

OMHS Student Handbook

STUDENT HANDBOOK

Student Handbook

2023-2024



Welcome



Welcome to Olathe Middle/High School

OLATHE: TRADITION, PRIDE, EXCELLENCE

On behalf of the faculty and staff, we are pleased to welcome you to OMHS. Olathe Schools offer challenges and opportunities for every student. We hope you will find OMHS an ideal environment to further your educational and personal development.

The information in this handbook is designed to familiarize students and parents with key school policies and procedures. We encourage you to read through the handbook now, and then refer to it as needed throughout the year.

The key to a good school lies in the pride that we have in our school and the degree to which each of us accepts his/her personal responsibility for the welfare of the school as a whole. No list of rules and regulations can replace school

spirit. The procedures which have been listed herein are simply reminders about things which a good citizen would probably do on his/her own. It is firmly believed that the great majority of us do what we consider right without threat of punishment. However, there are a few types of poor behavior which damage school property, hurt school morale, or even cause physical danger to others. Due to the seriousness of such behavior, it is felt all students should understand clearly what these offenses are and should be warned of the consequences.

With a thorough understanding of the contents of this handbook, there should be no reason to have to deal with problems of misbehavior at school. I strongly recommend that parents go over the consequences for each breach of school rules. Please instill in your child the true purpose of his/her being in school in order that he/she may reach his/her full potential. The school will not tolerate students causing problems and interfering with other students' education. With your cooperation and understanding we look forward to a good school year.

Our goal is to ensure that both you and the school benefit from your time here. To this end, the doors to our offices are always open to those with questions, concerns, or suggestions. Just as every student has different needs and goals, we can each make a unique contribution to our learning community.

Please feel free to call or come and see us if you feel your child is having problems that need our attention.

Sincerely,

Scot Brown, Principal

Important Phone Numbers

OMHS Main Office 970-252-7945

OMHS Guidance Office 970-252-7952

OMHS Principal 970-252-7945

OMHS Asst. Principal 970-252-7945

Nurses Office 970-252-7945

Bell Schedule -- Blue/Gold Block

Monday, Tuesday, Wednesday, Thursday, Friday Regular Schedule

OMS:

- 1) 8:05 – 9:35 (90)
- 2) 9:40 – 11:10 (90)
- OMS Lunch) 11:15 – 11:45 (30)
- OMS Advisory) 11:50 – 12:20 (30)
- 3) 12:25 – 1:55 (90)
- 4) 2:00 – 3:30 (90)

OHS:

- 1) 8:05 – 9:35 (90)
- 2) 9:40 – 11:10 (90)
- OHS Adv) 11:15 – 11:45 (30)
- OHS Lunch) 11:50 – 12:20 (30)
- 3) 12:25 – 1:55 (90)
- 4) 2:00 – 3:30 (90)

½ DAY SCHEDULE

<i>Block/Lunch Hour</i>	<i>Class Time</i>	<i>Lunch Time</i>
1 st Block	8:05 – 8:50	
2 nd Block	8:55 – 9:40	
3 rd Block	9:45 – 10:30	
OMS LUNCH		10:35 – 11:05
OHS 4 th Block	10:35 – 11:20	
OHS Lunch		11:25 – 12:00
OMS 4 th Block	11:10 – 12:00	



Bell Schedule -- OMS and OHS Pirate

OMS Pirate Day Schedule	
1st Period (Blue 1st)	8:05-8:50
2nd Period (Blue 2nd)	8:55-9:40
3rd Period (Blue 3rd)	9:45-10:30
4th Period (Blue 4th)	10:35-11:20
Lunch	11:25-12:10
5th Period (Gold 1st)	12:15-1:00
6th Period (Gold 2nd)	1:05-1:50
7th Period (Gold 3rd)	1:55-2:40
8th Period (Gold 4th)	2:45-3:30

OHS Pirate Day Schedule	
1st Period (Blue 1st)	8:05-8:50
2nd Period (Blue 2nd)	8:55-9:40
3rd Period (Blue 3rd)	9:45-10:30
4th Period (Blue 4th)	10:35-11:20
5th Period (Gold 1st)	11:25-12:10
Lunch	12:15-1:00
6th Period (Gold 2nd)	1:05-1:50
7th Period (Gold 3rd)	1:55-2:40
8th Period (Gold 4th)	2:45-3:30

Bullying

“PEOPLE WILL FORGET
WHAT YOU SAID,
PEOPLE WILL FORGET
WHAT YOU DID,
BUT PEOPLE WILL
NEVER FORGET
HOW YOU
MADE THEM FEEL.”

MAYA ANGELOU

FACT:
85% OF
BULLYING
TAKES PLACE
IN FRONT OF OTHERS
DON'T BE A BYSTANDER!

WWW.BULLYASSEMBLIESNY.COM

AHOY!

A - Accept Others

H - Help Others

O - Observe some
thing, Say some
thing

Y - You can make a
difference

At Olathe Middle/High School we believe that each student should have the right to come to school free of harassment, name calling, and physical activities from other students.

We will ensure that all bullying issues are dealt with if we know about them. If we are not informed of an issue, we are unable to handle the situation. Please be sure that all bullying incidents are reported.

Safe to Tell

1-877-542-7233



Make a Report

Safe2Tell Colorado wants every student to know - telling isn't "snitching." Telling is when you need to keep yourself or someone you know safe from threats, harmful behaviors or dangerous situations.

Not sure if you should use Safe2Tell? If you don't, who will?

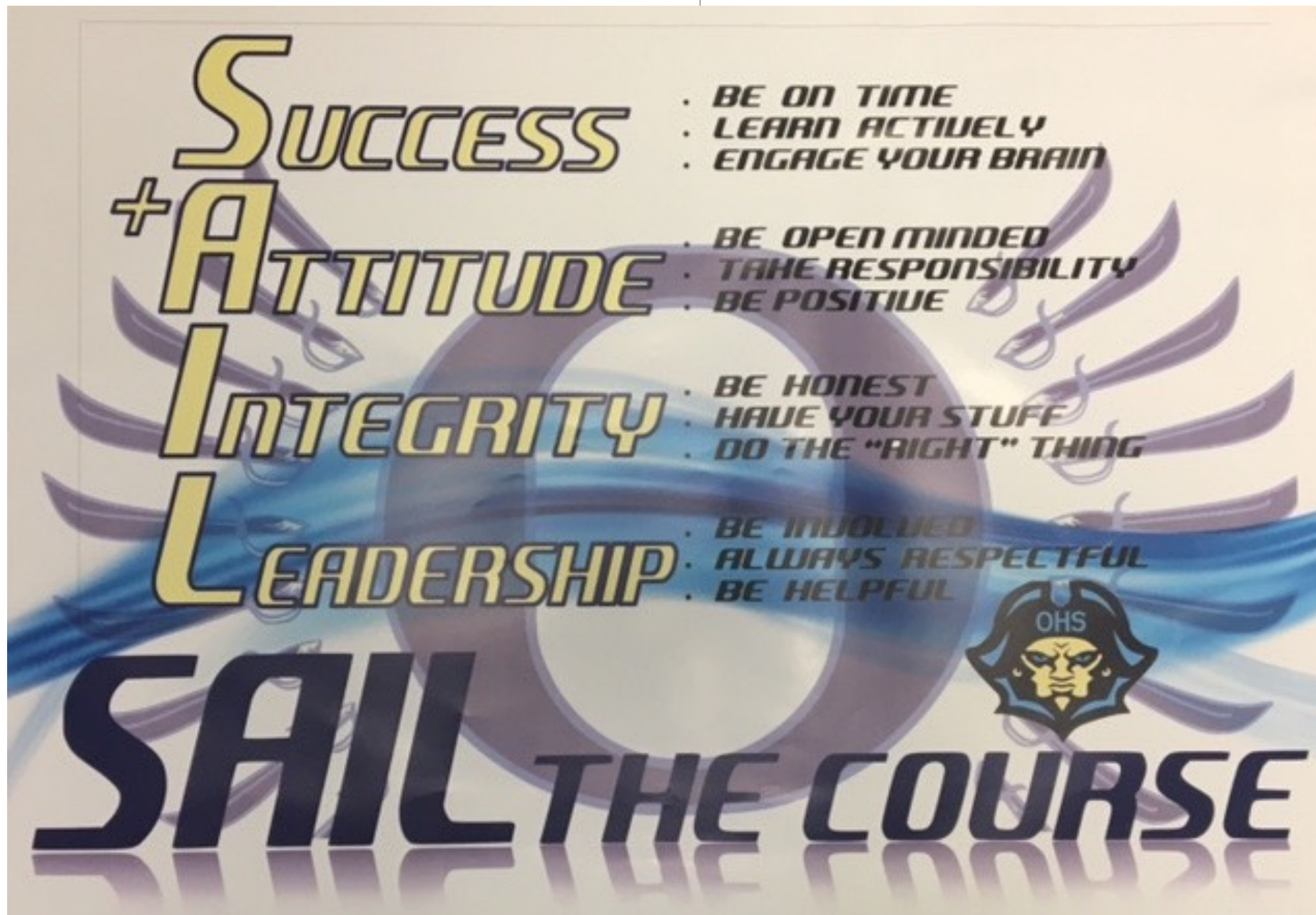
We need your help to improve your school and community. By calling, you can help stop a friend from committing suicide, get another student off drugs, or stop a bully from making other people miserable. If you have information about the following topics, please call.

To make a report, call 1-877-542-7233 from anywhere, 24 hours a day, seven days a week. The call is free. You also may make a web-tip or download the Safe2Tell mobile app on the Apple App Store or Google Play. Remember, your identity is safe. No one will ask for your name or number. There is no caller id., no call tracing, no call recording and no call forwarding. We only want to hear your concern and try to help.

The anonymity of all Safe2Tell Colorado reports is protected by C.R.S. 07-197. This means the reporting party remains UNKNOWN by Colorado State Law.

Safe2Tell Colorado is for serious concerns and focuses on saving lives of Colorado students. Should Safe2Tell Colorado become the victim of prank calls, the line will be forwarded and traced with law enforcement notified immediately. Deliberate false reports made by phone, online or mobile app may be investigated. Use Safe2Tell Colorado wisely

SAIL the Course



Attendance



Attendance

Absences

An absence consists of failure to appear at the assigned school and remain there unless dismissed earlier by proper authority. Failure to appear and remain throughout the entire time for a scheduled class period shall also constitute an absence from that class unless dismissed by the proper authority.

Excused Absences

The following shall be considered excused absences:

1. A student who is temporarily ill or injured or whose absence is approved by the administrator of the school of attendance. (Prearranged absences shall be approved for appointments or circumstances of a serious nature, which cannot be taken care of outside of school hours.)

2. A student who is absent for an extended period due to physical, mental, or emotional disability.
3. A student who is pursuing a work study program under the supervision of the school.
4. A student who is attending any school-sponsored activity or activities of an educational nature with advance approval by the administration.
5. Other prearranged absences when approved by the building administration.

The district may require suitable proof regarding the above exceptions, including written statements from medical sources.

Notification of Absences

At the beginning of each school year, and upon the enrollment of a new student, a telephone number or other means for contacting each student's parent, guardian, or legal custodian shall be given to the school. The computerized "auto phone dialer" will make daily calls for all unexcused absences. A guardian will need to notify the attendance office with either a note or a phone call within 48 hours upon students return from their absence. There will be a letter or a dialer sent home when 7 absences occur, this includes excused and unexcused absences, and is per semester, per class. 10 total absences will result in another letter home indicating that there may be a loss of credit for the class that has been

missed. This is in accordance with Colorado State Law statute (22-33-104, 4a). All students age 17 and under are required to continue to attend class. Truancy papers will be served to extreme cases and court proceedings will follow according to Colorado State Law, Compulsory Attendance. Parents and students can appeal any withdrawal of credit and should make their appeal in writing to the OHS Administration. A decision will be forthcoming as to whether the withdrawal decision will stand. If credit is not withdrawn, a contract will be drawn up between parents, student and administration starting future attendance conditions.

Readmission

Students will be readmitted to school after an absence. A written or telephone message from the parent, guardian, or legal custodian of the student explaining the student's absence should be given at the time of readmission or within the time frame allowed by the school districts policy, which is 48 hours. If the absence is not explained within the time limit, the absence shall be considered unexcused.

Leaving School

If a student becomes ill and wishes to go home, he/she must obtain permission from the school office. If for any reason other than illness, a student wishes to leave school, he/she

must have his/her parent or guardian call the school or write a request for permission to leave school stating the time the student must leave and the reason for the absence. At no time may a student leave the campus during the school day without first obtaining permission. Students must come by the office and check out before leaving. Students are not dismissed until parents are contacted.

Tardiness

Tardiness is defined as the appearance of a student without proper excuse after the scheduled time that a class begins. Because of the disruptive nature of tardiness and the detrimental effect upon the rights of the non-tardy student to uninterrupted learning, penalties shall be imposed for excessive tardiness. Parents or guardians shall be notified of all penalties regarding tardiness. After every 5th tardy, student will be assigned Saturday school.

In an unavoidable situation, a student detained by another teacher or administrator shall not be considered tardy provided that the teacher or administrator gives the student a pass to enter his/her next class. Teachers shall honor passes presented in accordance with this policy.

The provisions of this policy shall be applicable to all students in the district, including those above and below the age for compulsory attendance as required by law.

Hall Passes

Located on the inside of the back cover in the student planner is a hall pass. Students are required to have the pass signed and dated by the releasing teacher prior to leaving the classroom. Students must carry their pass with them in the halls during class time.

Unexcused Absences

An unexcused absence is defined as an absence that is not covered by one of the foregoing exceptions, with or without prior knowledge and approval of the parents. Students who are considered truant under Policy JHB are considered unexcused. Each unexcused absence shall be entered on the student's record. The parents, guardian, or legal custodian of the student receiving an unexcused absence shall be notified orally or in writing by the district of the unexcused absence. In accordance with law, the district may impose academic penalties that relate directly to classes missed while unexcused. The administration shall develop regulations to implement appropriate penalties. Students and parents or guardians may petition the Board of Education for exceptions to this policy or the accompanying regulations provided that no exception shall be sustained if the student fails to abide by

all requirements imposed by the board as conditions for granting any such exception.

Academic Sanctions

Students with unexcused absences are responsible for work missed and are expected to make it up for their own benefit. Only minimum credit may be allowed for make-up work. Make-up work for academic credit shall be provided for any class in which a student has an excused absence unless otherwise determined by the building administrator.

Fire Drills

Fire, evacuation, and lockdown drills will be held regularly at OMHS. As a student, your job during these drills is to fully listen to your teacher, take their direction, and respond accordingly. These drills occur to ensure that our staff are fully trained and ready to respond to any crisis that may come up at OMHS. It is vital that you also take drills seriously.



Fire Drills

Fire Drills

All students should proceed quickly, quietly, and orderly during evacuation of the building. Fire exits are indicated in each room and there is an assigned route for leaving the building. When the fire alarm rings, students should follow the assigned route which will take them far enough from the building so as not to interfere with the firemen. Class groups shall stay together in these assembly areas to enable teachers to check class rosters. A signal will indicate when students are to return to classes.

Eligibility, Citizenship, and Sportsmanship





PARENT & STUDENT INFORMATION

Welcome to the 2019-2020 school year!

Participation in educational athletics and activities is a privilege that is earned in the classroom as well as on the playing field, court and stage. The CHSAA encourages all students to engage and explore in sports and activities of their choosing to enhance and enrich their high school experience. Parents are also encouraged to contribute to this experience through their positive support and encouragement. Please remember that with that participation comes the accountability of earning the privilege to take part.

***Per Bylaw 1800.5d, CHSAA requires that all information provided regarding any aspect of the eligibility of a student must be true, correct, accurate, complete and/or not false; penalty for providing false information is ineligibility and/or contest forfeitures.**

A student's participation in high school activities is dependent on his/her eligibility. Protect that eligibility. Read the following summary of Colorado High School Activities Association rules that govern a student's participation. Students and parents alike need to review these rules and ask questions of their coaches/directors, athletic director and school administrators.

****Per Bylaw 1710.1, Please review the following information and acknowledge your understanding of the CHSAA Bylaws by signing at the end and submitting to your School's Athletic Director. Click the blue underlined links to be directed to the CHSAA Bylaws.**

The CHSAA

The Colorado High School Activities Association has been the governing body of high school athletics and activities (speech, student council and music) in the state since 1921. CHSAA's Code of Ethics is integral to its Mission and Vision. The student's school is a voluntary member of the CHSAA and has agreed to follow its rules. Both your school and the Association believe in equal competition among schools and the close relationship between academics and activities.

Discrimination (300)

*A student-participant will not participate in or condone unfair discriminatory practices against a fellow participant due to age, gender, race, ethnicity, religion, sexual orientation, or disability, nor shall the student be discriminated against under the same criteria.

The CHSAA Rules of Participation

Academic (1710)

A school must select one of three options for determining the eligibility of all its students, and schools have the right to impose stricter academic and behavioral standards.

Make-up Work (1740)

Each student must be academically eligible in accordance with the above section at the time of participation and during the previous semester. Make-up work shall not be permitted after the close of the semester for the purpose of becoming eligible. (Cases involving special circumstances should be referred to your principal). If eligibility has been lost from a previous semester, students may regain their athletic eligibility per the "Fall Regain Dates" Table in the Bylaws, and on the Monday of Week 36 for the second semester.

Summer school credits accepted by the school may be used to replace credits in subjects failed during previous semesters as long as the course is completed by the Monday of Week 9. Dropping a class may make you ineligible. If you play while ineligible, you may cause your team to forfeit any contests in which you played.

1. Citizenship (1710)

The school principal must approve the student to be representative of the school's standards of citizenship, conduct and sportsmanship.

2. Conduct - Ejections (2200)

If a student is ejected from a contest for unsportsmanlike conduct, he/she will be ineligible for the next scheduled match or contest played at that level including qualifying and state contests. The student may not participate in any contests at any other level during this period. For the season, the student will be permitted to compete in one fewer contest than the maximum allowed each participant in the sport.

A second ejection during the season shall result in a 2 contest suspension. A third ejection will result in a review of the student's future eligibility by the CHSAA Commissioner.

If a student is ejected in the final contest of a season, he/she is ineligible for the first contest of the next sport in which he/she competes and completes the season. Players leaving the bench during a fight shall be ejected and ineligible for the next contest.

3. Outside Competition (2100.2)

As a member of any high school team, a student may practice or compete in that sport during that sport season in a non-school event with prior written permission of the principal.

Members of high school teams may compete in non-school events in that sport without written permission on the day following the completion of the season for the level (freshman, sophomore, junior varsity, varsity) of the team on which they are

Rev. 6/20/19



PARENT & STUDENT INFORMATION

competing. NOTE: A student becomes subject to the outside competition rule on or after the first date of formal practice, when he or she reports out for practice and is in contention for a berth on the team.

4. Undergraduate (1710)

A student may not be a graduate of any high school and participate in high school athletics.

5. Recruiting (1900)

Any recruiting based on athletic ability or interest is prohibited.

6. Age (1770.1)

A student's 19th birthday must fall on or after August 1 of the current school year. Exceptions to this rule, based on educational handicaps, may be requested, provided the student's original class has not graduated.

7. Semesters (1770.3)

Upon entering high school, a student's eligibility will continue only until his/her original class graduates. Once entering ninth grade, a student has eight consecutive semesters of eligibility. NOTE: If a student drops out of school or misses competition due to an injury, he/she will not receive additional eligibility.

8. Seasons (1770.71)

A student is allowed a maximum of 4 seasons in any sport.

9. Physical Exam (1780)

A student may not practice or compete (music, student council and speech participants are exempt) without a physical exam that is:

- Signed by an MD, DO, chiropractor who is school physical certified (DC, SPC), nurse practitioner or physician's assistant licensed by the State of Colorado.
- Current within the last 12 months.
- On file with principal or athletic director prior to first practice.

10. Practice (2310)

A total of 5 different days of practice is required before participating in any interscholastic game or scrimmage (except football which needs 9 days). OTHER EXCEPTIONS: (A) Golf, skiing, softball and tennis players. (B) Participants in state playoff games completed on or after the first day of formal practice.

No contact between a coach and player is allowed on **Sundays during the school year unless it is for a social, academic or service related activity that is strictly voluntary. A student cannot be required to practice or compete outside of the season as a condition of making the team.

11. Transfer Rule (1800)

The CHSAA supports school choice in academic pursuits and encourages its student participants to enhance their academic achievement. In concert with this approach, the

Association's philosophy addresses the establishment of a fair playing field for all student athletes. A student entering high school for the first time shall be eligible for all interscholastic athletic competition.

- Varsity Eligibility (1800.1)

A student who establishes his/her eligibility at a member school and subsequently transfers, will be ineligible for varsity competition for 365 days from the date of their transfer, in the sports they participated in during the last 365 days.

- Athletic Transfer (1800.4)

Any transfer substantially motivated by athletic considerations will cause the student to be ineligible for varsity competition for 365 days from the date of the transfer in any sport(s) they participated in during the last 365 days.

- Transfer with Club Coach or Previous Coach (1800.4)

A student transferring, moving or for any reason changing to a new school where the student's non-school coach is also a coach of the school team, is considered to be attending for athletic purposes. The student, as a result of this transfer, will be ineligible for varsity competition for one calendar year from the date of the transfer in any sport(s) they participated in during the twelve months prior to the transfer. As used in this Rule, the term "coach" includes any person who coaches, volunteers (regardless of compensation) or assists in any capacity with the coaching or training of the school or non-school team. For purposes of this Bylaw and its exceptions, no personal relationship or one-on-one/group coaching or individual contact is required for application of this rule. If a coach has any standing with the outside team/organization/business, that coach is considered a coach of that non-school sports team.

General Transfer Information (1800)

It is the parent's and student's responsibility to know the CHSAA Transfer Rule and how it affects the student's eligibility. The CHSAA Commissioner may grant exceptions to this rule in unusual cases. Only schools may submit a waiver. If a waiver of the transfer rule is requested, **the student is not eligible until the waiver is approved by the CHSAA Commissioner.**

Any waiver submitted that contains legal guardian references must have the appropriate court signed legal documentation of that guardianship before the waiver will be considered.

Rev. 6/20/19



PARENT & STUDENT INFORMATION

MONTROSE SCHOOL DISTRICT RE-1J ATHLETIC / ACTIVITIES TRAINING CODE

Parents should review all situations with the school administration.

15. Awards (2010)
Individuals participating in any interscholastic athletic/activity sponsored and/or approved by the Association shall not accept cash or merchandise awards. Awards must be symbolic in nature with no functional or intrinsic value with a cost of no more than \$50.00.

16. Amateur (2000)
If a student participates in a CHSAA approved sport, in other than CHSAA competition, his/her amateur status is determined by the rules of the amateur governing body of that sport. Amateur status of Colorado high school athletes applies only to sports sanctioned by the CHSAA.

17. Bullying & Hazing (17)(0.2)

The Colorado High School Activities Association, in conjunction with its member school, prohibits bullying, hazing, intimidation or threats. Hazing includes humiliation tactics, forced social isolation, verbal or emotional abuse, forced or excessive consumption of food or liquids, or any activity that requires a student to engage in illegal activity. I understand that hazing of any type is not permitted in any CHSAA sanctioned activity. I will not engage in any of the prohibited conduct. I further understand that it is my responsibility to immediately report any acts of hazing that I become aware of to a sponsor, teacher, counselor, school support staff, coach or administrator in my school.

After reviewing the above information, if you still have questions, please contact your school's athletic director. This list is by no means inclusive; however, it is intended to outline the most common questions and bylaws. For more information, please visit our website CHSAANow.com.

Checklist for Student Eligibility

- If a student cannot check any of the items, he/she needs to contact the athletic director or principal.
- | | |
|---|---|
| <input type="checkbox"/> At least 5 full credit classes. | <input type="checkbox"/> Has not been in high school longer than 8 consecutive semesters. |
| <input type="checkbox"/> Will abide by the rules as outlined and/or defined by school's academic plan. | <input type="checkbox"/> Will not play more than 4 seasons in any sport. |
| <input type="checkbox"/> Physical exam within the last calendar year. | <input type="checkbox"/> Will not compete or practice in any non-school events in my sport once reporting out for the team, without the permission of my principal. |
| <input type="checkbox"/> Parent permit form on file at the school. | <input type="checkbox"/> Has complied with all other school, district, and local eligibility requirements. |
| <input type="checkbox"/> Have not changed schools during the current school year without a corresponding move by parents. | |
| <input type="checkbox"/> Will not or have not turned 19 before August 1. | |

I have read and understand the CHSAA Eligibility Rules as documented here as well as specifically read in the CHSAA Bylaws. I understand and acknowledge the inherent risks of participating in Athletics and by signing this acknowledgement, I affirm my responsibility to prevent and report hazing. I also understand that any violation of this could result in school or team consequences that could include dismissal from the activity or further disciplinary consequences and/or referral to law enforcement.

The CHSAA retains athletic trainers for all Championship events. By signing below, you agree to allow CHSAA's on-site athletic trainer to administer medical attention as needed and to communicate follow-up care to your student-athlete, school coaches, school athletic trainers and/or parents.

Signed: _____ (Parent) _____ (Participant)
_____ (School) _____ (Date)

Name: _____
Sport: _____
Grade: _____
Parents' Name: _____
Phone Number: _____

Message from the Board of Education

The Board of Education of Montrose County School District RE-1J recognizes the great benefit to the District and its students, as well as to the community, of a comprehensive and vigorous athletic/activities program firmly focused upon the welfare of its participants. The short term and long term health and life experience advantages to athletic participants are well known. To that end, the Board wishes to make it clearly and widely known that full compliance with the adopted Athletic/Activities Training Code and Procedures Handbook is expected of all participants, their parents and guardians, and their coaches/sponsors. These rules and procedures have been established to insure that interscholastic participants in the Montrose County School District RE-1J will be conducted primarily for the benefit of the students, that participation will be a worthwhile and healthy learning experience, and that individuals and teams will be well and fairly coached/sponsored. The Board considers the importance of individual and team win-loss records to be secondary to these objectives. Furthermore, the Board takes very seriously its' responsibility to the District's students and coaches/sponsors to insure that all policies, procedures and rules will be enforced fairly and uniformly. To that end, it holds the school district and building administrators, the coaches/sponsors, the students and the student's parents and guardians individually and collectively accountable for observing and enforcing those policies, procedures and rules. In return, it pledges, without reservation, to firmly support any and all reasonable efforts by school district personnel, students and parents and guardians to enforce those policies, procedures and rules.

Montrose School District RE-1J Athletic/Activities Training Code

Philosophy
The athletic/activities code is built and can work only within each individual participant's sense of integrity and honesty, the unwavering support of parents in helping the participant to hold firmly to the code, and the consistency of coaches/sponsors and administrators in dealing with violations.

- This code should be viewed, first and foremost, as a promise to oneself. Further, it is a promise to one's teammates, parents and coaches/sponsors to abstain from all illegal activities, and to maintain a standard of excellence in academics and citizenship.
- Students who choose to participate in athletics/activities also assume the responsibility of representing our schools and keeping their commitment to follow the athletic/activity code.
- Students, in order to participate to the best of their ability, must be physically fit.
 - Students must maintain academic standards to establish their privilege to participate.
 - Students in extra-curricular activities are "looked up to" and receive public recognition. They have the responsibility of maintaining acceptable behavior standards in school and in the community.

Coaches/Sponsors will follow the athletic/activities policy handbook as established by the District. Violations of these policies will not be taken on hearsay or rumor; however, an investigation will be initiated by the head coach and/or athletic director when reliable information comes to their attention. A valid case for action would include eye-witness testimony, law enforcement records or an admission of guilt.

The Athletic/Activities Training Code shall be in force from the beginning of the participant's first sport season through the last official day of the participant's academic career. (7-8, 9-12) Violations shall be cumulative during that period. A Montrose County School District RE-IJ Athletic/Activities Training Code Contract must be signed by the student and his/her parent or guardian before the student will be considered a member of a team.

Citizenship Violations:

Any flagrant disregard of appropriate behavior that is counter to established school policies and/or governmental law will be considered a citizenship violation and will be dealt with accordingly. The appropriate school administrator of the student violator's school will take appropriate disciplinary action, ranging from school sanctions to temporary or permanent suspension from participation.

Violations: Substance Abuse.

- The use or possession of tobacco in any form
- The use or possession of alcohol
- The use or possession of illegal drugs or misuse of any form of legal drug or medication
- The use or possession of e-cigarettes and /or vapor pen products

Penalties:

The above behaviors or activities will be considered a violation of the Athletic/Activities Training Code and will result in disciplinary action as follows:

First Offense: The participant will be suspended immediately from the current sport season for a minimum of twenty percent (20%) of the allowable contests as established by the Colorado High School Activities Association (including playoffs) or according to the carry-over rule. If the participant is not currently involved in an activity; he/she will be suspended for twenty percent (20%) of the next season in which he/she is a bona fide team member.

Participants that successfully complete drug and/or alcohol counseling or education may have first offense penalties waived or reduced.

Second Offense: The participant will be suspended immediately from the current sport season for a minimum of thirty percent (30%) of the allowable contests as established by the Colorado High School Activities Association (including playoffs) or according to the carry-over rule. If the participant is not currently involved in an activity, he/she will be suspended for thirty percent (30%) of the next season in which he/she is a bona fide team member. If the participant has not served any of the first violation suspension, then the participant will be suspended for fifty percent (50%) of the allowable contests of the next season in which he/she is a bona fide team member.

Third Offense: The participant will be suspended immediately from the current sport season for the remainder of that season and from fifty percent (50%) of the allowable contests from the next sports season in which he/she is a bona fide team member. If a participant has not served any of the first violation suspension or the second violation suspension, then the participant will be suspended from the entire next season in which he/she is a bona fide team member and for fifty percent (50%) of the allowable contests for the next season in which he/she is a bona fide team member.

Fourth Offense: The participant will be suspended for one calendar year from participation in all athletic activities. Upon completion of the calendar year, a student/athlete may file for reinstatement of his/her eligibility with the building administrative team. The building administrative team retains the right to deny this request for reinstatement, to approve the reinstatement with stipulations, or to approve reinstatement without stipulations.

*Stipulations must be agreed upon prior to reinstatement

*Stipulations must be adhered to by the athlete or eligibility will be revoked immediately

SELF-REPORTING OF A TRAINING CODE VIOLATION: If a student self reports a violation of the training code to a coach or school official in a timely manner, (to be determined by school administration) the student may elect to meet with an infraction committee (comprised of school administration and available coaching staff) in lieu of an automatic 20% suspension of activities. The committee may determine that the suspension of activities is not warranted for the infraction and may assign consequences that are more restorative in nature or may reduce the suspension to no less than 10% of total games played in that season, to include playoffs if the number of games has not been satisfied in the regular season."

THE SELF-REPORTING OPTION ONLY APPLIES TO 1ST OFFENCES; ALL OTHER INFRACTIONS WILL FOLLOW THE ESTABLISHED PROTOCOL.

CARRY OVER RULE: A suspension will be carried over and enforced, on a percentage basis unless otherwise stipulated, into the athlete's next sport season if the suspension has not been completed. (The next sport season being the next sport the athlete participates in and is a bona fide team member as determined by the building administrator.)

BONA FIDE - School administrators will determine if a student/athlete qualifies as a bona fide team member. i.e. incurring training code violations and going out for a sport one would not normally participate in order to serve suspension time.

Incidents that warrant education on anger management, drug, alcohol, and/or tobacco use must be completed before returning from the first, second and third offenses and must be approved by a school administrator.

Due Process

- A thorough investigation of a suspected violation will be conducted before action is taken.
- The school building administrator will arrange for a conference with the head coach/sponsor and the student and will notify the student's parents or guardian of that conference. (NOTE: If the conference with the student is to be one involving questioning of the student, the student has the right to have an adult present.)
- The administrator will determine if a violation has occurred, and if so, will take the indicated disciplinary action.
- After a decision has been reached, the parents or guardian, the student, the coach/sponsor and the central office will be informed of the decision, in writing. The parent or guardian, or the student may appeal the school level decision to the principal, if the principal has not been involved in the original action.
- An appeal may be made to the superintendent of schools and if the disagreement is not resolved by the superintendent, an appeal can be directed to the School Board in executive session.
- At the beginning of each athletic/activities session, schools are required to provide information to students about the Training Code, and each participant and his/her parent/guardian must have signed the code. Coaches/Sponsors must conduct the meetings with participants so that all will understand the Training Code.

WARNING

By their very nature, competitive athletic/activities can put students in situations where SERIOUS, CATASTROPHIC, and perhaps FATAL ACCIDENTS may occur.

ATHLETIC/ACTIVITY TRAINING CODE CONTRACT

I have read the Montrose County School District RE-IJ Training Code and the Montrose School District Athletic/Activities Procedures Handbook. I understand that I will be governed by these training rules as a participant in all District Athletic/Activities. I have reviewed the training rules and my signature acknowledges an understanding of the rules and the consequences of a violation.

Student Signature

Date

I have read the Montrose County School District RE-IJ Training Code and the Montrose School District Athletic/Activities Procedures Handbook. I understand that my son/daughter will be governed by these training rules and my signature acknowledges an understanding of the rules and the consequences of a violation.

Parent's/Guardian's Signature

Eligibility, Citizenship, and Sportsmanship.

Extracurricular Eligibility Requirements

It is the philosophy of the Montrose School District that participation in extracurricular activities is a privilege, and eligibility to participate in these activities is dependent upon adherence to school rules and academic standards. This does include Student Council.

Citizenship and Sportsmanship

Students of OMHS are expected to show the highest characteristics of citizenship and sportsmanship at all times and in all places involving any school activity. Students are reminded that whether they are spectators or participants, in or out of uniform at OMHS they represent not only themselves but their school, parents, and community as well.

Any improper action may bring discredit to the entire community.

Counseling and Guidance

For information on our counseling
and guidance office, please visit
their webpage at:

<https://www.mcscd.org/CounselingCenterMainPageInfo.aspx>



Counseling and Guidance

Counseling and Guidance

The OMHS counseling department strives to encourage the highest level of student achievement and motivation, while growing in academics, career, and personal/social domains.

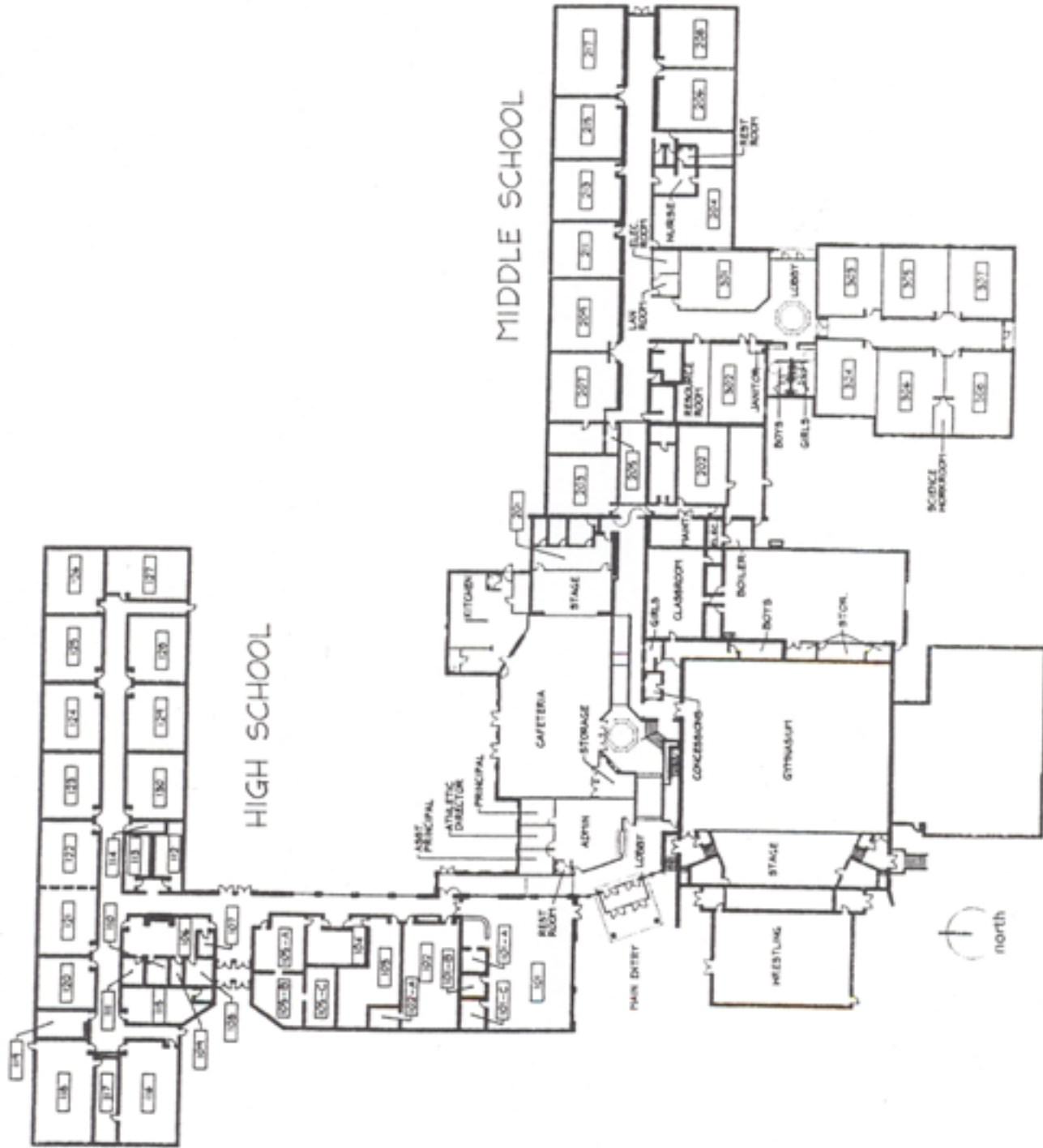
Some of the services provided by the counseling office include:

1. Academic Planning and Advising
2. College and Post-Secondary Preparation and Guidance
3. Assistance with college and scholarship applications
4. FAFSA and Financial Aid Assistance
5. Individual Career and Academic Plans

6. Support 504 and IEP plans
7. Crisis Intervention and Personal Counseling
8. Test Administration
9. Career and College Exploration
10. Restorative Justice Practices

Through collaboration with students, teachers, parents, and administrators, the school counselor assists all students in developing the knowledge, skills, and confidence for post-secondary and workforce success.

OMHS Map



Non-Discrimination Statement

The Montrose County School District does not discriminate on the basis of race, color, national origin, sex, or disability in its programs or activities. The Montrose County School District offers career and technical education programs for all students regardless of race, color, national origin, sex or disability.

A lack of English language proficiency will not be a barrier to admission and participation in career and technical education programs.

The following person has been designated to handle inquiries regarding the nondiscrimination policies:

Michelle Pottorff
Montrose County School District RE-1J Director of Human Resources
930 Colorado Avenue
Montrose, CO 81401
Phone: (970) 249-7726 Michelle.pottorff@mcsd.org