

Mariner



Forecast

September 2016

PHONE: 792-9400 FAX: 792-9410

www.narragansett.k12.ri.us/nhs/index.html

Greetings and Welcome Back.....

What a quick summer! If you haven't been by the school to check out our new athletic complex, please do so. It is a wonder to behold! We are also excited about our new agriscience building currently being constructed in our former senior parking lot.

The faculty and staff at Narragansett High School are excited to welcome all new students to Narragansett High School, including those students from other districts in Rhode Island. We would also like to welcome back those upperclassmen who are continuing their course of study.

The faculty and staff have been busy throughout the summer preparing for another great school year. We are proud of the work of our teaching faculty and our student body, and take pride in the fact that we are successfully preparing students for life after high school. We will continue to offer Extended School Day Monday through Thursday for students to get extra help and support with their work. We will also be continuing our TASC block that provides in-school academic support during advisory. As our school year progresses, we will continue fine tuning our proficiency-based graduation requirements, including our graduation portfolio, senior project and the other array of academic experiences made available to our students. The Senior Project presentations that took place in the spring were a huge success - many thanks go out to the Class of 2016 for continuing a fine academic tradition at Narragansett High School.

I encourage all students to get involved in the academic clubs, athletic teams and other student activities we offer at Narragansett High School. It is our belief that when students involve themselves beyond their coursework, it makes for a more rewarding high school experience. Narragansett High School remains competitive in the academic and athletic arenas. This is all possible because of the involvement and contributions of our students, parents, faculty and community at large. Working together as a team, we can ensure a safe, successful, and rewarding school experience for all members of our school community.

Thanks and here's to another great school year!

Daniel Warner, Principal

School Calendar 2016-2017

September 1, 2016 — School Opens for Grades 9-12

*June 19, 2017—Last Day of School

SCHOOL WILL NOT BE IN SESSION ON THE FOLLOWING DAYS DURING THE 1ST SEMESTER:

September 5 Labor Day
 September 13 Primary Election Day
 October 10..... Columbus Day
 November 8 Election Day
 November 11 Veterans' Day
 November 23-25..... Thanksgiving Vacation
 December 24-Jan. 2..... Winter Vacation
 January 16 Martin Luther King Day

Class Schedule

School opens for **ALL** students on **September 1st** —students should report to their advisories by 7:25 AM. Advisory teachers and room numbers will be posted in the lobby. An abbreviated schedule, including both A & B days, will be followed. Beginning September 2nd, students will follow the block bell schedule of classes below and will follow the A Day schedule.

	A DAY	B DAY
7:30 – 8:46	Period 1	Period 1
8:49 – 9:30	Period 2 Advisory/TASC	Period 2 Advisory/TASC
9:33–10:49	Period 3	Period 3
10:52 – 12:33 1st Lunch: 10:52-11:14 2nd Lunch: 12:11—12:33	Period 4	Period 4
12:36 – 1:52	Period 5	Period 5
2:00 – 2:50	Extended School Day Mon. – Thurs.	Extended School Day Mon. – Thurs.

EXCITING TECHNOLOGY NEWS

This year, for the first time, students at NHS will be issued laptops. Laptops will be distributed through their advisories, only after students hand in the 3 following forms signed by a parent/guardian as well as a check for insurance coverage: Responsible Use Policy, Expectation of Care Policy, and Insurance Form.

For real-time access to student data, parents and students can log in to PowerSchool with their confidential user ID and password. If you do not have or remember your ID, please call the Guidance Department at 792-9400.

**** ATTENDANCE ****

The importance of regular attendance cannot be overemphasized. Studies have clearly demonstrated that there is a positive correlation between good school attendance and academic success.

Tardiness to School

Students who arrive after 7:30AM MUST report directly to the main office. Students are allowed 3 tardies to first period per semester, and these are NOT cumulative. At the fourth tardy and all tardies thereafter, students will be assigned a one hour detention the following day. At the 6th tardy and all tardies thereafter, the student will NOT be allowed in school without a parent/guardian. Students who arrive after first period MUST report to the office to sign in and receive a pass in order to report to class. Under no circumstances shall a tardy to school student report to class without first reporting to the appropriate attendance official for a pass – students failing to do so will be assigned two hours of detention. Teachers will not allow tardy students on the absentee list into class without a proper pass. Students driving to school are responsible for arriving on time. Excessive tardiness to school, excused or unexcused, may result in the loss of the student's driving privilege and/or social suspension. Some examples of invalid reasons for tardiness to school are studying for a test, oversleeping, malfunctioning alarm clocks, missing the school bus, conducting errands, waiting for a ride and the like.

*If a student arrives tardy unexcused past 9:30 AM, the student may not be allowed to participate in after school activities that day, including sports.

*All assigned administrative detentions MUST be served in a timely fashion. Students who fail to serve detentions within a three days of the infraction will be placed on indefinite social suspension until the detentions are completed. Under no circumstances will detentions be allowed to accumulate from one month to the next.

EXCUSED TARDINESS TO SCHOOL

In order for tardiness to be excused, the reason must be communicated by the parent that day. Valid reasons for tardiness are the same as those for excused absences, which can be found in the Student Handbook on page 30.

Freshmen/New Student Orientation

Thursday, August 25th

9:00—11:30 AM

Freshmen Orientation is Thursday, August 25th. Freshmen and new students are given a tour of the school and lunch will be provided. Busses will pick up students at 8:30 am as follows: South End—St. Mary's Church and North End — St. Veronica's Church. When over at 11:30, busses will drop students back at those locations.

Student Handbook & Student Information Form

The Handbook for Students and Parents is accessible on the school website: www.narragansett.k12.ri.us/nhs/ndex.html All 9th grade students will receive a hard copy of the Handbook for Students and Parents. ALL students and parents are expected to become familiar with the contents of this handbook (many changes have been made) and use it as a reference throughout the year. Parents of 9th grade students are asked to review the handbook and sign off on Appendices C & D indicating that they are aware of its contents. Students must return the "Sign-Off Sheets" to their Advisory Period teacher no later than September 11th. Students will also receive a Student Information form which ALL parents must fill out as well. These forms are very important. If we do not receive forms back by September 11th, we will be contacting you.

School Dances

Dances offer students a wonderful opportunity to have fun and meet other students. The regular disciplinary system will be in effect. The following regulations deal specifically with school dances:

* No student will be admitted to a dance 30 minutes after the designated starting time of the dance, with the following exceptions: a) a student who has personally contacted the Assistant Principal at least 24 hours prior to the dance and has been given permission to arrive later or leave earlier; and b) graduates of Narragansett High School attending the Homecoming Dance.

* Once admitted to a dance, students may NOT leave. If a student chooses to leave, then he/she cannot attend the next dance.

* At the conclusion of the dance, students may leave no earlier than 30 minutes before the scheduled end of the dance. Students are not permitted to loiter before, during, or after a dance.

* Those regulations prohibiting smoking, drinking, and drugs on school grounds will be strictly enforced. Any student determined to be using, in possession of, or under the influence of alcohol or drugs will be escorted from the dance area. Every effort will be made to contact a parent to come and get the student. If a parent or responsible adult cannot be reached, the student will be turned over to the police.

* Guests from other schools must be sponsored by a student from Narragansett High School. Students may only sponsor one guest provided the student signed up at the office, on the forms provided, prior to the dance. Guests must be of high school age, with the exception of Homecoming where NHS alumni are invited. Sponsors must assume the responsibility for their guest's actions and transportation to and from the dance. Guests are expected to obey all Narragansett High School regulations.

Students who violate dance regulations are subject to possible suspension from school and/or subsequent school dances/functions.

NURSE'S NOTES

Below is some information to help your child get off to a healthy start as we begin a new school year! Please put this on your calendar!

Important Reminder for Students Entering Grade 12.....

New Regulations from the RI Department of Health now require all students entering Grade 12 to receive a second dose of the Meningitis Vaccine (given after the age of 16) as well as an updated Physical Exam from their Healthcare Provider. The Physical Exam Form can be found at: <http://www.health.ri.gov/forms/school/Physical.pdf>. Please feel free to call Mrs. Adams, RN if you have any questions or concerns about these new requirements.

It's Not Too Early to Start Thinking About the Flu!

For NHS Students only.....

The Vaccinate Before you Graduate (VBYG) Program will be offering all NHS students an opportunity to get the flu vaccine at school during the school day! **This Flu Clinic for NHS students will be held in the morning on Wednesday, November 2, 2016.** A signed consent form will be needed if you want your child to receive the flu vaccine at school. More information will be provided to you in September.

And for everyone in the Narragansett Community.....

The Narragansett School System Community Flu Clinic will also be held on Tuesday, November 1st from 4:00-6:30 p.m. at the Narragansett Pier School. More information will be available soon!

For all other vaccinations for NHS Students.....

There will be opportunities for all NHS students to receive seasonal flu vaccine **as well as other necessary vaccinations** (such as Hepatitis A & B, meningitis, varicella, HPV, etc.) through the **Vaccinate Before You Graduate Program** during the school day on certain dates throughout the school year - at no cost to you. More information will be sent to you this fall or you can visit www.thewellcomp.com or call [401-461-0662](tel:401-461-0662) for more information. Please consider taking advantage of this great opportunity to protect your child from vaccine-preventable diseases!

Tips for a Healthy School Year...

Physical Exams: The teenage years are a time of great change - physical, emotional, social, etc., which makes it so important that your child see a healthcare provider every year for a physical exam. Studies show the strong connection between health

and academic achievement, so it is important to confirm that your child is healthy and ready to learn! If your child will be participating in an organized sport a physical examination is required. Physical Exam forms for sports participation are available from the Athletic Director, the nurse, or on the NHS website.

Vision Exams: It is recommended that all students receive a vision exam by an eye care professional. To be in compliance with RI School Health Regulations, students in Grade 9 receive a vision screening from the School Nurse each year.

Dental Exams: The connection between dental health and overall physical health has been in the news recently. Please contact the school nurse if you would like information about services from the Thundermist Dental Program for students at NHS. Information about this program will be available in the fall. To be in compliance with RI School Health Regulations, students in Grade 9 that do not provide documentation of having had a dental exam within the past year will receive a non-invasive screening by our school dentist in the spring. Dental Forms will be sent home with Grade 9 students in the fall.

Emergency Contact Information: Please complete and return the Emergency Contact Information form that your child will bring home during the first week of school. If contact information or health information changes during the school year, please inform the school nurse as soon as possible.

Immunizations: As you know, the RI Department of Health requires certain vaccinations for school attendance. I will notify you if your child is missing any of the required immunizations. If this is the case, you can see your child's health care provider or take advantage of the VBYG Program at NHS to assure your child has all of the required vaccines. Colleges have vaccine requirements as well, so especially for graduating seniors this is the time to confirm that your child has all required vaccines. If your child receives immunizations, please send a copy of the immunization record to the school nurse so your child's health record can be updated.

Health Concerns: Please keep the school nurse up to date regarding any physical or mental health issue affecting your child. If your child has a chronic condition such as diabetes, asthma, etc. that could have an impact on his/her education, please speak with the school nurse about a setting up a health care plan to help NHS staff meet your child's needs during the school day.

Medications: Please inform the school nurse if your child needs medication during the school day. There is a Medication Form (available from the nurse or on the NHS website) that must be completed by your child's physician before any medication can be taken or be administered by the school nurse. Some medications, including inhalers and Epi-Pens, may be self-carried and self-administered by a student, but the medication form must still be completed by

NURSE'S NOTES (cont.)

the physician, who must indicate that the medication may be self-carried and self-administered. The Medication Form (or another one the physician may have that includes the necessary information) can be faxed to the nurse at 792-9410. **Please note that students cannot self-carry or self-administer controlled substances (such as Ritalin).** These must be stored in the Health Office and administered by the school nurse and cannot be self-administered by the student. If you give permission on the Emergency Contact Information Form, the school nurse can administer Acetaminophen (i.e. Tylenol) and cough drops/throat lozenges to your child if needed on an occasional basis without a Medication Form. **All other medications, including ibuprophen, require the completion of a Medication Form by a physician.** All medications brought to school must be in their original labeled container. Please call the school nurse for any questions or concerns regarding medications.

To help your child perform their best while at school:

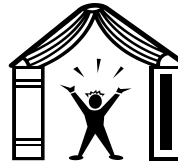
Nutrition: We all know the importance of healthy eating, and sometimes it is difficult to ensure that your teenager is getting all of the necessary nutrients every day! Encouraging fruit and vegetables, lean protein, low-fat dairy products and whole grains whenever you can will help, as will discouraging consumption of soda and caffeinated beverages. We all heard the saying "Breakfast is the most important meal of the day" when we were growing up. More and more research proves how true that statement is, for physical and mental health as well as academic achievement! Having a healthy grab-and-go breakfast food available may help get your child this important meal in! **NHS now offers a healthy Grab-N-Go Breakfast every morning before school that students can take with them to class!**

Exercise: Involvement in school sports is great, but it's not for everyone! Finding an activity your child enjoys helps, even if it is walking on the beach or walking to the store instead of taking the car. Everyone needs to exercise, ideally at least 60 minutes every day. It helps our bodies as well as our minds!

Sleep: Research shows that teens should be getting at least 8-9 hours of sleep every night, which translates to a bedtime of about 10:00 p.m. on school nights. That it is often difficult, especially with teenagers who are juggling sports, homework, and perhaps a job. It is a challenge, but something to keep in mind and try to work towards.

*I look forward to another great school year at NHS!
Again, please do not hesitate to call me if you have any questions/concerns.*

*Yours for a safe and healthy school year,
Marianne Adams, RN, NCSN*



OPEN HOUSE SEPTEMBER 29th 6:30 PM

Open House will take place on Thursday, September 29th. Beginning at 6:30, parents should pick up an agenda and your student's schedule upon arrival. At this time, members of the PTO will be available for membership registration. At 6:45 PM, parents will have a brief orientation by Mr. Warner in the auditorium. At 7:00 PM parents will attend classes and meet their child's teachers by following the schedule on the agenda. During the evening, we invite you to visit the media center, guidance office and our college and career counseling center. It is important that parents report to Advisory/TASC Period 2 to meet their student's Advisory Teacher.

**We hope to see all parents there!!
MARK YOUR CALENDARS !**

SCHOOL LUNCH & FREE/REDUCED LUNCH

Lunch prices are as follows:

Regular Lunch \$2.85

Breakfast is also available before school for \$1.25 and milk is \$.60. A **Free/Reduced Lunch** form is available on the school website and will be given to ALL students in Advisory. If applicable, please fill out and return to the high school guidance office no later than Wednesday, September 7th. A new form must be filled out each year.



School Pictures Monday, September 26th

Pictures are scheduled for **Monday, September 26th** for students in grades 9-11. Every student will receive an order form prior to that day.

**SENIOR YEARBOOK PICTURES
are due to Mr. Shields by October 7th.**

**The picture submitted may be on a CD,
flash drive or a hard copy (preferably 4"x 6").**

Mark Your Calendar.....

**Homecoming
OCTOBER 8, 2016
—Details to Follow—**

NARRAGANSETT HIGH SCHOOL
245 South Pier Road, Narragansett, RI 02882
(401) 792-9400

Fall, 2016

Dear Parent,

Narragansett High School, along with 40 other Rhode Island secondary schools, is implementing a Student Assistance Program based on a national model called Project SUCCESS. The program is provided by Rhode Island Student Assistance Services (RISAS) and is funded by the Rhode Island Department of Behavioral Health and the school department.

The goals of Project SUCCESS are to prevent and reduce alcohol, tobacco and other drug use and to improve school performance. To accomplish these goals, the program provides school-wide awareness programs, classroom presentations and individual and small group sessions to correct erroneous perceptions about substance use and teach skills to identify and resist social and situational pressures to use substances. Parent meetings and workshops will also be available to assist you in prevention efforts.

Sarah Laidler, our licensed Student Assistance Counselor, will be responsible for implementing and coordinating the Project SUCCESS prevention and education activities at Narragansett High School. She will be working at the school Monday, Tuesday, Thursday and Friday, and has some evening hours available to see parents and make presentations to community groups. Ms. Laidler has a Master's Degree in Counseling Psychology, previous experience working with adolescents and specialized training in prevention and early intervention strategies. She is an employee of RISAS and is supervised by RISAS and the school.

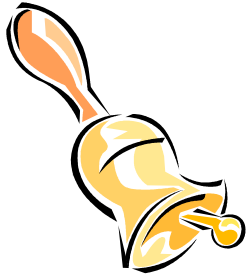
Ms. Laidler is available to see students who are using alcohol, tobacco or other drugs, or have personal, school or family problems that could lead to substance abuse or other unhealthy behaviors. She is also trained to work with those students who have parents or guardians who struggle with alcohol or drug issues. If you are worried about your child's behavior and would like to speak to the Student Assistance Counselor and/or have the Student Assistance Counselor see your child, please call her directly at 792-9400. All calls will be confidential.

This program has helped many students make responsible choices, has educated students about the dangers of drug use, and has helped others get outside help for related problems. In order to evaluate the effectiveness of the Student Assistance Program/Project SUCCESS and to make continuing improvements, the state requires us to collect data from students who participate during the school year in order to measure changes in attitudes and behaviors that decrease the risk for substance abuse. The data collected is confidential. No names are on any collected data. If, for any reason, you do not want your son or daughter to be seen by the Student Assistance Counselor, please contact the Student Assistance Counselor or me directly. We are very pleased to offer this valuable program to the students in our school.

Also, please feel free to call if you have any questions about the program.

Sincerely,

Daniel F. Warner, Principal



Welcome to the 2016—2017 School Year !!

Mark Your Calendar

September 1	First Day of School
September 20	Freshmen and Senior Parent Information Night—7:00 PM
September 26	School Pictures—Grades 9-11
September 29	Open House—6:30 PM—Auditorium