the choices.
- Before beginning any calculation, ask yourself “What do I need to find out?”
- Keep going! Answer all of the questions.
- Show all of your work! Explain your answers using words such as “because” or “therefore.”
- Watch for “extra” information and “two-step” problems.
- Draw a diagram, make a table, look for patterns, and guess check.
- Be sure to use the same units!
- Check to make sure your answers make sense.
- If you get stuck, try to guess and check or move on and come back to the problem.
- If you are stuck, start over.
- Know how to use your calculator.

TEST TAKING STRATEGIES (cont.)

READING QUESTIONS

- Read the questions before you read the article or text, but don't read the answers.
- Identify key words in the questions.
- Read the entire article or text. Don't jump back and forth between questions and article.
- Identify/find the answer to each question in the text.
- Use all or part of the question in short answer or essay responses.
- Skip questions you aren't sure of and return to them later.
- Scan the text to locate a specific detail for an answer you are not sure of.
- Skim the text for a quick reread if you're trying to find the main idea.

ESSAY QUESTIONS

- Rephrase the questions as the topic sentence in your essay response.
- Prewrite with details to include in your answer; create an outline response to organize your ideas.
- Make your answer clear and concise. Longer is not always better, but make sure you've fully answered the question.
- Look at the verb in the question.
 1. Identify - point out specific characteristics
 2. List - give all details about a subject
 3. Explain- talk about why something is true

TEST STUDY STRATEGIES

- Make sure you attempt, correct, and then study all review sheets.
- If there is a concept you do not understand, do not ignore it. Ask someone for help.
- Study for math and science by not only "looking" at questions, but doing them over and over until the concept is mastered.
- If there are vocabulary questions on the test, cover the word up and write the definition down several times until the word is memorized.
- See the teacher before the test to get extra study help.
- Do not procrastinate. "Cramming" brings unwanted anxiety which could negatively affect your results.
- Don't hesitate to set your alarm clock 1/2 hour early to review for a test.

TEN WORDS THAT TRIP UP STUDENTS ON TESTS

- **Analyze**
 - Break into parts
 - Figure out
 - Take apart
 - Dissect
- **Infer**
 - Read between the lines
 - Tell what it means
 - Find hidden meaning
 - What are they trying to say
- **Evaluate**
 - Judge
 - Decide
 - Tell why; good or bad
- **Describe**
 - Explain
 - Tell about
 - Give details
 - Paint a picture
- **Support**
 - Defend
 - Tell why
 - Give reasons
 - Agree or disagree and tell
 - Why
- **Explain**
 - Tell about
 - Give reasons
- **Summarize**
 - Main point
 - Put together
 - Short version
- **Compare**
 - All the ways alike
- **Contrast**
 - All the ways different
- **Predict**
 - Guess
 - Tell what might happen

ENGLISH HELPS

PARTS OF SPEECH

NOUN

A noun is a word that names a person, place, thing, quality, act or feeling.

Common Nouns are general and do not refer to a specific person, location or object.

Examples: *woman, state, morning, honesty, happiness*

Proper Nouns are capitalized and refer to a particular person, place, thing.

Examples: *Sarah, Eiffel Tower, HHH Dome, Sunday*

PRONOUN

A pronoun is a word that takes the place of a noun.

Nominative Case Pronouns replace the subject of a sentence or clause.

Examples: ***She** took the train to visit Aunt Donna.*

***They** are looking forward to visiting Florida.*

Objective Case Pronouns receive a verb's action or follow a preposition.

Examples: *Please give **me** the magazine.*

*The watch was given to **her** for her great service.*

Possessive Case Pronouns show ownership or possession.

Examples: *The raccoon scurried from **its** food.*

***Their** jeep slid off the wet road.*

VERB

A verb is a word which expresses action or a state of being. It also indicates the time of action or state of being. A verb has different forms depending on its **number, person, voice, tense, and mood**.

Number indicates whether the subject of the verb is singular or plural. The verb and its subject must agree in number.

Examples: *One puppy barks.
Two puppies bark.*

Person indicates whether the subject of the verb is 1st, 2nd, or 3rd person and whether the subject is singular or plural. Verbs usually have a different form only in third person singular of the present tense.

Examples:	Singular	Plural
1st Person	<i>I stop.</i>	<i>We stop.</i>
2nd Person	<i>You stop.</i>	<i>You stop.</i>
3rd Person	<i>He/She/It stops.</i>	<i>They stop.</i>

Tense indicates when the action or state of being is taking place.

Examples: *We **need** the medicine now. (present)*

*Dan **shot** the target. (past)*

*You **will** enjoy your trip to Spain. (future)*

ADVERB

An **adverb** is a word that describes or modifies a verb, an adjective, or another verb. An adverb tells how, when, where, why, how often, and how much.

Examples: *The ball rolled **slowly** around the cup.*

*Soccer scores are reported **daily** in the news.*

*The cake was **much** better than I thought it would be.*

ADJECTIVE

An **adjective** is a word that describes or modifies nouns and pronouns. Adjectives specify color, size, number, and the like.

Examples: *blue, small, seven, huge, tiny*

Adjectives have three forms: **positive, comparative, and superlative**.

The **positive** form describes a noun or pronoun without comparing it to anything else.

Example: *My painting is **good**.*

The **comparative** form compares two things.

Example: *Aunt Carol's painting is **better** than mine.*

The **superlative** form compares three or more things.

Example: *Mom's painting is the **best** of all!*

PREPOSITION

A **preposition** is a word (or group of words) which shows how a noun or pronoun relates to another word in a sentence.

Examples: *The student walked **into** the classroom.*

*The deer leaped **over** the creek.*

*Greg travels to work by **means** of his scooter.*

*Their team lost the tournament in **spite** of no injuries.*

CONJUNCTION

A **conjunction** is a word that connects individual words or groups of words.

Coordinating conjunction connects a word to a word, a clause to a clause, or a phrase to a phrase. The sentence elements joined by a coordinating conjunction must be equal. Common coordinating conjunctions are: and, but, or, nor, for, yet, so. Coordinating conjunctions used in pairs are called **correlative conjunctions**. Common correlative conjunctions are: either, or; neither, nor; not only, but also; both, and; whether, or.

Examples: Jim and Mary frequently laugh watching movies.

Neither Charlie nor Julie want to miss the plane.

Subordinating conjunction connects, and shows the relationship between two clauses which are not equally important. Common subordinate conjunctions are: until, unless, since, where, before, as, if, when, although, after, because, while, as long as, as if, though, whereas.

*Examples: **Until** your parents come home, you cannot leave.*

If I don't go to the concert, my friend will be disappointed.

INTERJECTION

An interjection is a word that is used in a sentence to communicate strong emotion or surprise. Punctuation is used to separate an interjection from the rest of the sentence.

*Examples: **Yea!** We get to go to the state tournament.*

***Oh,** no! I forgot the tickets.*

***Wow,** the fireworks were spectacular!*

***Golly,** I just can't believe my senior year is almost over!*

***Ah,** silence at last.*

SENTENCE STRUCTURE

A complete sentence must express a complete thought and must have a subject and a verb.

Example: She lost her purse.

A sentence **fragment** results from a missing subject, verb, or complete thought.

Example: Because he was afraid.

There are four types of sentences: **simple, compound, complex, or compound-complex**. A **simple sentence**

consists of one main clause. It expresses one main thought and has one subject and one predicate. A simple sentence may contain a compound subject or a compound verb or both.

Examples: We enjoyed the music.

*Shannon and Mike were married yesterday.
[compound subject: Shannon and Mike]*

*Joe is leaving work and going home.
[compound verb: leaving and going]*

A **compound sentence** contains two or more main clauses (in bold) connected by a conjunction, a semicolon, or a comma with a conjunction.

*Examples: **Collecting leaves is fun, but I find identifying leaves is difficult.**
[conjunction]*

***Amy's outfit looks new; it just got back from the cleaners.**
[semicolon]*

***Dan came home for Christmas, and Jenny went to Alaska.**
[comma, conjunction]*

A **complex sentence** has one main clause (in bold) and one or more subordinate clauses (underlined).

*Examples: **Pat says** that a good education is the result of diligent studying.
[main clause, one independent clause]*

*Diligent studying is difficult, **however,** when I have to babysit for several hours before I can start studying.
[main clause, two dependent clauses]*

A **compound-complex sentence** has two or more main clauses (in bold) and one or more subordinate clauses. (underlined)

*Examples: Because the orchestra did so well, **they were invited to play at the governor's mansion.**
Unless my eye sight is failing me, **I think I saw Jackie cleaning her room.***

SPELLING RULES

Write "i" before "e" except after "c," or when sounding like "a" as in weigh and eight. Exceptions: seize, weird, either, leisure, neither.

When the ie/ei combination is not pronounced ee, it is usually spelled ei.

Examples: reign, weigh, neighbor

Exceptions: friend, view, mischief, fiery

When a multi-syllable word ends in a consonant preceded by one vowel, the accent is on the last syllable, and when the suffix begins with a vowel - the same rule holds true: double the final consonant.

Examples: prefer - preferred, allot - allotted, control - controlling

If a word ends with a silent “e,” drop the “e” before adding a suffix that begins with a vowel.

Examples: use - using; like - liking; state - stating; love - loving

When the suffix begins with a consonant, you do not drop the e.

Examples: use - useful; state - statement; nine - ninety

Exceptions: argument; judgment; truly, ninth

When “y” is the last letter in a word and the “y” is preceded by a consonant, change the “y” to “i” before adding any suffix except those beginning with “l.”

Examples: lady - ladies; try - tries; happy - happiness; ply - pliable

THE WRITING PROCESS

Writing Variables

Before beginning any writing assignment, it will help you focus and remain consistent in style if you consider the following variables.

- **Audience** - For whom am I writing? A letter written to your ten-year-old sister will be much different in vocabulary, subject content, format, and sentence complexity than one written to your senator.
- **Topic** - About what subject will I write? If possible, choose a subject that interests you. Make sure to research your subject well.
- **Purpose** - Why am I writing? Have a clear purpose in mind before starting your paper. Are you writing to entertain, to instruct, to inform, or to persuade? Keeping your purpose in mind as you write will result in a paper that is focused and consistent.
- **Voice** - What point of view or “voice” will I use? Writers sometimes write from the point of view of another person rather than from their own point of view. Writing in a voice other than your own can add variety and help you see your subject in a new way. Make sure that your “voice” remains consistent.
- **Format** - What form will my writing take? Different forms of writing such as letters, diaries, reports, essays, research papers, etc., have specific requirements. Decide on the form your writing will take and then make sure you know the requirements for that form of writing.

Planning and Writing an Essay or Composition

- Select a general subject area which interests you.
- Make a list of your thoughts and ideas about the subject.
- Use your list to help focus on a specific topic within the subject area.
- Decide what you want to say about the topic and write an introductory statement which reflects this purpose.
- Make a list of details to support your statement.
- Arrange the list of details to support your statement.
- Do any reading and research necessary to provide additional support for specific areas of your outline. Keep a careful list of all of your sources for your bibliography.
- Write a first draft.
- Revise your first draft making sure that:
 1. The introduction includes a clear statement of purpose.
 2. Each paragraph begins with some link to the preceding paragraph.
 3. Every statement is supported or illustrated.
 4. The concluding paragraph ties all of the important points together, leaving the reader with a clear understanding of the meaning of the essay or composition.
 5. Words are spelled correctly.
 6. Punctuation is correct.
 - Read your revised paper aloud to check how it sounds.
 - Proofread your revised paper two times: once for spelling, punctuation, and word usage and again for meaning and effectiveness.
 - Write or type your final copy making sure to follow all of the instructions regarding the format.

PUNCTUATION

PERIOD .

Use: to end a sentence which makes a statement, or which gives a command which is not used as an exclamation.

Examples: Go to your room and do not come out until you are done studying.

Use: after an initial or an abbreviation.

Examples: Julie T. Hoyle, Mr., Mrs., Ms.

COMMA ,

Use: to separate words or groups of words in a series.

Example: *I used dirt, fertilizer, water and pesticide in the gardens.*

Use: to separate an explanatory phrase from the rest of the sentence.

Example: *Sushi, or raw fish, is a favorite appetizer of mine.*

Use: to distinguish items in an address and in a date.

Examples: *Curt Blake, 290 Second Street, Afton, IN 48105*
December 5, 1968.

Use: to separate a title or an initial which follows a name.

Example: *Clarissa Hanson, Ph.D.*

QUESTION MARK ?

Use: at the end of a direct or indirect question.

Example: *Did you go on vacation this past summer?*

Use: to punctuate a short question within parentheses.

Example: *Lance is graduating on Sunday (is that possible?) from college.*

APOSTROPHE ’

Use: to show that one or more letters or numbers have been left out of a word to form a contraction.

Examples: *do not - don’t I have - I’ve*

Use: followed by an “s” is usually used to form the possessive form of singular nouns.

Example: *Ben was the first man at the scene to pull the lady’s child to safety.*

Use: possessive form of plural nouns ending in “s” is usually made by adding just an apostrophe. An apostrophe and “s” must be added to nouns not ending in “s.”

Example: *bosses - bosses’*

COLON :

Use: after words introducing a list, quotation, question, or example.

Example: *Heather dropped her purse and out spilled everything: makeup, mirror, money and pens.*

SEMICOLON ;

Use: to join compound sentences which are not connected with a conjunction.

Example: *It’s quite simple, now that I think about it; the evidence we are looking for can be found in the diaries.*

Use: to separate groups of words.

Example: *I packed a sweatshirt, socks, sweatpants; a raincoat, hat, gloves, and boots.*

QUOTATION MARKS “ ”

Use: to frame direct quotations in a sentence. Only the exact words quoted are to be placed within the quotation marks.

Example: *“Laura said she wanted to go,” Jack said, “but she had a lot of homework to do.”*

Use: to distinguish a word which is being discussed.

Example: *My teacher suggested that I not use the word “never” and recommended I use “infrequently.”*

Use: to indicate that a word is slang.

Example: *Julie only bought that outfit to show that she’s “with it.”*

Use: to punctuate titles of poems, short stories, songs, lectures, course titles, chapters of books, and articles found in magazines, newspapers, and encyclopedias.

Examples: *“White Christmas”*
“Catcher in the Rye”
“Coon Rapids Herald”

SINGLE QUOTATION MARKS ‘ ’

Use: to punctuate a quotation within a quotation.

Example: *“My favorite movie is ‘Finding Nemo’” answered little Ashley.*

EXCLAMATION POINT !

Use: is used to express strong feeling.

Example: *Help! Help!*

HOW TO WRITE A RESUME

See how a resume can sell your abilities, even when you have no experience. This high school student never held a real job. But, by using everyday experiences, his resume shows that he could easily qualify for a sales job in a department store. Match your life skills and accomplishments with the skills needed for the job you want. You'll show an employer that you can learn the job easily and quickly become a productive member of the team.

JAMES R. JOBLESS

One Opportunity Way, Anytown USA 00000
111-222-3333

OBJECTIVE: Seeking entry-level position in retail sales.

EDUCATION: 1995: Diploma, My High School, Anytown US
Courses: Public Speaking, Math, Computers

SKILLS & Math

ABILITIES: *Maintained 3-year "B" average in algebra and geometry.
*Computed own 1040EZ tax return, earned \$340 rebate.
*Manage \$800 investment that earns 9.2% annual return.

People

*Read to, and play checkers with, elderly at nursing home.
*Average, but enthusiastic member of basketball team.
*Helped raise \$680 for Students Against Drunk Driving.

Product Knowledge

*Sports & athletics *Auto & mechanical
*Consumer electronics *Music & videos

Electronic Cash Registers

*High school computer classes and talent at programming
VCRs would help in learning to use electronic cash registers.

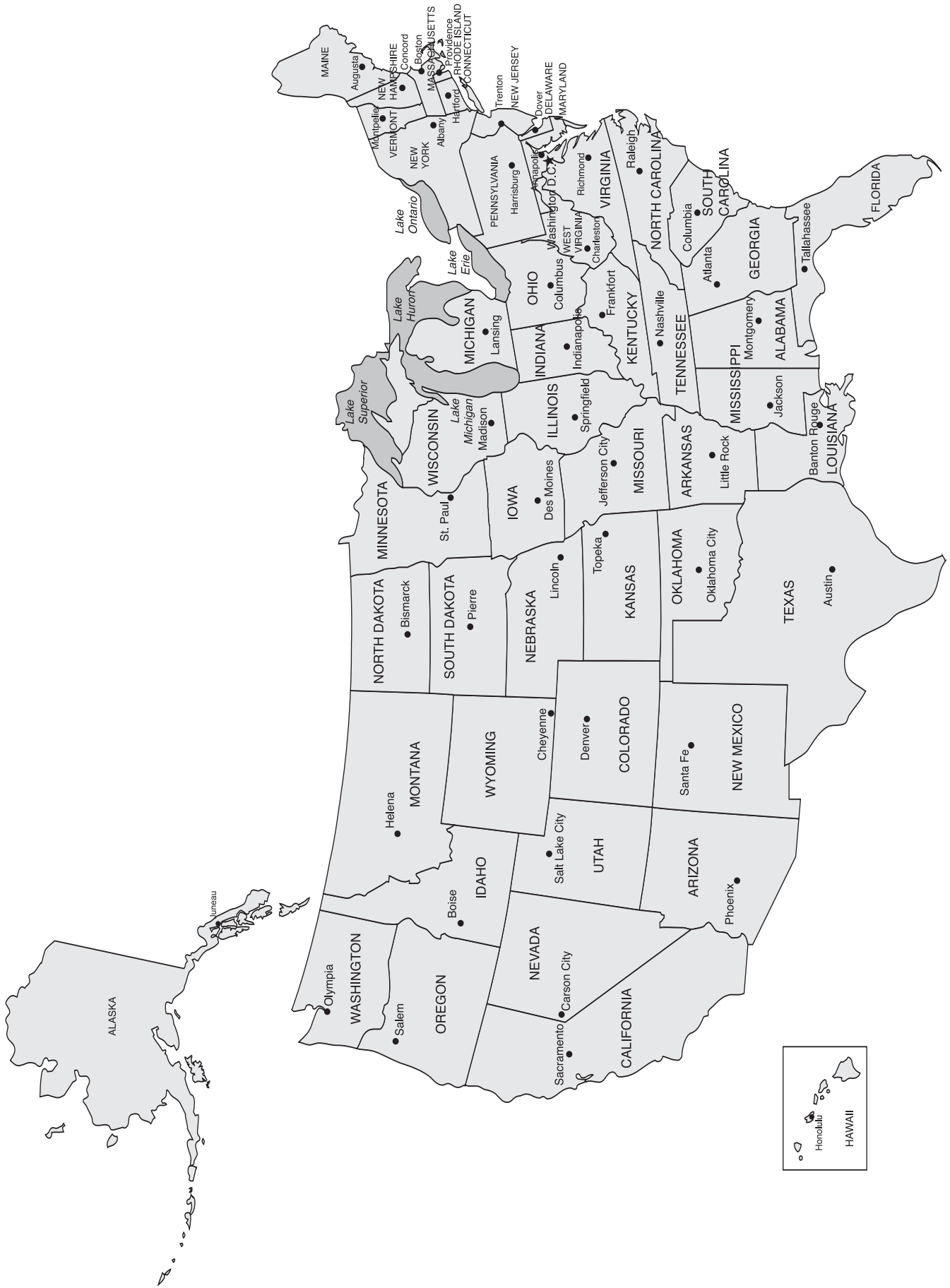
PERSONAL: *Reliable: Missed only two days of school this year.
*Honest: Returned \$20 check cashing error to the bank.
*Friendly: Computer club, volunteering, sports team.

REFERENCES: Available on request

ENGLISH (Frequently Misspelled Words)

absence	chosen	effect	happiest	nervous	realize	summary
absorb	Christian	either	happily	niece	really	superintendent
accept	cinnamon	embarrass	happiness	nineteen	receive	suspense
accidentally	climbed	enough	hear	ninety	receiving	suspicion
accompany	climbing clothes	entertain	height	notice	recess	swimming
accuse	colonel	envelope	here	noticeable	recognize	synagogue
ache	college	equipment	history	nuisance	recommend	temperament
achieve	column	equipped	hoping	obedience	reference	themselves
acquaintance	commercial	escape	hospital	occasion	referring	there
acquire	committee	especially	humor	occur	rein	therefore
affect	completely	etc.	humorous	occurred	reign	they
afraid	concentrate	everybody	hungry	occurrence	relative	they're
against	conscientious	everywhere	identify	occurring	relief	thief
aggression	conscious	exaggerate	imagine	often	religion	thoroughly
aggressive	continue	exceed	immediate	opinion	remember	thought
all right	continuous	excellence	immediately	opportunity	repetition	through
a lot	convenience	excellent	immensely	opposite	repellent	tobacco
already	convenient	except	incident	original	reservoir	together
always	counterfeit	excitement	independent	other	restaurant	tomorrow
amateur	countries	exciting	Indian	pageant	rhyme	tragedy
ambition	courage	existence	innocent	pamphlet	rhythm	tried
among	courageous	expense	instead	parallel	ridiculous	trouble
apology	courteous	experiment	intelligence	parents	running	truly
apparent	cried	experience	intelligent	parliament	safety	two
appearance	criticism	familiar	interpret	particular	Saturday	unique
appreciate	criticize	families	interrupt	passed	scent	until
arctic	curiosity	fascinate	introduce	peculiar	schedule	unusual
argument	debt	fasten	its	perform	scissors	usually
article	deceived	fatigue	it's	permanent	search	usually
associate	decide	favorite	jealous	persuade	secret	vacuumate
athlete	definite	fiction	knew	phenomenon	secretary	vegetable
attendance	definitely	fictitious	know	piece	semester	village
attitude	descend	field	knowledge	pilot	sense	villain
author	describe	finally	laboratory	plain	separate	weather
awful	description	first	laid	plane	separation	Wednesday
beautiful	desert	forecast	leisure	planned	sergeant	weight
beauty	dessert	foreign	library	pleasant	shepherd	weird
because	destroy	foresee	lightning	poison	shining	were
beginning	develop	forest	literature	possible	sincerely	we're
believe	dictionary	foretell	lonely	practically	soldier	where
benefit	didn't	formerly	loose	prairie	sophomore	whether
bicycle	difficult	forty	lying	precede	spaghetti	which
biscuit	dinner	fragile	magazine	preferred	speak	whole
boundary	dining	freight	magnificent	prejudice	speech	whose
Britain	disappear	friend	many	preparation	sponsor	witch
brilliance	disappoint	front	marriage	principal	squirrel	woman
brilliant	discipline	fulfill	mathematics	principle	stationery	women
bureau	discussion	government	meant	privilege	stepping	wonderful
business	disease	governor	medicine	probably	stopping	wreck
captain	dissatisfy	grabbed	millionaire	profession	stories	writing
career	doctor	grammar	miniature	prophecy	strengthen	written
carrying	does	grateful	minute	psychologist	stretch	wrote
cemetery	doesn't	guarantee	mischievous	psychology	studies	yolk
certain	dropping	guard	model	pursue	studying	your
challenge	during	guess	mosquito	quantity	succeed	you're
chief	easier	guest	narrative	quiet	successful	
children	easiest	handsome	necessary	quite	suggest	
chocolate	easily	happen	neighbor	raspberry	summarize	

UNITED STATES



MATH HELPS

FRACTIONS AND DECIMALS

FRACTIONS and PERCENTAGES

1	=	1.0	=	100%
3/4	=	0.75	=	75%
2/3	=	0.6	=	66.7%
1/2	=	0.5	=	50%
1/3	=	0.3	=	33.3%
1/4	=	0.25	=	25%
1/5	=	0.2	=	20%
1/6	=	0.16	=	16.7%
1/7	=	0.142	=	14.2%
1/8	=	0.125	=	12.5%
1/9	=	0.1	=	11.1%
1/10	=	0.1	=	10%
1/11	=	0.09	=	9.1%
1/12	=	0.083	=	8.3%

WORKING WITH FRACTIONS

Top number = number \longrightarrow 2
 Bottom number = denominator \longrightarrow 3

To multiply:

$$\frac{1}{2} \times \frac{3}{4} = \frac{1 \times 3}{2 \times 4} = \frac{3}{8}$$

To divide, multiply the first fraction by the reciprocal of the other:

$$\frac{2}{3} \div \frac{1}{6} = \frac{2}{3} \times \frac{6}{1} = \frac{12}{3} = 4$$

To add or subtract, first find the common denominator:

$$\frac{1}{3} + \frac{2}{5} = \left(\frac{1}{3} \times \frac{5}{5}\right) + \left(\frac{2}{5} \times \frac{3}{3}\right) = \frac{5}{15} + \frac{6}{15} = \frac{11}{15}$$

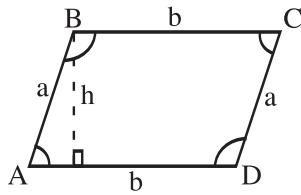
MULTIPLICATION TABLE

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
2	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40
3	3	6	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54	57	60
4	4	8	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72	76	80
5	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
6	6	12	18	24	30	36	42	48	54	60	66	72	78	84	90	96	102	108	114	120
7	7	14	21	28	35	42	49	56	63	70	77	84	91	98	105	112	119	126	133	140
8	8	16	24	32	40	48	56	64	72	80	88	96	104	112	120	128	136	144	152	160
9	9	18	27	36	45	54	63	72	81	90	99	108	117	126	135	144	153	162	171	180
10	10	20	30	40	50	60	70	80	90	100	110	120	130	140	150	160	170	180	190	200
11	11	22	33	44	55	66	77	88	99	110	121	132	143	154	165	176	187	198	209	220
12	12	24	36	48	60	72	84	96	108	120	132	144	156	168	180	192	204	216	228	240
13	13	26	39	52	65	78	91	104	117	130	143	156	169	182	195	208	221	234	247	260
14	14	28	42	56	70	84	98	112	126	140	154	168	182	196	210	224	238	252	266	280
15	15	30	45	60	75	90	105	120	135	150	165	180	195	210	225	240	255	270	285	300
16	16	32	48	64	80	96	112	128	144	160	176	192	208	224	240	256	272	288	304	320
17	17	34	51	68	85	102	119	136	153	170	187	204	221	238	255	272	289	306	323	340
18	18	36	54	72	90	108	126	144	162	180	198	216	234	252	270	288	306	324	342	360
19	19	38	57	76	95	114	133	152	171	190	209	228	247	266	285	304	323	342	361	380
20	20	40	60	80	100	120	140	160	180	200	220	240	260	280	300	320	340	360	380	400

MATH HELPS

AREA AND VOLUME

Parallelogram



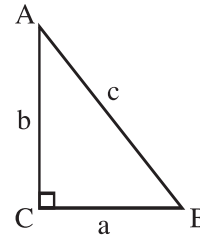
Area of ABCD = bh

Rectangle



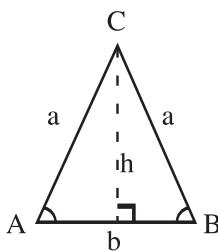
Perimeter = $2(l+h)$
Area = lh

Right Triangle



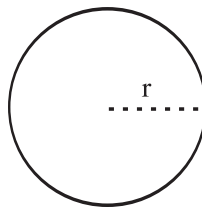
Area = $ab/2$
 $c^2 = a^2 + b^2$ (Pythagorean Theorem)

Isosceles Triangle



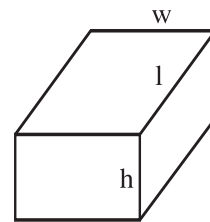
Area = $bh/2$

Circle



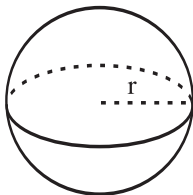
Circumference of a circle = $2\pi r$
Area of a circle = πr^2

Rectangular Prism



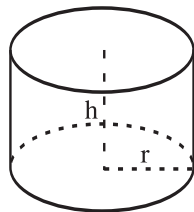
Surface area of a prism = $2(wl+lh+wh)$
Volume of a prism = lwh

Sphere



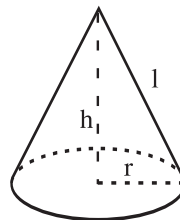
Surface area of a sphere = $4\pi r^2$
Volume of a sphere = $\frac{4}{3}\pi r^3$

Cylinder



Surface area of a cylinder = $2\pi rh + 2\pi r^2$
Volume of a cylinder = $\pi r^2 h$

Cone



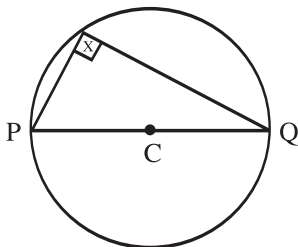
Volume of a cone = $\pi r^2 h/3$
Surface area of a cone = $\pi rl + \pi r^2$ (l = slant height)

Pyramid

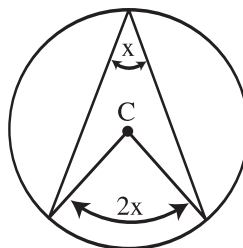


Volume of a pyramid = $Bh/3$ (B = area of base)
Surface area of a pyramid = $P/2 + B$ (P = perimeter of base, l = slant height)

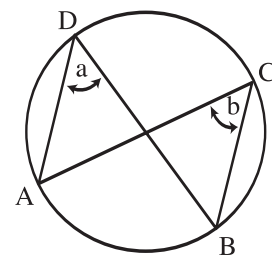
CIRCLE THEOREMS



$\angle x = 90^\circ$
(PQ is the diameter)



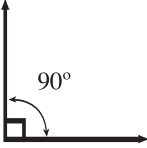
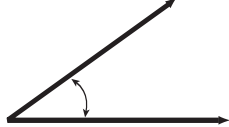
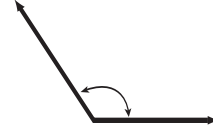

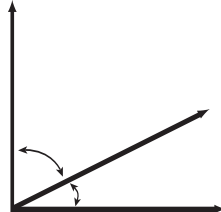
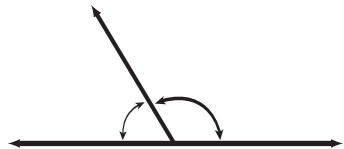
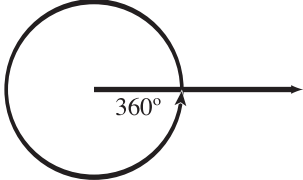
C is the center of the circle



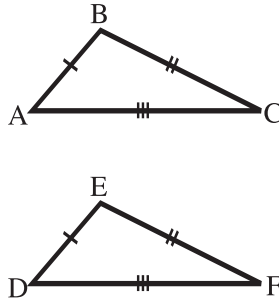
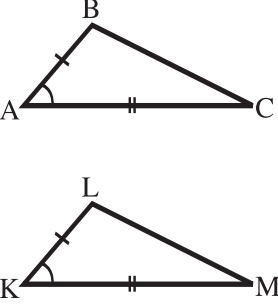
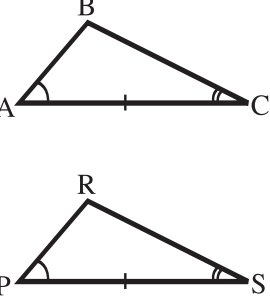
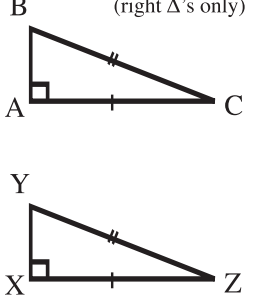
$\angle a = \angle b$
(Angles subtended on the same arc AB)

MATH HELPS

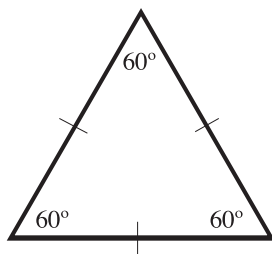
GEOMETRIC ANGLES

 <p>A right angle is exactly 90°</p>	 <p>An acute angle is less than 90°</p>	 <p>An obtuse angle is greater than 90°</p>	 <p>A straight angle is exactly 180°</p>
 <p>Complementary angles add up to 90°</p>	 <p>Supplementary angles add up to 180°</p>	 <p>One complete angle of rotation = 360°</p>	

GEOMETRIC CONGRUENCY CASES

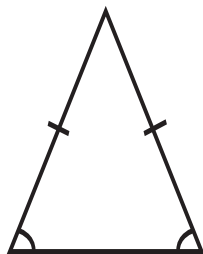
<p>S.S.S. Postulate</p>  <p>Side-Side-Side $\triangle ABC \cong \triangle DEF$</p>	<p>S.A.S. Postulate</p>  <p>Side-Angle-Side $\triangle ABC \cong \triangle KLM$</p>	<p>A.S.A. Postulate</p>  <p>Angle-Side-Angle $\triangle ABC \cong \triangle PRS$</p>	<p>H.S. Postulate (right Δ's only)</p>  <p>Hypotenuse-Side $\triangle ABC \cong \triangle XYZ$</p>
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Equilateral Triangle



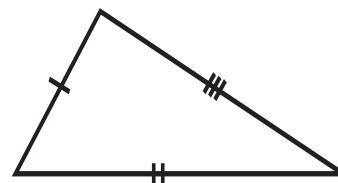
3 sides of equal length
3 angles of 60° each

Isosceles Triangle



2 sides of equal length
2 base angles are equal

Scalene Triangle



3 unequal sides
3 unequal angles

Trigonometric Ratios

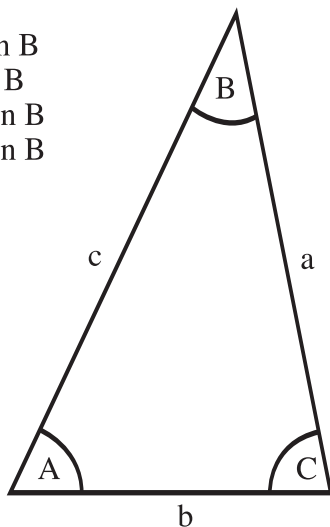
$\sin(A+B) = \sin A \cos B + \cos A \sin B$
 $\sin(A-B) = \sin A \cos B - \cos A \sin B$
 $\cos(A+B) = \cos A \cos B - \sin A \sin B$
 $\cos(A-B) = \cos A \cos B + \sin A \sin B$

$\tan(A+B) = \frac{\tan A + \tan B}{1 - \tan A \tan B}$

$\tan(A-B) = \frac{\tan A - \tan B}{1 + \tan A \tan B}$

$\tan \theta = \frac{\sin \theta}{\cos \theta}$

$\sin^2 \theta + \cos^2 \theta = 1$
 $\cos^2 \theta - \sin^2 \theta = \cos 2\theta$
 $\tan^2 \theta + 1 = \sec^2 \theta$
 $\cot^2 \theta + 1 = \csc^2 \theta$



Law of Sines

$\frac{a}{\sin A} = \frac{b}{\sin B} = \frac{c}{\sin C}$

Law of Cosines

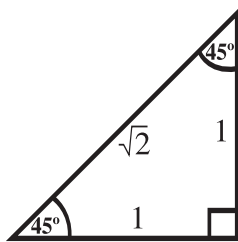
$a^2 = b^2 + c^2 - 2bc(\cos A)$
 $b^2 = a^2 + c^2 - 2ac(\cos B)$
 $c^2 = a^2 + b^2 - 2ab(\cos C)$

Law of Tangents

$\frac{a-b}{a+b} = \frac{\tan \frac{1}{2}(A-B)}{\tan \frac{1}{2}(A+B)}$

$\frac{b-c}{b+c} = \frac{\tan \frac{1}{2}(B-C)}{\tan \frac{1}{2}(B+C)}$

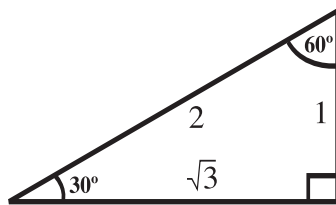
$\frac{c-a}{c+a} = \frac{\tan \frac{1}{2}(C-A)}{\tan \frac{1}{2}(C+A)}$



$\sin 45^\circ = \frac{\sqrt{2}}{2}$

$\cos 45^\circ = \frac{\sqrt{2}}{2}$

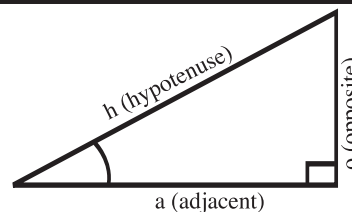
$\tan 45^\circ = 1$



$\sin 30^\circ = \frac{1}{2}$ $\sin 60^\circ = \frac{\sqrt{3}}{2}$

$\cos 30^\circ = \frac{\sqrt{3}}{2}$ $\cos 60^\circ = \frac{1}{2}$

$\tan 30^\circ = \frac{1}{\sqrt{3}}$ $\tan 60^\circ = \sqrt{3}$



$\sin \theta = \frac{o \text{ (opposite)}}{h \text{ (hypotenuse)}} = \frac{1}{\csc \theta}$

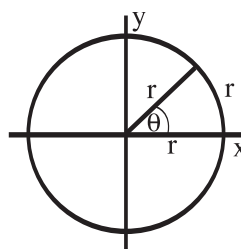
$\cos \theta = \frac{a \text{ (adjacent)}}{h \text{ (hypotenuse)}} = \frac{1}{\sec \theta}$

$\tan \theta = \frac{o \text{ (opposite)}}{a \text{ (adjacent)}} = \frac{1}{\cot \theta}$

Values of Trigonometric Ratios

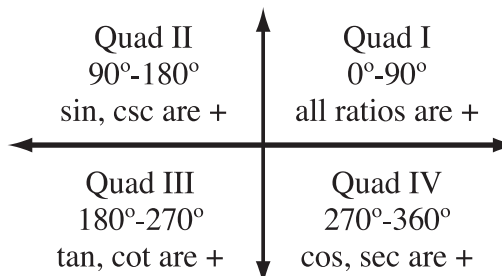
θ	0	$\pi/2$	π	$3\pi/2$	2π
$\sin \theta$	0	1	0	-1	0
$\cos \theta$	1	0	-1	0	1
$\tan \theta$ (sin/cos)	0	∞	0	$-\infty$	0
$\sec \theta$ (1/cos)	1	∞	-1	∞	0
$\csc \theta$ (1/sin)	∞	1	∞	-1	∞
$\tan \theta$ (1/tan)	∞	0	$-\infty$	0	∞

note: ∞ denotes undefined or infinite



$\theta = 1$ radian
 π radians = 180°
 2π radians = 360°

Quadrants



PERIODIC TABLE OF THE ELEMENTS

<p>Atomic Number</p> <p>Atomic Mass</p> <p>Symbol of the Element</p> <p>Element Name</p>		<p>Transition Metals</p>																	
<p>IA¹</p> <p>1 H 1.00797 Hydrogen</p> <p>3 Li 6.939 Lithium</p> <p>11 Na 22.9898 Sodium</p> <p>19 K 39.102 Potassium</p> <p>37 Rb 85.47 Rubidium</p> <p>55 Cs 132.905 Cesium</p> <p>87 Fr (223) Francium</p>	<p>IIA²</p> <p>4 Be 9.0122 Beryllium</p> <p>12 Mg 24.312 Magnesium</p> <p>20 Ca 40.08 Calcium</p> <p>38 Sr 87.62 Strontium</p> <p>56 Ba 137.34 Barium</p> <p>88 Ra (226) Radium</p>	<p>IIIB³</p> <p>21 Sc 44.956 Scandium</p> <p>39 Y 88.905 Yttrium</p> <p>57 *La 138.91 Lanthanum</p> <p>89 #Ac (227) Actinium</p>	<p>IVB⁴</p> <p>22 Ti 47.90 Titanium</p> <p>40 Zr 91.22 Zirconium</p> <p>72 Hf 178.49 Hafnium</p> <p>104 Rf (261) Rutherfordium</p>	<p>VB⁵</p> <p>23 V 50.942 Vanadium</p> <p>41 Nb 92.906 Niobium</p> <p>73 Ta 180.948 Tantalum</p> <p>105 Ha (262) Hahnium</p>	<p>VIB⁶</p> <p>24 Cr 51.996 Chromium</p> <p>42 Mo 95.94 Molybdenum</p> <p>74 W 183.85 Tungsten</p> <p>106 Sg (263) Seaborgium</p>	<p>VII B⁷</p> <p>25 Mn 54.9380 Manganese</p> <p>43 Tc (99) Technetium</p> <p>75 Re 186.2 Rhenium</p> <p>107 Ns (262) Nielsbohrium</p>	<p>8</p> <p>26 Fe 55.847 Iron</p> <p>44 Ru 101.07 Ruthenium</p> <p>76 Os 190.2 Osmium</p> <p>108 Hs (265) Hassium</p>	<p>9</p> <p>27 Co 58.9332 Cobalt</p> <p>45 Rh 102.903 Rhodium</p> <p>77 Ir 192.2 Iridium</p> <p>109 Mt (266) Meitnerium</p>	<p>10</p> <p>28 Ni 58.71 Nickel</p> <p>46 Pd 106.4 Palladium</p> <p>78 Pt 195.09 Platinum</p> <p>110 Uun (271) Ununnilium</p>	<p>IB¹¹</p> <p>29 Cu 63.54 Copper</p> <p>47 Ag 107.870 Silver</p> <p>79 Au 196.967 Gold</p> <p>111 Uuu (272) Unununium</p>	<p>IB¹²</p> <p>30 Zn 65.37 Zinc</p> <p>48 Cd 112.40 Cadmium</p> <p>80 Hg 200.59 Mercury</p> <p>112 Uub (277) Ununbium</p>	<p>IIIA¹³</p> <p>5 B 10.811 Boron</p> <p>13 Al 26.9815 Aluminum</p> <p>31 Ga 69.72 Gallium</p> <p>49 In 114.82 Indium</p> <p>81 Tl 204.37 Thallium</p>	<p>IVA¹⁴</p> <p>6 C 12.01115 Carbon</p> <p>14 Si 28.086 Silicon</p> <p>32 Ge 72.59 Germanium</p> <p>50 Sn 118.69 Tin</p> <p>82 Pb 207.19 Lead</p>	<p>VA¹⁵</p> <p>7 N 14.0067 Nitrogen</p> <p>15 P 30.9738 Phosphorous</p> <p>33 As 74.9216 Arsenic</p> <p>51 Sb 121.75 Antimony</p> <p>83 Bi 208.980 Bismuth</p>	<p>VIA¹⁶</p> <p>8 O 15.9994 Oxygen</p> <p>16 S 32.064 Sulfur</p> <p>34 Se 78.96 Selenium</p> <p>52 Te 127.60 Tellurium</p> <p>84 Po (210) Polonium</p>	<p>VIIA¹⁷</p> <p>9 F 18.9984 Fluorine</p> <p>17 Cl 35.453 Chlorine</p> <p>35 Br 79.909 Bromine</p> <p>53 I 126.9044 Iodine</p> <p>85 At (209) Astatine</p>	<p>VIIIA¹⁸</p> <p>2 He 4.0026 Helium</p> <p>10 Ne 20.183 Neon</p> <p>18 Ar 39.948 Argon</p> <p>36 Kr 83.80 Krypton</p> <p>54 Xe 131.30 Xenon</p> <p>86 Rn (222) Radon</p>	<p>* Lanthanide Series</p> <p>58 Ce 140.12 Cerium</p> <p>59 Pr 140.907 Praseodymium</p> <p>60 Nd 144.24 Neodymium</p> <p>61 Pm (147) Promethium</p> <p>62 Sm 150.35 Samarium</p> <p>63 Eu 151.96 Europium</p> <p>64 Gd 157.25 Gadolinium</p> <p>65 Tb 158.924 Terbium</p> <p>66 Dy 162.50 Dysprosium</p> <p>67 Ho 164.930 Holmium</p> <p>68 Er 167.26 Erbium</p> <p>69 Tm 168.934 Thulium</p> <p>70 Yb 173.04 Ytterbium</p> <p>71 Lu 174.97 Lutetium</p>	<p># Actinide Series</p> <p>90 Th 232.038 Thorium</p> <p>91 Pa (231) Protactinium</p> <p>92 U 238.03 Uranium</p> <p>93 Np (237) Neptunium</p> <p>94 Pu (242) Plutonium</p> <p>95 Am (243) Americium</p> <p>96 Cm (247) Curium</p> <p>97 Bk (247) Berkelium</p> <p>98 Cf (249) Californium</p> <p>99 Es (254) Einsteinium</p> <p>100 Fm (253) Fermium</p> <p>101 Md (256) Mendelevium</p> <p>102 No (256) Nobelium</p> <p>103 Lr (257) Lawrencium</p>

WEIGHTS AND MEASUREMENTS

ENGLISH

Area

1 square foot (ft²)144 square inches (in²)
 1 square yard (yd²)9 square feet
 1 acre43,560 square feet
 1 square mile (mi²)640 acres

Capacity

1 cup (c)8 fluid ounces (fl oz)
 1 pint (pt)2 cups
 1 quart (qt)2 pints
 1 quart4 cups
 1 gallon (gal)4 quarts

Length

1 foot (ft)12 inches (in.)
 1 yard (yd)36 inches
 1 yard3 feet
 1 mile (mi.)5,280 feet
 1 mile1,760 yards

Time

1 minute (min)60 seconds (s)
 1 hour (h)60 minutes
 1 day (d)24 hours
 1 week (wk)7 days
 1 year (yr)12 months (mo)
 1 year52 weeks
 1 year365 days
 1 century (c)100 years

Weight

1 pound (lb)16 ounces (oz)
 1 ton (T)2,000 pounds

METRIC

Area

1 sq centimeter (cm²)100 sq millimeters (mm²)
 1 sq meter (m²)10,000 sq centimeters
 1 hectare (ha)10,000 square meters
 1 sq kilometer (km²)1,000,000 sq meter

Capacity

1 milliliter (mL)001 liter (L)
 1 centiliter (cL)01 liter
 1 deciliter (dL)1 liter
 1 dekaliter (daL)10 liters
 1 hectoliter (hL)100 liters
 1 kiloliter (kL)1,000 liters

Length

1 millimeter (mm)001 meter (m)
 1 centimeter (cm)01 meter
 1 decimeter (dm)1 meter
 1 dekameter (dam)10 meters
 1 hectometer (hm)100 meters
 1 kilometer (km)1,000 meters

Mass/Weight

1 milligram (mg)001 gram (g)
 1 centigram (cg)01 gram
 1 decigram (dg)1 gram
 1 dekagram (dag)10 grams
 1 hectogram (hg)100 grams
 1 kilogram (kg)1,000 grams
 1 metric ton (t)1,000 kilograms

FORMULAS

Perimeter of a rectangle $P=2(l+w)$
 Perimeter of a square $p=4s$
 Perimeter of a regular polygon $p=ns$
 (n=number of sides)
 Area of a rectangle $A=lw$
 Area of a square $A=s^2$
 Area of a parallelogram $A=bh$
 Area of a triangle $A=1/2bh$
 Area of a trapezoid $A=1/2h(b_1+b_2)$
 Area of a circle $A=\pi r^2$

Circumference of a circle $C=\pi d$, or $2\pi r$
 Volume of a rectangular prism $V=lwh$
 Volume of any prism $V=Bh$
 Volume of a cylinder $V=\pi r^2h$
 Volume of a pyramid $V=1/3Bh$
 Volume of a cone $V=1/3\pi r^2h$
 Surface area of a cylinder $SA=2\pi r^2+\pi dh$
 Pythagorean Theorem $a^2+b^2=c^2$
 Simple interest $I=prt$
 Distance $d=rt$

Chemistry Conversions

1 mol = 6×10^{23} atoms

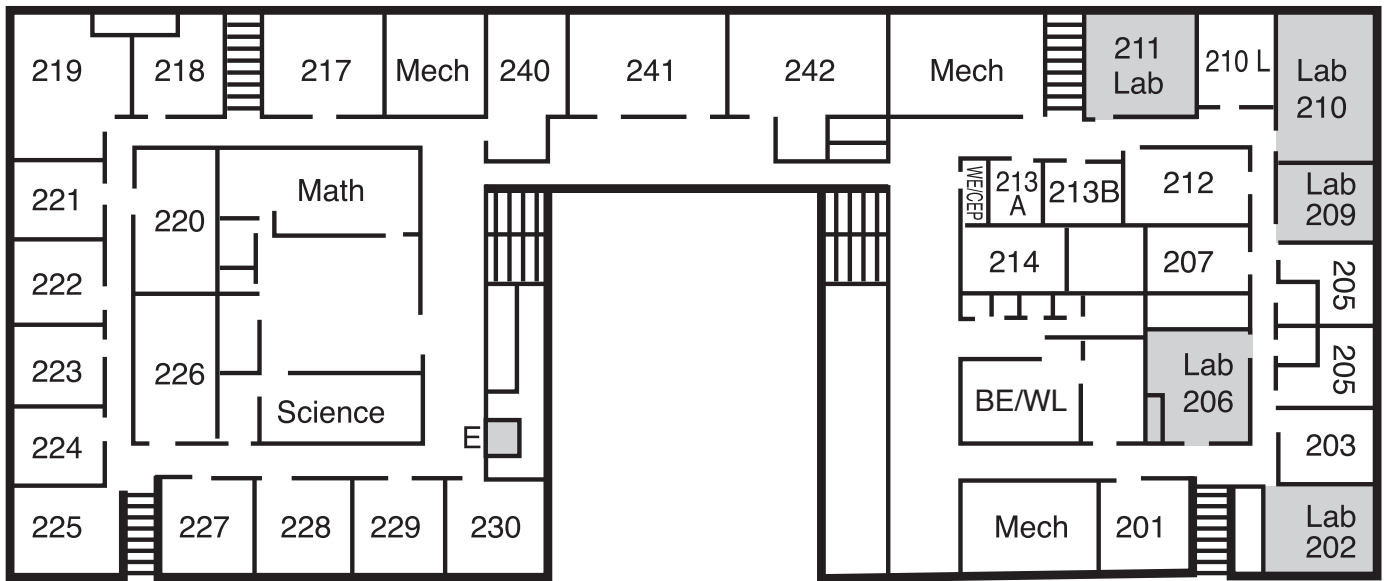
Molarmass is mass of 1 mol of a substance

Measurements of Astronomy

Measurement	Earth	Sun	Moon
Mass (m)	5.98×10^{24} kg	1.99×10^{30} kg	7.35×10^{22} kg
Radius (r)	6.37×10^3 km	6.96×10^5 km	1.74×10^3 km
Average density	5.52 g/cm	1.42 g/cm	3.34 g/cm

Physics Equations

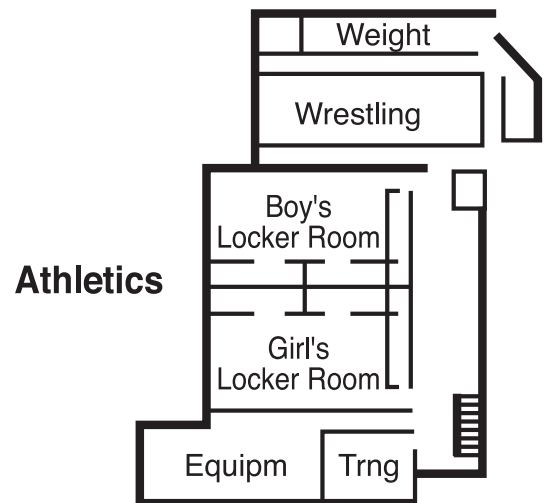
Density $D = \frac{m}{V}$ m is mass; V is volume	Force of Gravity $F_g = \frac{G \cdot m_1 \cdot m_2}{d^2}$ G is universal gravitational constant; m ₁ , m ₂ are masses of the two objects; d is separation distance	Potential Energy P.E. = m.g.h m = mass g = acceleration due to gravity h = height
Distance $d = v \cdot t$ v is velocity; t is time	Work $W = F \cdot d$ F is force; d is distance	Power $P = V \cdot I$ V is voltage; I is current
Acceleration $a = \frac{v_f - v_i}{t}$ v _f is final; v _i is initial velocity; t is time		
Distance $d = v_i \cdot t + \frac{1}{2} \cdot a \cdot t^2$ v _i is initial velocity; t is time; a is acceleration	Power $P = \frac{W}{t}$ W is work; t is time	Heat Energy $H = c \cdot m \cdot \Delta T$ c is specific heat; m is mass; ΔT is change in temperature
Net Force $F = m \cdot a$ m is mass; a is acceleration	Momentum $p = m \cdot v$ m is mass; v is velocity	
Kinetic Energy $K.E. = \frac{1}{2} \cdot m \cdot v^2$ m is mass; v is velocity	Electrical Force $F_e = \frac{k \cdot Q_1 \cdot Q_2}{d^2}$ Q ₁ , Q ₂ are electrical charges; d is separation distance; K is Coulomb constant $k = 9.0 \cdot 10^9 \frac{N \cdot m^2}{C^2}$	

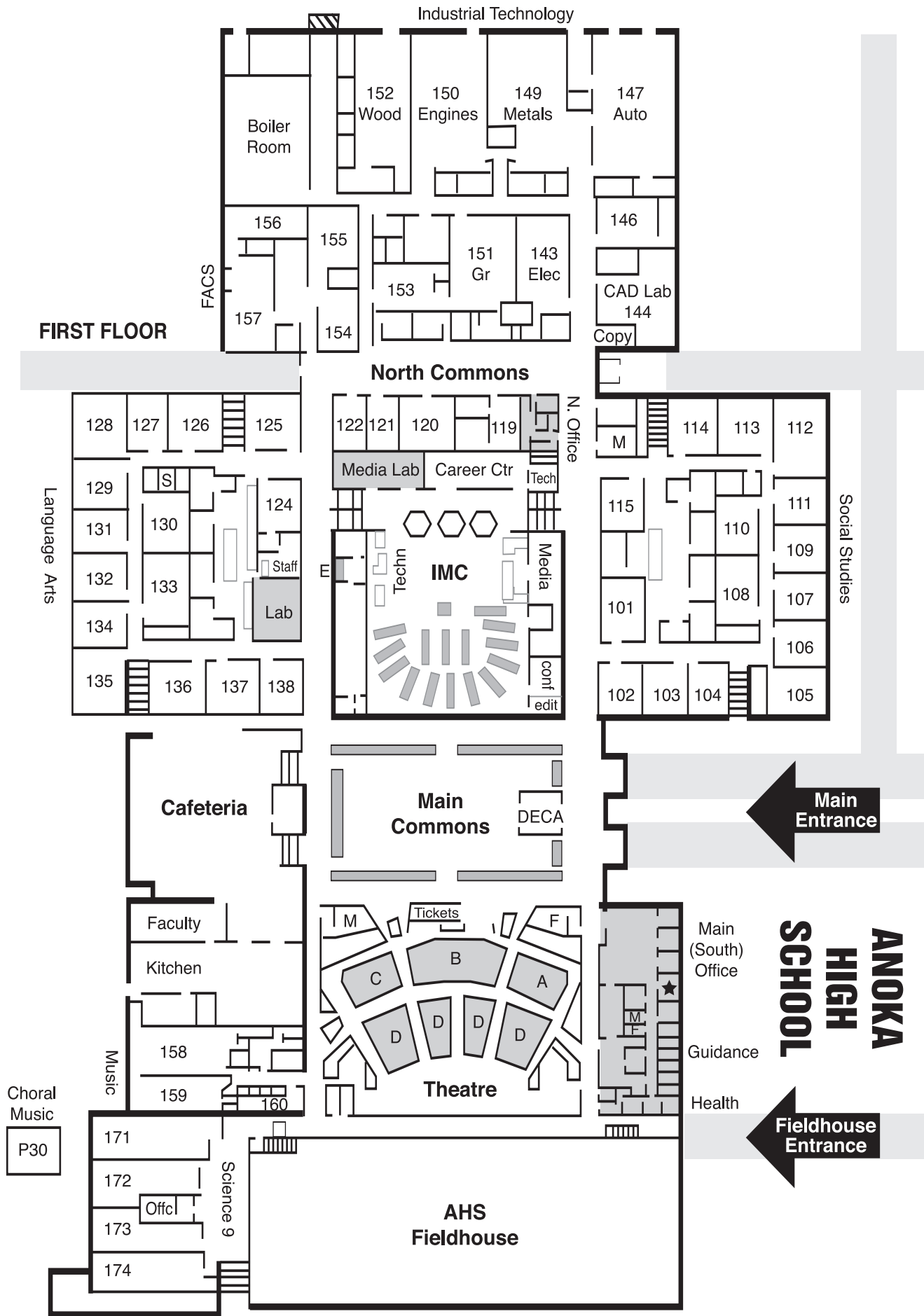


Business Ed

SECOND FLOOR

LOWER LEVEL





REGULAR DAY	CLASS TIME
Warning Bell	7:37 a.m.
Period 1 67 minutes	7:40 a.m. - 8:47 a.m.
Period 2 67 minutes	8:54 a.m. - 10:01 a.m.
Period 3 67 minutes	10:08 a.m. - 11:15 a.m.
Period 4 104 minutes	11:22 a.m. - 1:06 p.m.
Period 5 67 minutes	1:13 p.m. - 2:20 p.m.

WEDNESDAYS (TORNADO TIME)	CLASS TIME
Warning Bell	7:59 a.m.
Period 1 52 minutes	8:02 a.m. - 8:54 a.m.
Advisement 45 minutes	9:01 a.m. - 9:46 a.m.
Period 2 52 minutes	9:53 a.m. - 10:45 a.m.
Period 3 52 minutes	10:52 a.m. - 11:44 a.m.
Period 4 90 minutes	11:51 a.m. - 1:21 p.m.
Period 5 52 minutes	1:28 p.m. - 2:20 p.m.

EARLY MORNING ASSEMBLY	CLASS TIME
Assembly 44 minutes	7:40 a.m. - 8:24 a.m.
Warning Bell	8:28 a.m.
Period 1 50 minutes	8:31 a.m. - 9:21 a.m.
Period 2 50 minutes	9:28 a.m. - 10:18 a.m.
Period 3 50 minutes	10:25 a.m. - 11:15 a.m.
Period 4 104 minutes	11:22 a.m. - 1:06 p.m.
Period 5 67 minutes	1:13 p.m. - 2:20 p.m.

MINI ASSEMBLY SCHEDULE	CLASS TIME
Assembly 15 minutes	7:40 a.m. - 7:55 a.m.
Warning Bell	8:02 a.m.
Period 1 55 minutes	8:05 a.m. - 9:00 a.m.
Period 2 54 minutes	9:07 a.m. - 10:01 a.m.
Period 3 67 minutes	10:08 a.m. - 11:15 a.m.
Period 4 104 minutes	11:22 a.m. - 1:06 p.m.
Period 5 67 minutes	1:13 p.m. - 2:20 p.m.