



Opeongo High School

STUDENT HANDBOOK 2006 – 2007

1990 Cobden Road
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Douglas, Ontario
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Principal's Message

Our student handbook contains important information on many topics, including school and board policies that students, staff and parents should read.

Opeongo's motto, "Learn to Live", is very appropriate. Students can grow in so many ways but they must be active participants in all areas of school life to gain the most. This includes not only academics but also extra-curricular and social activities. Put forth your best effort and have an enjoyable year.

Principal: Alanna Emon/Steve Blok
Vice-Principal: David Prange
Head of Guidance: John Hitchins
Office Manager: Beth Ellis

2006-2007 SCHOOL YEAR

DAILY SCHEDULES

Semester 1

Tues., Sept. 5
Wed., Oct. 18
Mon., Oct. 9
Fri., Nov. 3
Thurs., Nov. 9
Mon., Dec. 25 – Fri., Jan. 5
Wed., Jan 24
Fri., Jan. 26 - Thurs., Feb. 1
Fri., Feb. 2

Classes Begin
Parent-Teacher Interviews
Thanksgiving
P.A. Day
End of Term
Christmas Holidays
Locker Clean out
Examinations
P.A. Day

Semester 2

Mon., Feb. 5
Mon., Mar. 12 – Fri., Mar. 16
Thurs., Mar. 29
Wed., Apr. 4
Friday, Apr. 6 – Mon., Apr. 9
Thurs., Apr. 12
Mon., May 21
Mon., Jun 18
Wed., Jun. 20 - Tues., Jun. 26
Wed., Jun. 27 and Thurs., Jun. 28
Wed., Jun. 27

First Day - Sem. II
Winter Break
Grade 10 Literacy Test
Parent-Teacher Night
Easter Holidays
End of Term
Victoria Day Holiday
Locker Clean out
Examinations
P.A. Days
Graduation

Time	Per.	Daily Reading		Time (Assembly Day & HR Schedule)
		First Two Weeks	Second Two Weeks	
				9:00-9:30
9:00-10:15	1	Reading 9:00-9:15 Instruction 9:15-10:15	9:00-10:15	9:30-10:39
10:25-11:40	2	10:25-11:40	10:25-11:40	10:49-11:56
		Lunch		
12:20-1:35	3	12:20-1:35	Reading 12:20-12:35 Instruction 12:35-1:35	12:36-1:43
1:45-3:00	4	1:45-3:00	1:45-3:00	1:53-3:00
3:12		Buses Depart		

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STUDENT COUNCIL

President	Lana Johnston
Vice-President	Cameron Hume
Secretary	Allie Kelly
Treasurer	Kristen Coulas
Spirit Rep	John O’Brien
O.A.A. Representative	*to be selected

GRADE REPRESENTATIVES

Grade 9 Representatives	*to be elected
Grade 10 Representatives	*to be elected
Grade 11 Representatives	*to be elected
Grade 12 Representatives	*to be elected

STUDENT CARDS

Costs: \$15.00*/student and \$25.00*/family
*As well as receiving the privileges awarded with the student card

CODE OF CONDUCT

The Ministry of Education’s Code of Conduct came into effect September 1, 2000 as a result of the Safe Schools Act (Bill 81). The Ontario Code of Conduct sets clear provincial standards of behaviour. The code applies to all participants in the publicly funded school system – students, parents or guardians, volunteers, teachers and other staff members – whether they are on school property, on school buses or at school authorized events or activities.

RIGHTS OF STUDENTS AT OPEONGO HIGH SCHOOL

- Quality of Education**
 - Program of studies consistent with academic goals;
 - Use and training in area of technology;
 - Variety of educational experiences;
 - Challenging and interesting courses;
 - Opportunities for independent study and self-directed learning;
 - Extra help from teachers if sought;
 - Personal and career counselling;
 - Quiet study areas.
- Fair and Open Evaluation**
 - Access to evaluation;
 - Understand how evaluation is conducted in each course.
- Discipline**
 - Firm and fair;
 - Clear explanation of school rules and routines;
 - Due process and logical consequences;
 - The right of appeal;
 - Privacy in counselling.
- Safety**
 - Freedom from physical, verbal, emotional and cyber bullying and harassment;
 - Procedures developed and followed by staff in emergency situations.
- Access**
 - To teachers, school support counsellor, guidance counsellor, principal and vice-principal.

RESPONSIBILITIES OF STUDENTS AT OPEONGO HIGH SCHOOL

1. Program/Education

- Do your best at all times;
- Develop effective learning skills;
- Seek assistance from school staff when needed;
- Attend classes punctually and regularly.

2. Evaluation

- Be familiar with the evaluation in each course;
- Check with teacher regularly regarding progress.

3. Behaviour

- Follow the Ministry of Education and RCDSB's Code of Conduct;
- Follow Opeongo's rules and routines as outlined in the Student Handbook;
- Follow the dress code;
- Learn to handle problems in a responsible, mature manner;
- Be courteous to fellow pupils and respectful and courteous to teachers;
- Exercise self-discipline.

4. School Community

- Get involved in school activities;
- Co-operate with and assist student leaders in organizing activities;
- Respect the property of both the RSDSB and the property of members of Opeongo's school community;
- Respect the rights and privacy of others;
- Discuss areas of concern with appropriate staff members.

STUDENT EXPECTATIONS

Students of the Renfrew County District School Board are expected to deport themselves in a manner, which will bring credit to themselves, their families and their school. Each student is expected to:

1. Attend classes and homeroom punctually and regularly.
2. Be neat and clean in person and habits.
3. Be diligent in studies; come to class prepared with materials required by the course.
4. Be kind and courteous to fellow students.
5. Use proper, acceptable language at all times.
6. Be cooperative and respectful to all staff.
7. Have respect for personal and public property.
8. Exhibit honesty and responsibility in personal obligations.
9. Be responsible for personal conduct on school premises, on school buses and during extra-curricular functions.
10. Know and obey the Renfrew County District School Board's Alcohol and Restricted Drug Policy.

EXTRA-CURRICULAR

1. Students must be registered as full-time students and have paid their student fee to participate in extra-curricular activities.
2. Students must have paid the transportation levy and any other necessary expenses not subsidized by the Board or by the Student Council. Any student participating in the school's inter-school athletic program must pay a transportation levy. For cross-country, rugby, basketball, volleyball and soccer, a fee of \$30 is charged. A \$10 fee per tournament is charged for most other sports.
3. Students are responsible for all work missed due to games and they should keep their teachers informed about upcoming absences due to extracurricular activities.

DISCIPLINE

Every student is responsible to the principal for his/her conduct while on school premises or involved in school functions. Every staff member is authorized to correct faults and discipline offenders whenever misconduct is observed on school premises or during school related functions.

SMOKING ON SCHOOL PROPERTY

Provincial Legislation and the Renfrew County District School Board have banned the use of tobacco products on school property and in its buildings. This includes cigarettes and chewing tobacco.

To assist students in complying with this law, stop smoking programs are available to students on a volunteer basis. All students choosing to smoke must have the permission form completed before they can leave school property. **Students under the age of 18 must have parental permission to leave school property smoke at Opeongo.** The permission form can be requested at the Main Office. **Grade nine students may NOT smoke at Opeongo.**

The first infraction normally warrants a verbal warning and counselling. Subsequent infractions will lead to referral to the Smoking Cessation programme (Nurse Practitioner), a phone call to parents, and suspension. In addition, the Tobacco Enforcement Officer can patrol restricted areas. A fine of \$125.00 (approx.) may be assessed should anyone be caught smoking on school property.

OUT OF BOUNDS AREAS

Students are not permitted to be in the crawl spaces, on the roof, **in the woods** surrounding the school, behind or near the garage, near or behind the buses, in teacher/administration preparation rooms or in unsupervised classrooms at any time. **Students must also remain outside of the halls during class time.** Students are **not** to drive or park vehicles on the lawns, track or playing fields.

CLASS EXCLUSION

When excluded, the student will report directly to the Office. The student will be required to fill in an "Incident Report" and will be interviewed by the Principal or Vice-Principal. The classroom teacher will complete the report and a copy will be filed in the student's file.

The Principal or Vice-Principal will use the Hierarchy of Consequences as a guide to determine consequences and next steps.

Hierarchy Of Consequences

- 1st Visit Counsellor (excluded from class/sent to another class to work)
- 2nd Visit Parents contacted (excluded from class/sent to another class to work)
- 3rd Visit Parental meeting (excluded from class/sent to another class to work and/or in-school suspension)
- 4th Visit Suspension

ATTENDANCE

Procedures

1. A student who wishes to leave the school during a scheduled class must bring a dated note authorized by a parent or guardian. Students eighteen years of age or older may write their own note. This note is used to sign out at the main office. Administration decides if an absence is excused or unexcused.
2. A student who is away without advance notice must present the office with a note before he/she will be admitted to class. Students should report to the office **immediately** after returning from an absence.
3. Parents are encouraged to call the school before 9:00 a.m. (649-2041 or 735-7587) when a student is ill or absent for an excused reason.
4. Any unexcused absences are referred directly to administration. Consequences may be imposed and may include suspension if truancy is persistent.

Attendance Policy

Research studies tell us that good attendance has an overall positive affect on student performance and achievement at school. (Allan King, The Good School).

To this end, their classroom teacher will initially counsel students' with poor attendance. If the situation does not improve, students will be referred to administration. Parents will be contacted with regard to attendance issues. Persistent attendance problems may result in the loss of a credit in the course(s) where the problem exists.

When a student has 15 or more absences in a class, a letter will be sent to parents making them aware of this and possible consequences for poor attendance.

Skipping Classes

Students who miss a class without a valid reason will be sent to the office. Missed work due to a skipped class will result in a mark of zero for that work.

Late to Class

Students arriving to class after the bell rings and do not have a note from a staff member, or an Admit Slip, are late. The teacher will deal with the first three occurrences. On the 4th and subsequent occurrences in that class, the student will be sent to the office.

DETENTIONS

Detentions take priority over all extracurricular activities. Detentions may be assigned for lateness, truancy and misbehaviour. Students may request modification or deferment of a detention for an important reason but in making any request they must realize that they are not entitled to make the decision. Failure to report for an assigned detention may lead to suspension.

SUSPENSIONS

The administration will enforce the Education Act, which states:

"A principal may suspend a student for a fixed period, not in excess of a period determined by the board, because of persistent truancy, persistent opposition to authority, habitual neglect of duty, the wilful destruction of school property, the use of profane or improper language, or conduct injurious to the moral tone of the school or to the physical or mental well being of others in the school."

COMPULSORY SUSPENSIONS

Provincial regulations state that it is mandatory that a pupil be suspended from school and from engaging in all school-related activities if the pupil commits any of the following infractions while at school or engaged in a school-related activity:

1. Uttering a threat to inflict serious bodily harm on another person.
2. Possessing alcohol or illegal drugs.
3. Being under the influence of alcohol.
4. Swearing at a teacher or at another person in a position of authority.
5. Committing an act of vandalism that causes extensive damage to school property or to property located at the pupil's school.
6. Engaging in another activity that, under a policy of the board, is one for which a suspension is mandatory.

COMPULSORY EXPULSIONS

Provincial regulations state that it is mandatory that a pupil be expelled if the pupil commits any of the following infractions while at school or in a school-related activity:

1. Possessing a weapon.
2. Using a weapon to cause or threaten bodily harm to another person.

3. Committing physical assault on another person that causes bodily harm requiring treatment by a medical practitioner.
4. Committing sexual assault.
5. Trafficking in weapons or illegal drugs.
6. Committing robbery.
7. Giving alcohol to a minor.
8. Engaging in another activity that, under a policy of the board, is one for which expulsion is mandatory.

VIOLENCE

Opeongo has zero tolerance for violence, including fighting. Any student exhibiting violent behaviour may be suspended or expelled.

RENFREW COUNTY DISTRICT SCHOOL BOARD'S DRUG & ALCOHOL POLICY

The Renfrew County District School Board recognizes that the use of alcohol and/or illicit drugs is detrimental to education and harmful to the health of students. The Board prohibits persons who are under the influence or in possession of alcohol or illicit drugs to be present on school property, at school sponsored functions or while traveling to and from school activities.

When a school employee suspects that a student has consumed, or has in his or her possession, restricted drugs or alcohol, during school hours, on school premises (anytime), on school buses or at a school related or sponsored function on or off campus, the employee is required to inform the principal or designate. The principal or designate will determine the nature of the offense and take appropriate action: i.e. involve the police regarding charges to be laid, inform the parents or guardians and suspend the student for a period of not less than 3 school days but not more than 20 days.

The Renfrew County District School Board believes that the major responsibility for the provision of counselling and rehabilitative programs for those who abuse alcohol and drugs rests with other community agencies. The Renfrew County District School Board will cooperate with such community agencies in the referral to counselling and rehabilitative programs of Renfrew County students who abuse alcohol and drugs.

BUS POLICY

Students are expected to behave properly on the school bus. Persistent failure to do so will result in the loss of bus privileges. Any change from the normal bus transportation routine, must have prior approval from the Principal and a **Bus Pass** must be presented to the bus driver.

HARASSMENT GUIDELINES

Harassment is behaviour that is unwelcome, one-sided and makes the receiver feel uncomfortable or offended. It may be comments about someone's appearance or

lifestyle or it may be behaviour that causes a person to feel embarrassed or inadequate. Usually harassment is repeated behaviour.

Sexual harassment can be unnecessary physical contacts, unwelcome gestures or words of a sexual nature or revenge for rejecting an advance.

At its worst, harassment may be threats, intimidation or assault.

HARASSMENT IS AGAINST THE LAW

In adherence with the Ontario Human Rights Code, it is the policy of the Renfrew County District School Board that every employee, volunteer and student has a right to freedom from harassment in the workplace and school system because of race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, age, sex, sexual orientation, record of offenses, marital status, employment status or disability.

WHAT DO I DO IF IT HAPPENS TO ME?

There are three options you can take to deal with the harassment.

1. If possible, you can talk to the person who is harassing you. Tell the person clearly and firmly that you find the behaviour offensive and you want it to stop immediately.
2. You can request help and support to stop the harassment. This is not a formal complaint, but a request to have the student harassing you talked to about his/her behaviour, by a counsellor or administrator.
3. Report the harassment incident to the school administration as a formal complaint.

Depending on the facts of the harassment incident, a student who engages in such activities may warrant:

- Counselling to modify the behaviour;
- Detention or other in-school disciplinary activities;
- Parental notification;
- Suspensions; and/or
- Police involvement.

VANDALISM

A student who damages or defaces school property will be suspended or expelled, depending upon circumstances. A condition of return will be repair and/or payment for repair.

SCHOOL DRESS

Students are asked to dress in a neat and respectable fashion. Dress should reflect the general rule of good sense in a working environment. Clothing must not offend students and staff who work in the building nor distract from the learning environment of the school.

A student wearing any clothing that is unacceptable will be asked to change (i.e. short shorts, biker shorts, halter tops, exposed midriff, muscle shirts, spaghetti straps, clothing with vulgar or suggestive language, clothing which advertises alcohol or illicit drugs or any clothing

which is deemed to be inappropriate for a school environment; frayed or intentionally/excessively ripped clothing). Stomachs must be covered. Wide strap tank tops are allowed. Repeat violations will have consequences and persistent opposition to the dress code may lead to suspension.

INAPPROPRIATE DISPLAYS OF AFFECTION

As in a place of business, inappropriate kissing and embracing are not acceptable in a school environment.

TIMETABLE CHANGES

Students with a valid reason for a timetable change should contact Student Services during the scheduled timetable change period. Once school begins in September the only requests for timetable changes that will be processed will be changes required for medical reasons and changes recommended by school staff.

DROPPING A SUBJECT

Before students are allowed to drop a subject they must discuss their request with a school counsellor in the Student Services department. Any timetable change must be approved in writing by their parent after input from the teacher of the subject, and/or a guidance counsellor. The deadlines for dropping a course are five days after mid-term reports are distributed for that semester. Students in grades 9 and 10 will not be allowed to drop a subject.

FULL DISCLOSURE

Students who have not officially changed their timetable through Student Services before the above deadline will receive a final mark that will be recorded on their transcript.

PROCEDURE FOR STUDENTS WHO FAIL OR DO NOT COMPLETE A COURSE

Parents are encouraged to call the Opeongo Guidance Department to determine what procedure or type of program would best meet the needs of their child.

STUDY PERIODS

1. Students in grade 9 and 10 must carry a full timetable (8 credits per year). Students with fewer than 16 credits must also have a full time table.
2. Senior students may go to the library or cafetorium during study period.
3. The halls are **out of bounds** while classes are in progress.

LEAVING SCHOOL PERMANENTLY

Students who are considering leaving school permanently before the end of the school year are asked to complete a clearance form in Student Services. School counselors and administration are available to assist in this major decision.

Please return all textbooks, library books and other school materials.

EXAMINATIONS

Formal examinations will be written during the school year. Students missing any examination without an unavoidable reason will receive a mark of zero on the final assessment portion of the course and may fail the course. The principal determines the validity of the absence. Cheating on an assignment, quiz, test or exam will result in a mark of zero.

ONTARIO STUDENT RECORDS (OSR)

OSRs are available at the school for enrolled students. Access to OSRs by parents after a student reaches eighteen years of age is restricted.

PARKING

Student parking is limited to the student parking lot. Cars should be locked when unattended. Cars parked illegally will be fined or towed away. Students are not to be driving motorized vehicles around school or in the parking lots. Motorized vehicles are not to be on the lawns, tracks or playing fields.

ACCIDENT INSURANCE

Insurance for accidents is **not** covered by the Board. Students are encouraged to have their own insurance coverage. This may be purchased through Seaboard Life Insurance. Students receive an information form from Seaboard in early September.

LOCKERS

1. Lockers will be assigned to students during the first week of school.
2. A student may use only the locker assigned to him/her.
3. Only locks of the type provided by the school may be used on lockers. All lock combinations must be recorded by the TAP teacher on the supplied forms.
4. Locks may be purchased through the school office.
5. No students should reveal the combination of his lock except in point number 3. No responsibility is assumed by the Board for the loss of property in lockers.
6. Students may go to their lockers before school, during lunch period and at the end of the day. Visits to lockers during class time are to be brief and infrequent.
7. Students quitting school must remove the lock and the contents within a week. After this time the contents will be discarded.
8. In June all students must clear their lockers and remove the locks.
9. Lockers remain the property of the Renfrew County District School Board.
10. The Renfrew County District School Board retains the right to search lockers at any time.

VALUABLES

The school cannot assume responsibility for money or valuables left in change rooms.

PLAGIARISM

Plagiarism is presenting the words, work or ideas of another person as your own. Plagiarism may exist if the work submitted was done in whole or in part by someone other than the person submitting the work:

- * Parts of a work are taken from another source without reference to the original author; or,
- * The whole work (such as an essay) is copied from another source.

Examples:

Plagiarism	Not Plagiarism
Copying from another student	Common knowledge (e.g. WW II started in 1939)
Cutting and pasting from the internet or magazine article summary	Having someone else help you with proofreading or editing
Copying from another source	Quoting a source
Using someone's work and claiming it as your own	Working in a group as assigned and sharing ideas
Rewording someone's ideas and presenting them as yours	
Having someone else revise your draft	
Re-submitting work completed and assessed for another course	

How To Avoid Plagiarism:

1. Your writing should contain only words or concepts you understand.
2. Recognize the difference between assigned individual and group work, and follow your teacher's guidelines regarding the amount of research you do.
3. If you use someone else's ideas, either directly quoted or paraphrased, acknowledge the source. When in doubt acknowledge the source.
4. Develop effective research skills.
5. Acknowledge the source of diagrams and pictures.

Consequence of submitting plagiarized work may include:

1. Work that has been plagiarized, in whole or in part, will be assigned a mark of zero.
2. The student will be required to complete an additional alternate assignment during a one-day in-school suspension.
3. The student's parents will be notified.
4. All of the student's teachers will be advised that the offence occurred.
5. A record of the offence will be kept in the student's OSR.
6. A senior student may be removed from the course in which the offence occurred.

7. Repeat instances of plagiarism will result in more serious consequences to be determined by the principal.

TEXTBOOKS/LIBRARY BOOKS/SCHOOL SUPPLIES

The school supplies each student with numbered textbooks. The student is responsible for school supplies (texts, library books, uniforms, etc.) and must return them or their monetary value. NOTE: Texts will be withheld until those lost are returned or paid for.

GUESTS and VISITORS

All visitors to the school must report to the office. Students are advised that visitors are not normally allowed during school hours. In special circumstances, prior approval may be obtained from the administration.

ROLLER SKATES; SKATEBOARDS; ROLLER BLADES; PORTABLE STEREOS

Roller blades, skates, or skateboards are **not** allowed in the school, on school property, or on school buses. Portable stereos may not be played out loud in or near the school. These may be used in the classroom with teacher's permission.

NETWORK COMPUTER POLICY

Opeongo encourages every student to make full use of the many facilities and programs it offers. Since many of the computers available are networked and/or have access to the Internet, each student must abide by the guidelines for computer usage as established by the board. **As such, all students will sign an agreement acknowledging an understanding of these regulations** (as well as the 'Rules of Personal Safety' and 'Netiquette' – see below).

The use of networked computers for the following purposes is specifically prohibited:

- To access resources or data of others for any purpose without authorization, including passwords, files or tapes, whether at school or elsewhere;
- To send messages or files containing digital information likely to result in loss or disruption of the recipient's work or system ('viruses'), or to load such messages or files onto the networks;
- To transfer commercial software, materials protected by trade secret or other copyright protected material;
- To commit any illegal act;
- To intentionally obtain, send or possess materials which are or might be considered inappropriate, obscene, abusive, offensive, harassing, illegal, or counsel to illegal activities;
- To obtain or attempt to obtain any material or item prohibited by the Board; and,
- To use the networks for commercial purposes, or for games.

The school will be the initial arbiter of what constitutes materials which are or might be considered to be

inappropriate, obscene, abusive, offensive, harassing, illegal, or counsel to illegal activities, or what constitutes any other violation of these regulations.

Penalties for violation of these regulations may include temporary or permanent withdrawal of network computer privileges, suspension from school and/or prosecution under the law.

RULES OF PERSONAL SAFETY

1. I will not give out personal information such as my address, telephone number, parents' work address/telephone number, or the name and location of my school without permission.
2. I will tell the teacher if I come across information that is inappropriate or makes me feel uncomfortable.
3. I will agree never to get together with someone I "meet" on-line without first getting permission from my parents/teacher.
4. I will never send a person my picture or anything else without first getting permission from my parents/teacher.
5. I will not respond to messages that are mean or in any way make me feel uncomfortable. If I get such a message, I will tell the teacher right away.
6. I will follow the Renfrew County District School Board's regulations for use of networked computers.

NETIQUETTE

1. Be polite. Do not write or send abusive messages to others.
2. Do not swear, use vulgarities or other inappropriate language.
3. Do not reveal your personal address or telephone number, or those of others.
4. Note that 'e'-mail is not guaranteed to be private. People who operate the system have access to all mail. Messages in violation of the regulations may be reported to the authorities.
5. Do not use the network in such a way that it might disrupt the use of the network by others (e.g. downloading large files at busy times, sending mass 'e'-mail messages, sending chain letters, annoying other users).
6. Upon request of a supervisor, immediately explain one's activities on the Net and the purpose for accessing certain files.

COMPUTER LABS

Computer equipment is continually being upgraded and serviced throughout the school. This represents a very significant expense to the school. As such students caught eating or drinking in the computer lab, defacing mouse pads or hardware will lose their computer privileges for a period of time. Wilful damage may also lead to suspension.

TELEPHONE CALLS

One pay telephone is available for student use near the office. Office phones should only be used in cases of emergency. Students needing to call home should use the pay phones and reverse charges for long distance if they feel the call is necessary.

LIBRARY RESOURCE CENTRE

Hours:8:30 a.m.-3:30 p.m.

Teacher-Librarian:Mrs. Y. Powell

Borrowing:

Books3 weeks

Magazines/Vertical files.....3 weeks

Audio-visual (videos, music, CD ROM's)...3 weeks

Fines:\$0.10 per school day

Services:

Printing/Photocopying..... \$0.10 per page

Daily/weekly (local) newspapers Free

NO FOOD, DRINK OR BOOKBAGS, PLEASE!

SCHOOL BASED SEXUAL HEALTH CENTRE

A Public Health Nurse from the Renfrew County and District Health Unit can be available for students at pre-arranged times. Students are welcome to contact the Nurse directly or arrange for an appointment through the school office.

The Public Health Nurse provides counselling on health-related problems such as nutrition and healthy weights, alcohol or drug use, sexual health and birth control, pregnancy, personal worries, illness or injury. The primary focus of the counselling is to support effective student decision-making, problem solving and to make referrals to appropriate services. The Nurse regards any matter discussed with the student as confidential.

The Public Health Nurse is also actively involved in promoting health by making presentations and acting as a resource to students, teachers and parents about such issues as teen stress, depression and suicide, healthy sexuality, responsible decision-making, body image and eating disorders.

NURSE PRACTITIONER

Nurse Practitioner Rose-Marie Dolinar from the Westmeath Bromley Nurse Practitioner Project is available for students and staff for individual appointments along with health promotion group sessions. Group sessions include recreational sports, smoking cessation, stress management, nutrition counselling and healthy body image.

Appointments can be made by leaving a message in the nurse's mailbox at the office, booking the morning of the clinic or by calling the Cobden Health Centre at 646-7997.

STAFF LIST

Teachers	J	Armstrong-Gagnon
	D	Bishop
	C	Brash
	N	Cairnie
	C	Clark
	D	Crozier
	T	Demmons
	S	Edmison
	A	Gagan
	G	Good
	S	Gorski
	W	Gruntz
	M	Hamel
	S	Haring
	R.	Hedley
	J	Hitchins
	S	Kennedy
	V	Luhta
	E	McCormick
	T	McEnery
	D	Mick
	M	Neill
	S	O'Connor
	M	Owen
	J	Pierce
	B	Pilgrim
	Y	Powell
	J	Reiche-Schoenfeldt
	J	Scott
	B	Scott-Cole
	O	Sediako
	J	Sernoskie
	M	Sinclair
	C	Straathof
	T	Wren

Office Staff	B	Ellis
	L	Etmanskie
	L	Browne
	C	Farrell
Native Support Counselor	J	Ellis
School Support Counselor	C	Wishman-Leury
Computer Laboratory Assistant	K	Prescott
Educational Assistants	S	Guertin
Custodial Staff	J	Boldt
	B	Crozier
	L	Cunningham
	K	Jessup
	C	Peplinskie
	E	Sell

Go



Wildcats