



CARDIGAN MOUNTAIN SCHOOL
STUDENT HANDBOOK
2020-2021

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WELCOME FROM THE HEAD OF SCHOOL

Dear Cardigan community,

Welcome to a new school year! Despite the uncertainty, anxiety, and distance brought about by the current pandemic, we at Cardigan remain committed to clarity, health and safety, and once again building a close community around our core values of compassion, integrity, respect, and courage.

Though it will be a priority to understand and pay attention to the details of how we stay safe (as outlined in the Student Handbook Addendum for COVID-19), we must continue to strive for growth in all areas of school life, even as we work together to support one another and build the community we want to be.

Whether you're a returning student or new to Cardigan, the start of the school year is about new beginnings. It's a time to start fresh in your classes, try new activities, and make new friends. I encourage you to embrace these opportunities for growth, and find ways to support others in doing the same. For those new to the school, don't be afraid to ask for help. As I have found out through my own experience in life and at Cardigan, there is no such thing as a silly question, and everyone here is willing to provide a helping hand.

While the program at Cardigan is a rich one, it is the people and community that make Cardigan truly special. As you welcome new students or catch up with old friends, celebrate your shared interests and experiences, but don't forget to open your mind to new people, ideas, and backgrounds. Cardigan students and faculty hail from many different cultures and countries, and you may find that you have as much to learn from them as you do from your teachers and coaches. Respect and appreciate one another, and find ways to engage with and learn from each other. You'll be glad you did.

The specifics of this handbook may be overwhelming to some at first, but read it knowing that our program and rules are founded on our core values. We are kind and helpful to one another. We care for ourselves, one another, and our school. We are honest in our dealings with one another, and true to our word. We learn from our failures, and grow through challenge. Embrace these values, and you will find success at Cardigan and beyond.

I look forward to meeting all of you, and to a very different, but no less wonderful year on The Point.

Sincerely,

Christopher D. Day P '12, '13
Head of School

ABOUT THIS HANDBOOK

Please understand that no set of rules or guidelines can cover every conceivable situation that might arise at a school. The rules, policies, and procedures set forth in this handbook are intended to apply under normal circumstances. However, from time to time, there may be situations that require immediate or nonstandard responses. This handbook does not limit the authority of Cardigan Mountain School to deviate from the normal rules and procedures set forth in this handbook and to deal with circumstances as they arise in the manner deemed most appropriate by the School (including but not limited to with regard to student discipline), taking into consideration the best interests of the School, its faculty, employees, students, and community. The policies may also be revised or updated periodically, even during the current academic term. You will be advised of any substantive changes as they are made.

While this Handbook serves as the primary source of information for the School's rules and guidelines, the School has published an Addendum to this Handbook for 2020-2021 to cover temporary policies in place as a result of the COVID-19 pandemic. This Addendum may be found on the school's website at <https://www.cardigan.org>. We have attempted to note additional changes to our procedures in the context of the Handbook sections below. Please understand that these notes are not comprehensive, and that the School reserves the right to amend or remove these policies in support of the health and safety of the community and as circumstances warrant.

MISSION AND PHILOSOPHY

Cardigan Mountain Mission Statement

Cardigan Mountain School offers a close-knit community that prepares middle school boys—in mind, body, and spirit—for responsible and meaningful lives in a global society.

To achieve our mission, we recognize effort and accomplishment, helping each boy realize his academic, physical, and personal potential through the integration of the following core values in all aspects of daily life:

- Compassion—Be kind. Seek to understand others and go out of your way to help.
- Integrity—Be honest. Remain true to yourself and your word.
- Respect—Be considerate. Care for yourself, others, and Cardigan Mountain School.
- Courage—Be brave. Face adversity with strength and persistence.

Meaning of the Cardigan Seal

Augere Virtutem—Diri gere Mentem (Build Character—Mold Minds)

The Cardigan seal was designed as part of the School's 50th anniversary celebration in 1995. The shield's shape pays tribute to the style of Ivy League shields. The chevron represents the mountain, a symbol of enduring strength and noble pursuit. The cougar is Cardigan's mascot, a wildcat of keen instinct representing our courage to defend our territory with pride. The green conifer in the upper left quadrant stands for our close connection with Dartmouth College; it is also Cardigan's color. The open book to the east is a classic symbol of academia, and the Latin text *se in viam dare* means "to start on one's way." The text on the banner is a Latin translation of two key phrases from a speech made by former Dartmouth president and Cardigan founder E. M. Hopkins at the School's dedication, when he described Cardigan as a place to "build character and mold minds." Last, the small Roman numerals at the base of the shield mark the date of our founding: 1945.

Honor Code

Every student is expected to sign the Honor Code Contract, which signifies his commitment to the School's Honor Code and acknowledges that he has read and understands the contents of the Student Handbook. A copy of the contract signed by both the student and the student's advisor will be submitted to the director of student life at the beginning of each school year.

Cardigan Mountain School Honor Code

- I will be honest, and I will respect all members of the Cardigan community.
- I will put forth my best effort in all areas of school life, including but not limited to academic endeavors, extracurricular activities, and dormitory living.
- I will support the standards of Cardigan Mountain School and encourage others to do the same.

Non-Discrimination

Cardigan Mountain School prohibits discrimination against and harassment of students and/or school employees on the basis of race, color, sex, sexual orientation, gender identity, religion, ancestry or national origin, age, pregnancy, marital status, military service, disability, genetic information, and/or any other protected characteristics under any other applicable law or school policy.

Students and employees are entitled to an employment and educational environment that is free of discriminatory harassment. This policy is intended to provide notice of compliance with federal and state civil rights laws to all employees, students, parents/guardians, applicants for admission and employment, and other interested persons, as appropriate. Cardigan will require all persons, agencies, vendors, contractors, and other persons and organizations doing business with or performing services for the school to adhere to this policy and to all applicable federal and state laws pertaining to school operations.

Should a family wish to report the school's handling of a particular situation implicating discrimination, the appropriate agency may be contacted as follows:

Office of Diversity, Inclusion & Civil Rights (ODICR)
U.S. Small Business Administration
409 3rd Street, S.W. Suite 6400
Washington, DC 20416
Phone: 202-205-6750
TTY/TTD: 1/800-877-8339
Web: <https://www.sba.gov/offices/headquarters/odocr>

ACADEMICS

Grading and Honors

Grading Scales

Students are graded according to the following scale: A (4.0), A- (3.7), B+ (3.3), B (3.0), B- (2.7), C+ (2.3), C (2.0), C- (1.7), D+ (1.3), D (1.0), D- (0.7), and F (0.0).

In addition to letter grades for performance, students receive grades for effort on a 5 through 1 scale:

- 5 = Excellent: Consistently exceeds the minimum standard.
- 4 = Good: Occasionally exceeds the minimum standard.
- 3 = Average: Consistently meets the minimum standard.
- 2 = Needs Improvement: Falls short of the minimum standard.
- 1 = Unsatisfactory: Does not attempt to meet the minimum standard.

Honor Roll Privileges

**** NOTE: Honor roll privileges will be modified due to COVID restrictions (2020-2021).**

Achievement Honor Roll: If a student achieves an overall GPA of 3.60 or higher in his courses with no grade lower than a B-, he has attained achievement honor roll.

Effort Honor Roll: If a student earns 4's and 5's in effort in all courses, he attains the effort honor roll. A "1" or "2" effort grade renders a student automatically ineligible to make any category of honor roll.

Honor roll students enjoy these privileges:

- **Sixth Grade:** All boarding students must attend evening study hall. At 8:00 p.m., and with permission from the proctor, sixth-grade students on the honor roll are allowed to study in their rooms. The Haven and other proctored areas may not be used.
- **Seventh Grade:** Students on the honor roll are allowed to study in their rooms for the entire study hall. The Haven and other proctored areas may not be used.
- **Eighth Grade:** Students on the honor roll are allowed to study in their rooms for the entire study hall. The Haven and other proctored areas are available for use.
- **Ninth Grade:** Students are allowed to study in their rooms for the entire study hall. Students on the honor roll are allowed to use the Haven and other proctored areas.
- **Please note:** Students studying in their rooms must be at their desk, and their door must be open. Any student not complying with this rule will be sent to the proctored study hall for the evening.
- All honor roll privileges are afforded at the discretion of the student's advisor, the dean of students, the director of student life, the dean of academics, and the student's academic team.

National Junior Honor Society

Each spring, the Cardigan Mountain School Chapter of the National Junior Honor Society, sponsored by the National Association of Secondary School Principals, inducts members of the eighth and ninth grades.

Eighth- and ninth-grade boys apply to become a member of the National Junior Honor Society. Those whose cumulative grade point average across their time at Cardigan is a B+ (3.3) or higher and whose effort average is a 4 or better, are selected for further review. The names of these boys are submitted to a faculty council, which evaluates their candidacy based on four additional criteria: leadership, citizenship, service, and character. Following a discussion of each boy's candidacy, a vote is called for each candidate. Boys who receive a majority of votes are invited to join the National Junior Honor Society. The parents of newly elected members are notified and invited to attend the induction ceremony. Any student may be removed from the Society if he fails to maintain his academic average or his behavior is contrary to Societal expectations.

Standards and Consequences

Missing Afternoon Activities

Students must participate in all afternoon activities. A student may be excused from activities due to academic reasons at the discretion of the assistant dean of academics. It is the student's responsibility to ask permission from the assistant dean of academics prior to lunch that day.

Academic Warning

Occasionally, a student may fall below the minimum academic standards established by the School. When this occurs in one class for consecutive marking periods, or when it occurs in more than one subject during any marking period, the student may be considered "at risk" academically and placed on academic warning or probation. This will be documented with a detailed Cardigan Improvement Plan (CIP).

When a student reaches this status, typically, a meeting will be held with the student, his advisor, and the dean of academics. At this time, the student's parents will be contacted by the dean of academics. Specific aids and supports will be put into place by the advisor, PEAKS coach, and dean of academics to help improve the student's academic performance. Should improvements not be seen in a reasonable amount of time, the following consequences may result:

- The student will check in daily with his advisor to track academic progress.
- The student will attend weekend PEAKS appointments which might limit off-campus weekend activities. ***NOTE: PEAKS appointments may be held via Zoom and all weekend activities will likely be on-campus due to COVID restrictions (2020-2021)***
- Underclassmen who do not show progress may not be invited back to the School.
- A student may be asked to leave the School.

Failure in an Academic Course

If an underclassman fails a course for the year, he will be required to do the following:

- If the subject is English, history, math, science, or a world language, the student must attend summer school or be tutored over the summer. Any program must be preapproved by the dean of academics, and documentation of successful completion must be submitted before that student will be promoted to the next grade.

- For all other subjects, the student must complete work assigned by the teacher and/or complete an alternative program approved by the dean of academics.

If a ninth grader fails a class for the year, then he will receive a Certificate of Attendance rather than a regular diploma, and a note will be made on his transcript. He will have the opportunity to receive a regular diploma upon petitioning the School for the diploma and doing one of the following:

- Successfully completing a comparable course in a summer school situation.
- Taking the equivalent course at his next school and receiving a passing grade.
- Being tutored in the subject and covering the equivalent material.
- The dean of academics will confer with the family to ensure that whichever option is chosen fulfills the School's requirements.

Academic Support

Tutoring

**** NOTE: The methods for receiving outside tutoring will be amended due to COVID restrictions (2020-2021).**

Learning difficulties can be encountered in the classroom that cause student, teacher, and parent concern. The teacher is always the first line of remediation and diagnosis, and it is the teacher who offers suggestions to parents about home assistance or teacher help. The teacher knows the student's history and has the kind of daily learning encounters that can best identify problems and suggest skill-building extra help. If problems persist, more diagnostic testing might be recommended and perhaps in consultation with the school counselor. If extra content or skill work is advisable after these steps, the School, in conversation with parents and teacher, might recommend tutoring.

Tutoring is typically mandated only for a defined period of time, until a student can return to working comfortably without assistance, so that the full extent of the program can be part of each student's daily routine. Students are expected to use tutoring infrequently and with specific goals that are temporary. The School's resources are designed to assist students individually when needed over the long term, so dependence on tutoring is neither desirable nor necessary. Time available during the day is best used on program requirements, homework assignments, and meetings with teachers. Parents are expected to make arrangements for tutoring off campus and at times that do not conflict with regular School obligations.

Accommodations

The School does not discriminate against qualified applicants or students on the basis of learning disabilities that may be reasonably accommodated. The School will discuss with families of applicants with known learning disabilities whether the School will be able to offer their children the appropriate accommodations to help them be successful at the School.

The School is committed to ensuring that students with disabilities are provided with equal access to the School's programs and services, in accordance with applicable law. For students who need additional support or curricular adjustments, the School requires documentation indicating that the student's disability substantially limits a major life activity. Students who present the School with appropriate documentation of disability will be granted those requested academic accommodations that are supported by the documentation and considered reasonable in this educational setting. Any adjustments to the academic program would be made through an interactive process between the

student, the head of school and the dean of academics. No waivers of academic graduation requirements will be granted to students.

Even after supportive services and accommodations have been put in place, a student may still not be able to fulfill his academic requirements satisfactorily. In such instances, the student's teacher, advisor, the head of school and/or the dean of academics or other support personnel may notify the student's parents that the accommodations put into place may not suffice to ensure the student's success at the School. At that time, the head of school and/or dean of academics, the student (if age appropriate), and his parents will discuss whether it makes sense for the student to continue at the School. If there is a disagreement, the School will decide, in its sole discretion, whether to issue a re-enrollment contract to the student.

Although the School endeavors to provide the finest academic programs and assistance to students in helping them to achieve their academic goals and advancement, no particular student success is, or can be, guaranteed. These are primarily the result of the individual student's effort, ability and attitude.

The following employee of the school is designated as the Section 504 Coordinator, or the point person for managing the accommodations process and handling complaints about disability discrimination. We encourage families to make outreach with any concerns to:

Stephen Solberg
CFO, Assistant Head of School
62 Alumni Drive
Canaan, NH 03741
(603) 523-3518
ssolberg@cardigan.org

STUDENT LIFE

Mission

To live, promote, uphold, and sustain the *Cardigan Way*.

Contact Information

- Cheryl Borek: Director of Spiritual Life
- Danielle Fedele: Dean of Students
- Allan Kreuzburg: Community Life Coordinator
- Nick Nowak: Director of Student Life
- Ryan Sinclair: Director of Global Leadership and Service Learning
- Erzi Willems: Travel Coordinator

Student Activities and Organizations

**** NOTE: The schedule and opportunities available as part of the Student Activities Program may be modified due to COVID restrictions (2020-2021).**

The School encourages students to become involved and shape their own Cardigan experience through the Student Activities Program. The program provides opportunities for students to stretch comfort zones, develop a sense of service, and relax while enjoying the company of good friends.

On Thursday afternoons, instead of team practices or games, students participate in a club activity. Three times during the year, boys sign up for a club from a list of more than 30 faculty-supervised options. Clubs

are either recreational, such as bocce or “hockey for non-hockey players”; educational, such as Yearbook Club; or service-related, such as cleaning up local roads or volunteering at a local community-supported thrift store. Some clubs may have an additional cost or fee associated with them.

During the weekend, activities include on-campus offerings in open spaces such as the Marrion gymnasium or the Haven (Cardigan’s student center). There are also off-campus opportunities like playing paintball, watching a college sporting event or movie, eating at a local restaurant, or cleaning up a yard for a senior citizen. Many of the off-campus opportunities have a fee associated with them for tickets or additional spending. The Student Activities Program also promotes friendly school-wide competitions through the Dorm Olympics. Competitions encompass all realms of Cardigan life (residential life, academics, and athletics) so that everyone can participate and contribute.

School Traditions

**** NOTE: While we see our Cardigan traditions as significant and important, many will likely be modified due to COVID restrictions (2020-2021).**

- At the beginning of school, all new students and teachers climb Mount Cardigan to see the sun rise during the Dawn Climb.
- At the conclusion of the year, the seniors climb Mount Cardigan to see the sun set during the Sunset Climb.

- On the Monday of Columbus Day weekend in October, the entire school attends the Sandwich Fair on Founders' Day.
- The entire school has a fall outing, Mountain Day, scheduled when the autumn foliage is at its peak.
- In the late winter, students and faculty enjoy an all-school Ski Holiday and Senior Ski Holiday at one of the nearby ski areas.
- In the spring, one day is designated Headmaster's Day, during which classes are suspended and various recreational activities take place.
- In the fall and spring, all Cardigan sports teams compete against our friendly rival, Eaglebrook School during Eaglebrook Day.
- Toward the end of spring term, the head of school sponsors a daily Polar Bear Club at the lake.
- During fall Family Weekend, Cardigan hosts an auction to support the School.
- Cardigan's school colors are forest green and white. The School's mascot is the cougar.
- As Cardigan teams take the playing fields, they will touch the large rock placed at the end of Marrion Field in honor of longtime Cardigan Athletic Director Jim "Coach" Marrion.
- As students leave the locker rooms, they will often touch the "BE THE BEST" slogan inscribed above the door, reminding them to always strive to do their very best in all endeavors.

Leadership

Student Jobs

Each student makes a contribution toward the smooth daily operation of the School by performing at least one student job, reminding all that community life requires contribution from each member.

Student Senate

The Senate reviews policies that affect students' lives. Although the Senate is an advisory body, there are times when their ideas help to determine operating policies. The Student Senate is made up of the school leader, the assistant school leader, the elected senators from each grade level, and a faculty advisor.

Senior Leadership

Each spring, school elections are held to elect the senior leaders for the following year. Based on student and faculty votes, those boys who receive the highest leadership ranking have the opportunity to run for school leader. Candidates must demonstrate the ability to work independently and to balance academic commitments with other school responsibilities. In addition, candidates for school leader should have a clean disciplinary record. The week following leadership ranking, candidates give short speeches in support of their candidacy, and the school community votes to elect a school leader and an assistant school leader.

After the school leader and assistant school leader have been named, the faculty meets to select the various job foremen, the Green Key leader, program assistants, Chapel leaders, and floor leaders from a slate comprising top-ranking vote recipients from the earlier school wide election. These selections are announced at the Investiture Ceremony in mid-May.

The newly elected (rising) senior leaders meet with faculty advisors to the Senior Leadership Program to begin their leadership orientation at the end of the school year. In addition, the graduating seniors elect marshals and ushers from the eighth grade class, who participate in Commencement.

Senior Leadership Positions for 2020-2021

POSITION	STUDENT LEADER
School Leader	Conley Bohan
Assistant School Leader	Daniel Jung
Athletics Assistant	Owen Tatro
Banks Floor Leader	Jenson Smock
Brewster I Floor Leader	Miles Kim
Brewster II Floor Leader	Tedy O'Keefe
First Chapel Leader	Arthur Lee
Second Chapel Leader	Wilson Knapp
Clark-Morgan Floor Leader	Danny Valenti
Dewar Floor Leader	Christian Maro
Dining Room Head Steward	Leo Li *
Franklin Floor Leader	Michael Liu *
French I Floor Leader	Harrison Huang *
French II Floor Leader	Cayden Van Dolah
Funnell Floor Leader	Ken Wong *
Green Key Leader	Brian Xi
Greenwood Floor Leader	Mac Wang *
Hayward I Floor Leader	Jack Dec
Hayward II Floor Leader	Jack Roberts
Health Center Assistant	Damian Zhu
Hinman I Floor Leader	Jack Diemar
Hinman II Floor Leader	Anders Silitch
Kitchen Head	Beau Brissette
McCusker I Floor Leader	Matthew Chow *
McCusker II Floor Leader	Sam Pfefferle
Student Activities Assistant	Jay Hong
Funnell Floor Assistant (FA)	Gabe Quinn
Brewster I FA	Gabe Raphael
Brewster II FA	Connor Hennessey
Franklin FA	Mark Anstiss
French I FA	Brendan Powers
McCusker I FA	Teddy Stettinius

* Remote to start

Big Brother Program

This is an opportunity open to returning eighth and ninth-grade students to spend time helping new students acclimate to Cardigan. Each boy who meets the program criteria is paired with at least one new student at the year's inception, and both informally and through scheduled social and community service events, the pair or small group forms a connection that typically proves beneficial to all involved.

Peer Tutoring

Students have the opportunity to serve as peer tutors to their fellow Cardigan brothers. This is a flexible, peer-mediated strategy through which students receive more individualized learning, and the direct interaction between students promotes active learning.

Appearance

Dress Code

The dress code at Cardigan is intended to create a sense of purpose and pride among the student body and the broader school community. Student dress and appearance should be neat, presentable, and functional. There are varying dress codes for varying occasions, but the three most common are class dress, dinner dress, and Chapel dress.

Class dress means a collared shirt (like a golf shirt, rugby shirt, or button-down), khakis (no cargo pants or dress slacks), a belt, dress socks (no low-cut ankle socks or athletic socks), and leather or suede shoes (or boots, if the weather warrants). No athletic shoes or dress sneakers (dress shorts and sneakers are permitted in September and May for class dress).

Dinner dress means khakis or dress slacks, a belt, blazer, dress shirt (button-down Oxford type), tie, dress socks, and leather or suede shoes. No athletic shoes or dress sneakers.

Chapel dress means a white dress shirt, polishable dress shoes (more formal than shoes worn to class), dark dress socks, brown or black leather belt, a tie, and dark gray slacks (no khakis) with a Cardigan blazer.

**** NOTE: Chapel dress will be modified due to COVID restrictions (2020-2021). Students should attend Chapel services in dinner dress.**

Students are also required to follow additional dress codes for the occasions listed below.

Town/Travel dress is the same as class dress with sneakers permitted.

Students using school transportation, including hired cars to and from vacations, are required to wear class dress. All boys must wear dinner dress for away games or on special trips, unless they are in team uniform.

Buffet dress includes casual, comfortable clothes, provided that their attire is presentable (visible socks need to be worn). Sleepwear, ripped clothing, slippers, and flip-flops are not permitted. Shorts may be worn only in September and May.

* Hats, jackets, and hooded sweatshirts are not to be worn in classrooms, Humann Theater, or the Dining Hall.

Haircut Guidelines

**** NOTE: While the School continues to require that hair is kept groomed and neat, the availability of a barber may require modifications to the haircut guidelines due to COVID restrictions (2020-2021).**

Hair should be styled so it does not hang over a boy's ears, eyebrows, or shirt collar. Boys should keep hair groomed and neat. Cutting hair or shaving areas on one's head to create lettering, lines, or abrupt changes in hair length is not acceptable. Facial hair is not allowed, and sideburns should be trimmed to mid-ear level. No hair coloring of any sort is allowed. Barbers are available on campus almost every week, and appointments are made the evening before. The barbershop is in the basement of Brewster Hall. Skipping an appointment, cutting one's own hair or the hair of a peer is strictly prohibited and will result in disciplinary consequences.

Jewelry

With the exception of a watch, earrings or other jewelry that is visible on a boy's person is not allowed. In addition, students are not allowed to paint their fingernails or have visible tattoos. A small religious symbol on a simple chain or a medical ID is permitted. Wearing a single, colored bracelet in support of an organization or cause is acceptable.

Residential Life

Check-In and Lights-Out

Weeknights: All students must check in to their dormitories by 9:00 p.m. on Monday– Friday nights. Lights-out is at 9:30 p.m. for underclassmen and 10:00 p.m. for ninth graders. Students should be in bed and quiet at their prescribed bedtime. iPods and other portable musical listening devices are not permitted after lights-out, unless permission has been granted by the dorm parent on duty. Students are not allowed to use the telephone after lights-out.

Saturday: Check-in on Saturday is at 9:45 p.m. for all students. Lights-out on Saturday is 11:00 p.m. for all students.

Sunday: Check-in on Sunday is at 8:15 p.m. for all students. Lights-out for all students is 9:30 p.m.

Early Lights-Out: If a student has completed his homework and requires additional sleep, a dorm parent may give permission for early lights-out. Once in bed, a student is expected to stay there.

Early Rising: Some boys like to study early in the morning. This is permitted after 6:00 a.m. without special permission. If a student disturbs others, however, he may lose the privilege. Boys may not leave their dormitories after the previous night's check-in until 7:00 a.m. (Monday – Saturday) and 6:45 a.m. (Sunday) for breakfast, unless they are participating in an adult-supervised activity or visiting the health center.

Leaving Campus

**** NOTE: Students will not be permitted to leave campus prior to winter break due to COVID restrictions (2020-2021). We will revisit this policy as the school year continues. Requests driven by exceptional circumstances should be addressed to the Director of Student Life.**

Absences

As an educational institution, Cardigan Mountain School offers a comprehensive program that best serves those boys and their families willing to participate fully in all facets of school life—academic,

athletic, and residential. Inherent to such a commitment is the logical necessity of attending and participating in all school days. The School takes attendance seriously and requires parents to provide information regarding absences, tardiness, and early departures. The School does not grant extended absence or early departure from school. The School realizes that situations arise in which students will need to miss school days for illness, family emergency, or other pressing family commitments, and the Student Life Office will sanction absences when appropriate, not counting against a student's attendance record. In order to minimize the impact of absences on a student's progress, the School has established the following policy:

- In the case of any absence, early departure, or late return from breaks, it is the responsibility of the student and his family to contact the travel coordinator and the director of student life in advance by emailing attendance@cardigan.org. Parents must provide evidence of absence, tardiness, or early departure.
- For legitimate reasons, students will be allowed to miss up to five (5) days of school. These excused absences include academic, athletic, or residential commitments. This is above and beyond absences for illness or injury and the scheduled school visit days for ninth graders. As determined by the School, absences that are not for legitimate reasons or violate Cardigan policy will be considered unexcused.
- Unless sanctioned, any absences above five may be considered unexcused absences at the discretion of the director of student life. Students who accrue an unexcused absence will receive consequences as determined by the dean of students and director of student life, and the student will receive no credit for missed class work (e.g. assessments, projects, assignments). Students who receive more than three (3) unexcused absences put their enrollment or academic eligibility in jeopardy.
- It is the responsibility of the student to obtain (in advance) and complete any academic work missed during an absence.
- Per the athletic section of the Student Handbook and our school philosophy on healthy adolescent/ athletic development and commitment to team, Cardigan boys are required to attend all school practices and competitions and are discouraged from missing any school commitments to try out or compete for any type of outside tournament or select teams.
- Chronic tardiness will result in a consequence as determined by the dean of students and director of student life.

During the Day

A student must receive permission from one of his dorm parents and an administrator-on-duty before he may leave campus. Once permission is received, the student must sign out of the dormitory and put a detailed slip in the wooden attendance box in the dining room if he is to miss a meal. This procedure does not apply to regularly scheduled school activities or to overnight weekend leaves.

Open/Closed Weekends

**** NOTE: There will be no open weekends during the fall 2020 due to COVID restrictions (2020-2021). We will revisit this policy as the school year continues.**

We require students to remain with us the first three weekends, including Registration, so that they fully acclimate to (and immerse themselves in) the community before spending overnights at home or elsewhere. These first three weekends of the school year are designated "closed weekends." The first "open weekend" is September 28. This helps many students with bonding here and tends to reduce homesickness in the long run (as counterintuitive as that may seem). Following these initial weekends, other weekends are generally considered "open," with the exception of the weekends

immediately preceding and following the Winter and Spring Vacations. We also have the Friday nights of Family Weekends as closed so that all boys stay on campus. That said, parents are welcome to come to campus during that time (or at any time during the year) to say hello, watch a sporting event, join us for a meal, take their son of campus for a meal if his schedule allows, and the like. Again, finding the right “balance” in terms of frequency of visits may be key to helping your son adjust. Once weekends are “open” for overnight departure, a student may leave after his last commitment on Saturday and return in time for study hall on Sunday evening, as long as he secures permission in advance (from his parents, dorm parents, and PEAKS coach) and signs out properly in all the appropriate places (e.g., the online “Weekend Away” form, dining hall) and with all the appropriate people (e.g., administrator-on-duty).

Scheduled Vacations

All students are required to check out in the Main Office if they are traveling by car or taxi. Those traveling by school transportation will be automatically checked out.

Throughout the course of the year, Cardigan provides for substantial vacation time. As such, the School believes that students should meet all of their community responsibilities before departing for scheduled breaks. Consequently, students are required to attend all commitments prior to vacations, including sports awards and recognition assemblies. Following vacations, students must return to Cardigan on the appointed day.

There will be no exceptions to these policies.

Transportation

For most vacations, charter buses leave from campus to Logan Airport in Boston. Schedules and travel forms are available online. Travel forms must be returned to the student travel coordinator by the specified dates. Please communicate any changes in travel arrangements to the student travel coordinator as soon as possible.

Secondary School Visits/School Revisits

**** NOTE: The Secondary School application process will likely be significantly modified this year due to COVID restrictions (2020-2021). Please reach out to the Secondary School Counseling Office for help in building a plan for your student’s approach to the application process.**

The School realizes the importance of allowing ninth-grade boys and their parents opportunities to visit secondary schools during the fall and winter. At the same time, Cardigan ninth graders are engaged in rigorous courses of study, in addition to myriad other on-campus responsibilities for which missing time is prohibitive.

Thus, the School approves the following times for ninth-grade boys to visit secondary schools during the fall and winter terms. Students are accountable for all academic work missed during secondary school visits.

- Founders’ Day/Sandwich Fair Day
- Fall Term Long Weekend (Seniors return by first athletic commitment)
- Final opportunity for senior school visits with approval from the Secondary School Counseling Office

Any other days missed beyond the above for secondary school visits will be considered unexcused absences.

In regard to revisits in the spring, ninth-grade boys may miss a maximum of two school days to revisit secondary schools if a revisit is necessary for the boy's decision process.

Special Trips

On occasion during school vacations, special athletic and extracurricular trips are available for students to attend on an optional basis. These trip expenses are separate from the School's budget and are paid for by the parents of the boys who choose to participate. In the past, these trips have occurred over the winter and spring breaks and have included a ski program trip to Beaver Creek, Colorado; baseball and lacrosse program trips to Florida; Model UN and math team trips; extracurricular international trips; and a hockey program trip to Finland. On these occasions all school rules apply at all times unless otherwise stated. Further, should a disciplinary consequence received prior to the trip preclude the student's ability to participate, the family will forfeit all non-refundable fees associated with the trip.

Regulations and Procedures

General Residential Guidelines

Cardigan is primarily a residential school with the dormitory at the heart of the program. Furthermore, the skills learned living with a roommate, dorm parents, floor leader, and other students are invaluable in helping students build personal relationships throughout their lives.

Dormitory rooms cannot be locked, and Cardigan Mountain School will not be responsible for clothing, jewelry, and furnishings that are lost, stolen, or damaged. Students should avoid bringing expensive sound systems or headphones, costly jewelry, or large sums of money to school. As possible, all valuables should be labeled with the student's name. A small electronic safe is provided to each student in their room to hold valuables.

Students and parents are asked to fill out an Inventory of Valuables form upon their arrival in the fall and send it to the dean of students. It is possible to update this list by providing the dean of students with relevant information. This record aids in the identification process should any item go missing. The School's insurance does not cover students' personal property. Parents should insure any valuable possessions that students bring to school.

Bicycles, Scooters, Skateboards, Hoverboards, and Drones

Bikes, scooters, and skateboards are permitted on campus. They must be stored in appropriate locations and locked when not in use. It is the student's responsibility to provide a lock. Segways, hoverboards (and other battery operated modes of transport) are not permitted on campus. The use of drones is also prohibited without the direct supervision of a faculty member.

Black Lights, Lava Lamps, Space Heaters, and Holiday Lights

Black lights and lava lamps have bulbs that overheat and are not allowed in dorm rooms. Holiday lights and space heaters overload the electrical system and are also prohibited.

Fire Emergency Regulations

Regular fire drills are an important part of our schedule. Specific instructions for the use of stairways and exits are posted on bulletin boards in every building. To help to ensure maximum safety, students should acquaint themselves with these instructions. Dorm parents review these procedures with the students during one of the first dorm meetings.

Smoke detectors are located in each room and should not be touched. Students may not possess or use electric microwaves, refrigerators, or any other portable electric cooking device. Additionally, electric blankets are not permitted on campus.

Laundry and Dry Cleaning

1. Students are encouraged to fill out the online form provided by E&R (the school's linen service);
1. otherwise there is no record of clothing being sent out.
2. Empty all pockets; remove all belts.
3. Do not send sneakers, rugs, curtains, suede, leather, or pillows. Items not suitable for commercial
4. cleaning (hand-wash, lay-flat, or hang-to-dry items and delicate or gentle-cycle items, etc.) will be returned uncleaned.
5. If repairs are needed, attach a note to the garment and indicate on the slip.
6. Laundry bags should be secured and deposited in the designated area by Sunday evening.
7. Make sure to plan ahead in order to have the appropriate clothes for Chapel.

If a student opts for the E&R linen service, he will be expected to return the total number of articles issued to him at the beginning of the year, including the laundry bag. Failure to do so will result in a charge for lost items at the conclusion of the school year.

Music

Music is permitted in dorm rooms, but it should be played softly and only during free time (or on van and bus trips). Music-playing devices must remain in dormitory rooms during the academic day, including classes, Morning Break, advisory, meals, assemblies, and meetings.

Pets

Students are not allowed to have pets or other live animals in dorm rooms.

Posters and Room Decorations

Posters must be attached to moldings with thumbtacks or to walls with Plastitack or blue tape, available in the School Store. Nothing may be attached to the ceilings. Pictures displayed must be in good taste, as determined by the School. No alcohol-related, drug-related, or pornographic materials or posters are allowed in dormitory rooms. Room decorations must not pose a fire hazard. For this reason, students are not permitted to have bean bag chairs in their dormitory.

Room Changes

Room changes are rare, and every effort is made to resolve any roommate issues that arise. However, room changes may be made with the permission of the dean of students and director of student life, after thorough consultation with the dormitory faculty members and the faculty advisors of those students involved.

Room Condition, Damage, and Vandalism

A room condition report is completed with the student's input at the beginning of the school year. Boys are held personally responsible for the condition of their rooms at all times and will be charged for any damage that occurs during the year. An end-of-year room condition report must also be filled out before boys depart campus in the spring. If the student's room is damaged, and the damage is accidental, the cost of materials and labor are charged to the student account up to \$250. If the

damage is deliberate, the charge for materials and labor will be equal to the cost of replacement/repair as determined by the School.

Room and Dress Code Inspections

Room inspection typically takes place every evening and a more thorough inspection is done on Sunday evening. Dress code will be inspected every morning at breakfast, and a boy who is not compliant will be sent back to his room to change before classes begin.

School Furnishings

School furnishings must remain in the room where they were originally placed and are to be arranged in the safest, neatest possible manner. Furnishings should be kept clear of all heating elements. The bunk beds are not meant to be used without a bottom bed frame. Elevating beds with desks, chairs, or other items is unsafe and thus prohibited, including the use of bed risers with bunk beds. Any additional dorm room furnishings must be approved by a dorm parent, the dean of students, or the director of student life.

Storage

Only personal items the students need daily are to be kept in the dorm rooms. Suitcases and large trunks are to be stored. A small, electronic safe is available for every student to store valuables. Students may keep baseball gloves and lacrosse sticks in their rooms; however, team uniforms, cleats, or non-recreational athletic equipment such as football pads, hockey gear, and large items like skis and snowboards should be stored in the gym or attic.

Televisions, Movies, and Video Games

Cardigan does not allow external computer monitors or televisions in student rooms. Video games, movies, and television are not permitted during the academic week, except between the hours detailed in the Technology Policies section. Students who wish to bring to campus appropriate movies (G, PG, or PG-13) or games (Teen rating or milder and non-shooting games) should have them approved by their dorm parents.

Visiting Other Rooms or Dormitories

Students may visit boys in other dormitories during weekend free time if accompanied by a resident of that floor. Students may not be in other dormitories during the academic week for any reason. If a dormitory floor has been declared off-bounds by a dorm parent or the director of student life, no visitors are allowed on the floor until the restriction is lifted. With approval from the Student Life Office, dorm parents reserve the right to amend visitation policy as they deem appropriate.

**** NOTE: Visiting other dormitories is restricted due to COVID restrictions (2020-2021).**

Day Students

Day students are expected to arrive at school in time for first period, though they are also welcome to attend breakfast. Day students may depart campus following their last commitment (typically an athletic practice or theater/music rehearsal). Many may choose to remain into the evening in order to participate fully in other extracurricular activities or meet with a teacher for additional academic support. All day students who remain on campus in the evening are expected to follow the normal school routine of dinner and study hall. It is recommended that each day student keep a clean dress shirt, tie, blazer or sport coat, dark socks, and dress shoes in his day student locker for occasions

when he will remain on campus through dinner. Day students must report to the appropriate study locations for evening study hall. If a day student remains on campus for dinner and study hall, he should be picked up at his dormitory or study location no later than 9:00 p.m.

Day Student Overnight Privileges

On occasion, special requests by day students' parents for overnight privileges are granted by the School. All requests for overnights must be cleared by the director of student life at least one day in advance. When a day student does stay overnight in the dormitory, he must turn in his cell phone to the dorm parent on duty.

***** NOTE: While day students are an important part of our community, please see the Student Handbook Addendum for modifications to our policies due to COVID restrictions (2020-2021).***

SCHOOL RULES

All Cardigan Mountain School students will be held accountable for their behavior on or off campus, as long as they are enrolled in the School. All disciplinary decisions are at the sole discretion of the School. The School has the discretion to respond to cases of misconduct in several ways and violations of school rules are dealt with on a case-by-case basis, with due regard for both the specific circumstances and the welfare of the entire school community. Students who violate school rules should expect swift consequences. Students who choose to remain present when other students are engaging in misconduct may be subject to disciplinary action. The School reserves the right to determine that a particular action or attitude, whether listed below or not, is so injurious to the health of the community as to warrant a student's separation from the School regardless of a student's previous disciplinary status. In such cases, the head of school or his designee may dismiss a boy immediately if he thinks it is in the best interest of the School. The head of school, or his designee, makes all final decisions regarding student discipline.

As indicated above, students should be aware that they represent the School community at all times, both on and away from campus. While it is not the School's intention to monitor students in all of their off-campus activities, the School may take disciplinary action, including suspension or separation from school, in response to inappropriate conduct occurring outside of campus.

Major School Rules

Cardigan enforces basic rules in order for everyone to enjoy the greatest opportunity to live in a safe and productive environment. The School will respond to any actions considered detrimental to Cardigan, and, in the case of serious offenses, this response may include suspension or separation from school. Other responses to student misconduct may include, but not be limited to, a warning, detention, or restrictions in participating in extracurricular activities. Depending on the circumstances, other disciplinary responses may be required, such as community service, counseling, drug and alcohol assessment or testing, restitution, or whatever the head of school (or his designee) may determine to be appropriate under the circumstances. Cardigan must also abide by applicable state and federal laws; certain behaviors may have legal implications beyond the jurisdiction of Cardigan Mountain School. The following are considered serious offenses, which may include a disciplinary response of suspension or separation from school.

***** NOTE: Please see the Student Handbook Addendum for more information about how these policies apply in a remote learning environment (2020-2021).***

Aggregate Offenses

Accruing a number of lesser offenses in a relatively short period of time.

Bullying

A single significant incident or a pattern of incidents involving written, oral, or electronic communication, or a physical act or gesture, or any combination thereof that physically harms the student or destroys his property, causes him emotional distress, interferes with his educational opportunity, creates a hostile educational environment, or substantially disrupts the orderly operation of the School. Examples of bullying include:

- Physical bullying such as punching, poking, strangling, hair pulling, beating, biting, and excessive tickling.
- Verbal bullying, including cyber-bullying, such as hurtful name-calling, teasing, and gossip.
- Emotional bullying such as rejecting, terrorizing, extorting, defaming, humiliating, blackmailing, rating/ranking of personal characteristics such as race, disability, ethnicity, or perceived sexual orientation, manipulating friendships, isolating, ostracizing, and peer pressure.
- Sexual bullying: Many of the actions listed above as well as exhibitionism, voyeurism, sexual propositioning, sexual harassment, and abuse involving actual physical contact and sexual assault.

Bullying may also include any verbal or physical act that causes physical or emotional harm to the victim or damage to the victim's property, causes emotional distress to the victim, interferes with the victim's educational opportunities, creates a hostile environment at the School for the victim, or substantially disrupts the education process or the orderly operation of the School.

Bullying by Cardigan Mountain students is prohibited in all situations, whether on School grounds, at a school-related event, or off school property.

Any student who believes that he is the subject of bullying should report it immediately to school personnel. Likewise, any student who becomes aware of bullying behavior or retaliation that violates this policy should immediately report such conduct. There are no innocent bystanders to bullying. If you see something, say something.

If a determination is made that a violation of this policy has occurred, the School will take appropriate action to rectify the situation. No student should suffer from bullying. Students are encouraged to speak up and ask for help.

Cheating

Academic dishonesty and plagiarism. Related offenses include, but are not limited to: using a current or former student's materials or a student's own work from another class without the permission of a faculty member, misuse of information without proper citation, software plagiarism, and violation of copyright laws.

Curfew Violations

Absence from one's dorm after lights-out or leaving campus without permission.

Dishonesty

Lying to a faculty member, a staff member, or another student.

Disrespect

Rude, offensive, hurtful behavior or language directed at any member of the Cardigan Mountain School community or direct disobedience toward any adult.

Fire Hazards

Use of lighters, matches, fireworks, or any other sparking device; tampering with electrical wiring or fire protection equipment. Note: Due to life-threatening danger, smoking of any liquid or having an open or smoldering flame in a dormitory is likely to result in a student's separation from the School on the first offense.

Harassment

Humiliating or intimidating others with derogatory comments, cruel personal jokes, or teasing. No one is permitted to harass others regarding sexual orientation, gender, race, color, national origin, disability, religion, ethnic background, or any other characteristic protected by applicable law. Any student who feels that he is being harassed, or who has a complaint or information about harassment of any kind to another, should immediately report it to the Section 504 or Title IX Coordinator (Stephen Solberg, CFO and Assistant Head of School at (603) 523-3518 or ssolberg@cardigan.org) or to other school personnel with whom the student feels comfortable, who can in turn make a report to the appropriate coordinator.

Hazing

Hazing will not be tolerated at the School. Hazing is defined under New Hampshire law as any act directed toward a student, or any coercion or intimidation of a student to participate in or submit to any act, when:

1. Such act is likely or would be perceived by a reasonable person to cause physical or psychological injury to any person; and,
2. Such act is a condition of initiation into, admission into, continued membership in, or association with any organization.

Hazing, knowing submission to hazing, and the failure to report hazing to law enforcement or school authorities, are violations of New Hampshire law.

Any student who feels that he or she is being subjected to any form of hazing, or who becomes aware that another student is the victim of hazing, should report it immediately to School personnel.

Any student found to have engaged in hazing may be subject to disciplinary action up to and including dismissal. Note that the School is also required by law to report any act of hazing to the local police.

Sexual Activity

Given the age group served at Cardigan Mountain School and applicable New Hampshire state laws, the School requires that all students abstain from engaging in sexual activity involving another person while at Cardigan. Students who are caught engaging in sexual activity may be subject to a disciplinary process including separation.

Sexual Harassment Policy

Cardigan Mountain School is a community where all members have the right to live, work, and learn in a safe environment, free from sexual harassment. Inappropriate behavior of a sexual nature can undermine these basic rights and human privileges. No member of Cardigan Mountain School may sexually harass another.

Sexual harassment is defined as any sexual advances, requests for sexual favors, or other inappropriate oral, visual, written, or physical conduct of a sexual nature.

Sexual harassment may include, but is not limited to, the following actions: pressure for sexual activity; remarks to a person with sexual implications; inappropriate touching; display of sexually suggestive objects or pictures; suggesting or demanding sexual involvement accompanied by implied or explicit threats concerning grades, programs, or activities available at or through the School.

Violations of this policy, whether intended or not, will not be tolerated and may result in discipline up to and including dismissal. It should be noted that some forms of sexual harassment may be considered a violation of criminal law or covered by mandatory reporting obligations, and may need to be reported to external agencies, including law enforcement.

Students should report any violation of this policy to a trusted adult member of the school community. Any person receiving a report or having knowledge of a violation of this policy shall immediately file a written report with the Title IX coordinator (Stephen Solberg, CFO and Assistant Head of School). Any form of threat or retaliation against anyone who in good faith makes a complaint of sexual harassment is itself a violation of this policy and a cause for discipline.

Allegations of sexual harassment will be investigated promptly, and corrective actions will be taken as soon as possible. In the alternative, and if deemed appropriate under the circumstances, the Title IX Coordinator may pursue a prompt and equitable informal resolution of the complaint with the agreement of the students or others involved. Any party to the complaint may decide to end an informal resolution process and pursue the formal investigation process at any point. The informal resolution is subject to the approval of the Title IX Coordinator, who shall consider whether the informal resolution is in the best interest of the parties and the school in light of the particular circumstances and applicable policies and laws.

The Title IX Coordinator may take interim remedial measures to reduce the risk of further discrimination or harassment while the investigation is pending. Examples of interim measures include, but are not limited to, ordering no contact between individuals, changing schedules or classes, etc.

If the Title IX Coordinator, in consultation with the head of school, determines that harassment, discrimination, hazing, bullying, sexual harassment or retaliation has occurred, they shall:

- notify the local law enforcement agency when mandated to do so or if otherwise appropriate under the circumstances within the school's discretion;
- take appropriate disciplinary action, which may include the full range of disciplinary sanctions for student misconduct, up to and including dismissal from the school, balancing the need for accountability and the need to teach appropriate behavior;
- notify the students and the parent/guardian of the target and of the aggressor of this finding in writing and of the school's procedures for responding to it;
- assess the target's need for protection and take appropriate steps as necessary to restore a sense of safety for the target; and
- in consultation with the school's counselor, refer aggressors, targets, and family members of such students for counseling or other services, as appropriate.

Search Policy

A search of a student's room and/or any item in a student's possession may occur when any member of the faculty or school administration has reason to believe that a disciplinary infraction or the existence of physical or other potential harm to the student or others will be discovered. In addition, in the School's ongoing efforts to ensure compliance with our rules, that students engage in appropriate behavior, and to maintain a substance free and safe school environment, the School may choose to conduct a random search of any area of the school campus including, but not limited to, student rooms at any time and without prior notice. Examples of situations that could lead to a search include information that a student is in possession of alcohol, drugs, drug paraphernalia or someone else's property.

Searches may include any item belonging to a student or in a student's possession such as a backpack as well as personal electronic and related devices such as a student's cell phone (including the right to access and read any text, email, message or other item stored or accessible from the phone), laptop, or flash drive. Room searches may include a search of the room itself as well as any item within the room such as drawers, closets, lockers, backpacks, locked safes or other containers, or other personal or school items within the room.

Students and their roommates will be held responsible for any contraband found in their dormitory room. If neither student accepts responsibility, and it is not possible to determine to which individual the substance belongs, then both students may be held equally responsible for any rules violation or infraction. Cardigan may dispose of any item of contraband or other confiscated items that violate School rules as it deems appropriate. Any student who refuses to allow the search of any personal item or otherwise as requested under this policy may be subject to disciplinary action including separation from school or a request that the student withdraw from the school.

Substance Abuse

The use, possession, or sale of any alcoholic beverage or tobacco product, unauthorized use of prescription or over-the-counter drugs, chemical inhalants, illicit drugs, vaporizers, electronic smoking devices, or drug paraphernalia. No medications of any kind may be kept in student rooms without the permission of the Health Center. Being present during the use, possession, or sale of any of these substances is also a serious offense.

The School may require without prior parental or student notification that a test for drug or alcohol use be performed on a student at any time with or without parental permission. The cost of such testing will be charged to the student account and is the responsibility of the parent. Failure to agree to testing or evidence of attempted adulteration may cause a test to be presumed positive.

Theft

Stealing, tampering with, or vandalizing school or personal property. Note: Taking or borrowing personal property without permission from the owner is considered theft.

Trespassing

Entering a faculty/staff member's residence or office (including the faculty room) without permission or when the faculty/staff member is not present. Students must knock and be invited in before entering.

Weapons

Possession of any firearm, weapon, or knife, or use of any such item or other object as a weapon without adult supervision. Note: Pellet guns, BB guns, disc shooters, and cap guns are considered firearms.

New Hampshire Reporting Laws and Criminal Acts

Students and parents should be aware that there are certain mandatory reporting laws in New Hampshire in addition to the child abuse and neglect reporting law. Under the NH Safe School Zone law, the School is required to report to the police when a school employee has witnessed or has information from the victim of an act of theft, destruction or violence. Among the crimes that must be reported include felonious or aggravated felonious sexual assaults, criminal mischief, criminal

threatening, arson, burglary, robbery, theft, illegal sale or possession of a controlled drug, unlawful possession or sale of a firearm, assaults, and hazing.

Additional School Rules

**** NOTE: Please see the Student Handbook Addendum for modifications to our policies due to COVID restrictions (2020-2021).**

The following list, though not exhaustive, includes important school policies. Violations may result in disciplinary consequences. A student may not:

1. Be in or on the lake without adult supervision. Please note the school dock is also considered “on the lake.”
2. Enter another dormitory without a host from that dorm.
3. Enter another person’s room without consent.
4. Have more than 50 dollars cash in his room. Sums larger than \$50 should be turned in to the School Bank. The School cannot assume responsibility for money that is not in the School Bank.
5. Gamble, bet, or loan money.
6. Tamper with, move, or take another student’s book bag.
7. Sell or swap any items valued over \$20 without permission from his advisor or the director of student life.
8. Possess or distribute obscene or pornographic material in any format, including print and electronic media.
9. Possess a cell phone at any time or possess restricted electronic devices (such as video-game players) on weekdays. A second offense of this rule will be considered a major school rule violation.
10. Ride a bike, scooter, or skateboard, and/or use in-line skates, except in the designated areas and at designated times. A helmet must be worn and buckled at all times.
11. Home wiring in student room. Lamp and radio cords must be in good condition. A student should not plug more than two electrical cords into one outlet (extension cords and surge protectors are available at the School Store).
12. Have electric appliances or halogen floor lamps in his room.
13. Operate a vehicle on campus.
14. Have food or beverages in the chapel, theater, any academic building, or gymnasium.
15. Have food (including pizza) delivered to campus.
16. Chew gum in any academic building or the chapel.
17. Wear a hat in any school building except dormitories and athletic buildings.
18. Litter in buildings or on campus grounds.
19. Invite guests on campus without direct parental supervision and notification of the dorm parent on duty. Public displays of affection are not allowed.
20. Have possession of a hoverboard, or other similar devices containing lithium ion batteries, on campus.
21. Have possession of remote controlled cars or drones (without adult supervision) on campus.

Retaliation Policy

Retaliation is not tolerated at Cardigan. Students are protected from any retaliation for making a good-faith complaint regarding the violation of school rules and policies or for participating in an investigation. Any person found to have retaliated against an individual for reporting in good faith what the individual believes to be discriminatory harassment or for cooperation in good faith in any School investigation of potential harassment will be subject to appropriate disciplinary procedures, up to and including separation from School. Retaliation may include behaviors such as being ostracized, having rumors or misinformation spread about the reporter, or the reporter being given extra cleaning or other onerous student life assignments, within the purview of student leaders to assign.

Disciplinary Response System

Disciplinary Hearing

In general, the dean of students (or his designee) investigates minor infractions of school policy and metes out appropriate consequences. When determined, after investigation, that a serious offense has been committed that does not warrant separation from school, the student and his advisor will typically meet with the dean of students and director of student life (or their designees) to discuss the case in a Disciplinary Hearing. Following this discussion, these administrators will recommend appropriate consequences to the head of school. The head of school's (or his designee's) decision is final. The dean of students or the student's advisor (or their designees) will notify the student and his parents.

Disciplinary Committee Meeting

If separation from school is a potential consequence of a student's misbehavior, a Disciplinary Committee meeting will be convened after the infraction. Whenever possible, the dean of students will contact the parents of the student prior to the meeting. The parents will be told the charged offense and the nature of the evidence but will not be allowed to attend the meeting. This procedure is in keeping with the School's philosophy that a student must take responsibility for his own actions.

The Disciplinary Committee consists of the dean of students, director of student life, two members of the faculty, and, generally, two senior leaders. In certain situations, the dean of students may determine that senior leader participation is inappropriate. The student coming before the committee may be accompanied either by his advisor or another faculty member. The faculty member accompanying the student will be present for the information-gathering portion of the proceedings but will not be present for the deliberations that follow. All discussions within the committee meeting are confidential.

Following the meeting, the Disciplinary Committee will make a recommendation to the head of school or his designee, whose decision is final. Generally, the dean of students or the student's advisor will notify the student and his parents of the head of school's (or his designee's) decision. Parents may request that the head of school reconsider his decision only if new and relevant information comes to light.

Upon returning from suspension, students are responsible for making up all missed assignments.

The School reserves the right to raise at school meetings any issue of discipline regarding a student for the purpose of furthering the educational and learning experience of the School community.

In certain instances, violations will go directly to the Head of School and the Dean of Students to be dealt with at their discretion.

Disclosure to Next Schools

If a student applying to secondary school, or who has recently been accepted to attend a different school, is suspended or separated from the School, or experiences any significant change in status at the School after the student's application has been submitted to another school, it is the obligation of the student and the student's parents to contact all such schools to inform them of the incident. The School may, in its sole discretion, communicate with each school regarding the situation. The school will generally work closely with students and families to support the honest reporting of disciplinary matters, in order to support student success.

TECHNOLOGY POLICIES

Access to information technologies is integral to the educational mission and purpose of our institution. We utilize technology in nearly every facet of instruction, activity, service, research, and operation of Cardigan Mountain School. This policy provides expectations for the use of technology as it affects our school and educational community. Cardigan Mountain School's computer network is provided for limited educational purposes, not as a public access service.

Due to the evolutionary nature of technology, it is imperative for students to realize that our policies regarding the use of technology in our community will also be evolutionary. We ask all students to employ their best judgment when it comes to the use of school technology and keep in mind that our policies related to technology are not meant to supersede our other school policies, but rather to complement them. Please read the policies below before using our network and computers, because by using our technology you agree to be bound by the terms, conditions, and regulations below. Please also note that whether physically on or off campus, whether during the school day or at night, on vacation or at any other time while a student is enrolled at the school, whether linked to the School's network while at school or from a remote location, or using their own personal technology on an external network, students are expected to comply with this policy.

** Technology is a fundamental component to a Cardigan education: use it appropriately.*

**** NOTE: Please see the Student Handbook Addendum for more information about how the following policies apply in a remote learning environment (2020-2021).**

Family Use of Technology

This policy applies to Cardigan students and their families. Cardigan faculty and staff members have a separate Technology Use Policy. All students must sign the CMS Network Services form before they can utilize any school technologies. This permission form must be signed on an annual basis at the beginning of every school year.

Technology as a Privilege

The use of school technology on school property, at school events, or at home is a privilege, not a right. This privilege comes with personal responsibilities, and if a student violates the responsible use of any school technologies, that student's privilege may be suspended and/or revoked.

Our school provides sufficient information technology resources to each student for regular academic pursuits. If a particular research project requires additional resources, the Technology Office works with students on a case-by-case basis to provide those additional resources.

**A student's technology privileges can and will be removed if the student does not use technology responsibly.*

Privacy

Cardigan Mountain School reserves the right to monitor and track all behaviors and interactions that take place online or through the use of technology on our property or at our events. We also reserve the right to investigate any reports of inappropriate actions related to any technology used at school or school-issued technology used at home. All emails and messages sent through Cardigan Mountain

School's network or accessed on a school computer can be inspected. Any files saved onto a school computer can also be inspected. Students have a limited expectation of privacy when using their own technology on school property or at school events, so long as no activity violates policy or law and/or compromises the safety and well-being of the Cardigan Mountain School community.

**Cardigan can monitor and track student technology usage on campus and any activity off campus through school-issued technology.*

Filtering

The Technology Office subscribes to a professional filtering service, and we are constantly monitoring students' Internet access. We have the ability to track any user's activity while on our network. Sexually explicit and other objectionable materials are not to be on any computer.

Approved social networking sites are available to students only during designated hours. Students may not be "friends" with, or otherwise connected to, any School employee on any social networking site unless the connection is for educational or extracurricular purposes associated with the School. If a student is contacted by a school employee via non-school channels for non-educational purposes, the student should immediately notify an advisor or other trusted adult at the School.

Specific video and text-based communication applications may be utilized during designated times. Please ask for what applications are supported.

**Students' activity online is constantly being monitored. Approved programs are available for social networking during designated times.*

Right to Update

Since technology is continually evolving, our school reserves the right to change, update, and edit its technology policies at any time in order to continually protect the safety and well-being of our students and community. To this end, Cardigan Mountain School may add rules, restrictions, and guidelines at any time.

**Technology policies may change to protect Cardigan students and the school community.*

Termination of Accounts and Access

Upon graduation or termination of a student's active status, that student will no longer have access to the Cardigan Mountain School network or to files stored on the school network. Prior to graduation, we recommend saving all personal data stored on school technology to a removable hard drive or to cloud storage. Each graduate will be able to access his email account for a period of 30 days after graduating.

Acceptable Uses of Technology

Personal Responsibility

We expect our students to act responsibly and thoughtfully when it comes to using technology. Technology is a finite, shared resource offered by Cardigan Mountain School to its students. Students bear the burden of responsibility to inquire with the Technology Office or other school administrator when they are unsure of the permissibility of a particular use of technology prior to engaging in the use.

School-Provided Technology Resources

All students will purchase a MacBook Air through the School. All emails sent from this account are representative of Cardigan Mountain School, and students should keep in mind school policies regarding appropriate language use, bullying, stalking, and other policies and laws. Student email accounts are subject to monitoring and have limited privacy.

The School provides wireless Internet access throughout the campus. In order to ensure appropriate supervision of students while on our wireless system, only the laptop purchased through CMS may be connected to the Internet. Cardigan Mountain School provides individual technology accounts for students in order to keep track of their technology use. Users must log off when they are finished using a school computer. Failing to log off may allow others to use their account, and students are responsible for any activity that occurs through their personal account.

** Please Note: A damaged student laptop must be taken to the Technology Office immediately. All repairs will be processed through Apple Care or System Plus' comprehensive insurance policy.*

Unacceptable Uses of Technology

Students are not permitted to have wireless access point devices in their possession. Wireless network access is available throughout campus.

A work or item is copyrighted when, among other issues, one person or one group owns the exclusive right to reproduce the work or item. Songs, videos, pictures, images, and documents can all be copyrighted. Copyright infringement is when a person violates copyright law and uses or reproduces something without the authority to do so. It is important to make sure all materials used in one's work are appropriately cited. Someone else's work may not be used without proper permission.

Students may never configure their computer to engage in illegal file sharing. Cardigan Mountain School will cooperate fully with the appropriate authorities should students behave illegally in this regard.

Students are prohibited from modifying their laptop's network configuration. Activities such as network hacking, using other users' accounts and passwords, usage of VPN, proxies, intentionally propagating malicious software or scripts, are strictly prohibited.

Students are prohibited from accessing sexually explicit or objectionable materials, and sexually explicit and other objectionable materials are not to be on any electronic device.

Commercial use of school technology is prohibited. Students may not resell their network resources to others, including, but not limited to, disk storage space. Students who are engaged in fundraising campaigns for school-sponsored events and causes must seek permission from the director of student life or another appropriate administrator before using technology resources to solicit funds for their event.

Our school is a community, and as such, community members must respect the privacy of others. A student may not intentionally seek information on, obtain copies of, or modify files, other data, or passwords belonging to others. A student may not misrepresent or assume the identity of others. A student may not re-post information that was sent privately without the permission of the person who sent the information. A student may not post private information about another person. A student may not use another person's account. If a student has been given an account with special

privileges, that account may not be used outside of the terms upon which access to that account was given.

Students may not utilize any technology to harass, demean, humiliate, intimidate, embarrass, or annoy their classmates or others in their community, misconduct known as cyber-bullying. Any cyber-bullying, on or off campus, that is determined to substantially disrupt the safety and/or well-being of Cardigan Mountain School, is not tolerated and prohibited.

A person may not post or send chain letters or spam. Spamming is sending an unnecessary and unsolicited message to a large group of people. Spamming can occur through emails, instant messages, or text messages.

Students are not allowed to use video recording devices on campus without the express consent of a faculty member and the school community members being recorded.

Response to Issues

Cardigan Mountain School's network and other administrators have broad authority to interpret and apply these policies. Violators of our technology policies will be provided with notice and opportunity to be heard unless an issue is so severe that notice is either not possible or not prudent, in the sole determination of Cardigan Mountain School administrators. Restrictions may be placed on violators' use of school technologies, and privileges related to technology use may be revoked entirely pending any review, in order to protect the safety and well-being of our community.

Violations may also be subject to discipline of other kinds within the School's discretion, in accordance with the Discipline section of this handbook. Our school cooperates fully with local, state, and/or federal officials in any investigations related to illegal activities conducted on school property or through school technologies. School authorities have the right to confiscate personally owned technological devices that are in violation or used in violation of school policies.

If a person witnesses someone else either deliberately or accidentally accessing inappropriate information or using technology in a way that violates this policy, the witness must report the incident to a school administrator as soon as possible. Cardigan Mountain School retains the right to suspend service, accounts, and access to data, including student files and any other stored data, without notice to the student if it is deemed that a threat exists to the integrity of the school network or safety is of concern to Cardigan Mountain School.

School Liability

Cardigan Mountain School cannot and does not guarantee that the functions and services provided by and through our technology will be problem free. Cardigan Mountain School is not responsible for any damages students may suffer, including, but not limited to, loss of data or interruptions of service. Cardigan Mountain School is not responsible for the accuracy or the quality of the information obtained through school technologies. Cardigan Mountain School is not responsible for students' exposure to "unacceptable" information nor is the School responsible for misinformation. Cardigan Mountain School is not responsible for financial obligations arising through the use of school technologies.

** Cardigan Mountain School reserves the right to modify this policy at any time. This policy was adapted from a template provided by Campus Outreach Services, www.campusoutreachservices.com.*

Telephones

Each dorm room will be outfitted with one working landline phone. Parents will be provided the phone number to call into their child's room. To call out, students will be allowed to use a calling card. Students can come with their own calling cards or they can purchase a calling card from the school store. Students are encouraged to label their calling cards, and keep their codes private.

Student Life Office Technology Policies

Philosophy

Students come to Cardigan to be fully engaged and present in life here on The Point. We live in a beautiful setting, filled with interesting and diverse people. While we fully embrace technology as a useful tool, necessary for our twenty-first century education, we believe the people and place have the most power to shape and influence a boy's development in mind, body, and spirit. For this paramount reason, Cardigan Mountain School has developed guidelines around technology usage on campus.

Cell Phones, Laptops, Smartwatches, and Nintendo Switches

At the beginning of the year, cell phones, personal laptops, tablets, smartwatches, and Nintendo Switches (or any handheld game that can connect to wifi) must be turned into dorm parents, who will pass them along to Ms. Willems, our travel coordinator. If a student is leaving campus for a weekend or over a school break, he may sign out his phone/smartwatch/laptop. Upon his return to campus, he must turn his phone/ smartwatch back into the travel coordinator or his dorm parent. Smartwatches are discouraged from being brought to campus.

Sexting

Students should be aware that taking, sending, receiving or forwarding sexually explicit messages, photos or images via a computer, digital device or cell phone (commonly known as "sexting") may subject a student to criminal charges under federal and state laws. Criminal charges can range from a misdemeanor to a Class B felony, with the possibility of severe monetary penalties and prison sentences of up to seven years. The types of crimes that can be implicated include child pornography, obscenity laws, violation of privacy, endangering the welfare of a child and non-consensual dissemination of sexual images (when the person is age 18 or older). In addition, soliciting a minor under the age of 16 via a computer to meet up with the intent to engage in a sexual act such as intercourse or oral sex, even if it is mutually voluntary between the two individuals, can result in a charge of child exploitation with the possibility that, if convicted, the student could become a registered sex offender for life. Sexting may also require mandatory reporting to state agencies under New Hampshire's Child Abuse Reporting Law or to the police under the NH Safe School Zone law. Cardigan Mountain School does not tolerate violations of the law including the dissemination of sexual images or messages under any circumstances. Such actions may be cause for immediate dismissal. Any student with questions or concerns about sexting, such as being the unwitting recipient of a sexual image, should speak with an advisor or school administrator.

Laptops

The primary use for student laptops is for academics. Student laptops may only be used for nonacademic purposes during specified times of the day. A general rule that Cardigan students follow is that laptops can only be used for academic purposes during the academic day, which includes study hall periods. Additional computer use policies are as follows:

- Students are encouraged to keep computer chargers in their rooms. Charging stations are available for use as needed during the academic day.
- In the classroom setting, students should not open their laptops unless instructed to do so by their teacher.
- Laptops must be transported in a student's backpack or book bag. Laptops may not be carried or stored unprotected at any time.
- Laptops are not to be used in any outdoor spaces or any athletic buildings unless permission has been granted by a faculty member.
- During the Thanksgiving, Winter, and Spring vacations, sixth, seventh, and eighth graders must store their laptops in the dormitory laptop carts unless special permission has been granted by the Student Life office. Ninth graders must also store their laptops in the dormitory laptop carts during Spring vacation.

Laptop Carts

During the lights-out process throughout the entire week, all students are required to turn in laptops into the laptop carts in their dorm. Laptop carts will be opened by the dorm parent on duty by 6:45 a.m. Monday through Saturday and at the discretion of the dorm parent.

Portable Electronics

Portable music players are allowed at Cardigan, but use is limited to the dormitory and study hall. Students should not wear headphones during classes or in between classes, unless specifically directed by a faculty member. Any electronic devices with Internet connectivity, including Nintendo, must be turned into a student's dorm parent. Additionally, portable hotspots are not permitted.

Consequences for Misuse

Consequences for misuse of technology will generally be applied on a case-by-case basis. The dean of students, director of student life, the student's advisor, and dorm parents are responsible for issuing consequences resulting from misuse of technology. Serious infractions that violate a major school rule may be subject to the policies in the Discipline section of this handbook.

DINING ROOM AND HUMANN THEATRE

Dining Room Procedures

**** NOTE: Because of COVID-19 restrictions (2020-2021), dining room procedures will be significantly modified this year. While expectations for appropriate etiquette at the table and in the servery remain in place, procedures for entering the dining room, getting food, and dismissal will be announced and updated according to circumstances. Please listen carefully to announcements.**

The following guidelines should be followed to ensure that all meals run smoothly:

- Students should be properly dressed before entering the dining room.
- Dining room supervisors, kitchen crew members, table leaders, and waiters assigned to that particular meal are permitted to get food before the bell at the salad, breakfast, or hot bar, but are not permitted to eat or drink before the blessing.
- All other students should enter the dining hall and head directly to their assigned tables, where they should stand behind their chair until the blessing is given. After that, students should be seated.
- After the blessing has been said and all are seated, no one, including the waiter, may be excused until the table checker has taken attendance at the table. (The waiter may retrieve “the main” once the table is checked.)
- With permission from an adult or table leader, two students per table may simultaneously go to the salad, breakfast, or hot bar after the table is checked.
- A student who is late to a meal is expected to wait the meal for which he is tardy. If he is very late, he must wait two meals. Repeated lateness or lateness by the waiter will typically result in extra duties. If a student misses a meal without a valid reason, he is expected to wait the next three meals. A student is considered late if he is not standing at his place for the blessing. (If a student is sent back to his room to dress properly and is late, he must be the waiter.)
- No students are allowed in the kitchen other than the kitchen crew members who have been assigned to that shift.
- Good manners are expected at all times.
- Students are not permitted to leave the dining room until they have been dismissed.
- With the exception of a piece of fruit or the like, food, drink, and dining room utensils are not to be taken from the dining room.
- After dismissal, waiters and table checkers remain to complete their jobs. All other students must exit the dining room.
- Waiters may clear their tables before dismissal but may not spray, wipe, or set their tables until everyone is dismissed. Waiters should also wipe off chairs.
- If waiters are to be absent from a meal, they must find a job substitute and submit the appropriate form.

Humann Theatre Expectations

The School takes great pride in its theater facility and the performers we attract to campus. For all events in Humann Theatre, boys are expected to:

- Enter the theater only when instructed to do so.

- Be punctual—late students must enter quietly and take a seat toward the back of the auditorium.
- Enter quietly—no loud talking or yelling in the theater.
- Remain seated during the entire performance or presentation—intermissions are the only times to use the restroom or to leave one's seat.
- Bring no food, drinks, or gum into the theater.
- Keep feet on the floor—no feet on the chairs.
- Respond appropriately to performers: polite clapping is appropriate.
- Whistling, yelling, stamping feet, waving, or leaving one's seat is not appropriate.
- Respect each individual's right to enjoy a presentation or performance. At no time should any person interfere with this right.

RESOURCES AND SERVICES

School Bank

**** NOTE: School Bank procedures will be modified due to COVID-19 restrictions (2020-2021).**

A School Bank account is opened for each boarding student (day students do not have accounts). Students may withdraw \$20 a week from this account. Additional money may be withdrawn from the account with permission of the boy's parents. Parents and students can deposit money into a boy's account at any time.

The School Bank is located in the School Store in the lower level of the Cardigan Commons.

School Store

Students may use their student account or cash to make purchases at the School Store, which is located in the lower level of the Cardigan Commons. School and housekeeping supplies, athletic equipment and clothing, toiletries, and other Cardigan items may be purchased there.

Business Office

The Business Office is located in Hopkins Hall. Questions about a student's account, debit cards, laundry, or telephone service are handled by the Business Office.

Kirk Library

The library is located in Stoddard Center. Boys are encouraged to visit the library and use its resources on a regular basis.

The library atmosphere is friendly and quiet. The librarian in charge has the authority to ask a student to leave and to recommend that the student lose the privilege of using the library for a period of time if he is disturbing those around him. Books are to be returned to the library at the end of each marking period. Books that are marked "Reserved" are not to leave the library for any reason.

Mail and Packages

**** NOTE: Because of COVID-19 restrictions (2020-2021), the process for receiving and sending mail and packages will be significantly modified this year. Please listen carefully to announcements.**

All mail is sorted in the mailroom, which is located on the lower level of the Cardigan Commons building next to the School Store. If a student needs to send packages or letters, he should see the School Store/ mailroom manager. When a large package arrives, the recipient will receive a package slip in his mailbox. The student should collect the package from the mailroom during designated open hours.

Outgoing mail may be dropped off in the mail room or at the School Store. Please make sure that all packages are labeled clearly—do not drop packages off and assume they will be shipped. The School Store sells stamps and stationery. When shipping internationally, students need to make a list of what is inside the package, along with the cost of each item, as required by international shipping regulations.

Shipments will be charged to a student's account (if he has sufficient funds). All items to be shipped must be boxed, checked, and initialed by a dorm parent prior to sealing the package. If a student has to leave school early for any reason, it is the dormitory parent's responsibility to box the student's belongings and bring them to the mailroom for shipping.

Mail-ordering weapons, movies, DVDs, inappropriate magazines, medications, or illegal items is not allowed. Packages may be opened at the discretion of the student life office.

End-of-Year Shipping

To eliminate excessive shipments at year-end, students are encouraged to take as much home as possible at spring break. It is very expensive to send packages via U.S. Mail, FedEx or UPS. We suggest that all international shipments be shipped via FedEx or UPS, which both provide tracking information for the package(s). As indicated above, when shipping internationally, students need to make a list of what is inside the package, along with the cost of each item, as required by international shipping regulations. The cost of the shipment via FedEx or UPS can be quite expensive due to customs duties, taxes, and VAT fees, a portion of which is based on the value of the total cost of the items. This can run upwards of \$300-400

USD, in addition to the regular shipment cost. As a note, the Boston bus will accept one bag per student plus a carry-on bag.

It is the student's responsibility to box up his belongings, have them inspected by his dorm parent and brought over to the mail room in the Commons.

SPIRITUAL LIFE AND CHAPEL

**** NOTE: While Cardigan will continue to hold Chapel services and expect respectful behavior from all participants, the format for our Chapel program will be modified due to COVID-19 restrictions (2020-2021).**

Cardigan is a nonsectarian educational institution founded in the Judeo-Christian tradition. It is a school where universal moral and spiritual values are taught both in and out of the classroom.

Chapel services are compulsory and occur in our chapel every Thursday under the leadership of the director of spiritual life. Faculty and students assist with services as ushers, readers, and members of the Music Ensemble or Glee Club. Periodically, visiting clergy and guests, representing a variety of religious faiths, also participate. Parents and friends are always invited to attend.

Occasionally, provisions are made for students of other faiths to attend religious services elsewhere. For example, transportation is provided each weekend for Catholic boys who wish to attend Mass locally if doing so does not interfere with school obligations. [Note: Those attending additional services must also attend school Chapel services.]

Chapel Expectations

- Be on time. Latecomers may be asked to remain outside until an appropriate time for seating.
- Enter quietly. Many find spirituality in quietness; please do not disturb their peace.
- Sit in your assigned section.
- Move all the way to the end on entering a pew.
- Sit up straight.
- Participate in singing.
- Exit the chapel when dismissed from the pew by one of the Chapel Leaders.
- See one of the Chapel Leaders or the director of spiritual life if you would like to assist in a service.

HAMILTON FAMILY FOUNDATION STUDENT HEALTH CENTER

The Hamilton Family Foundation Student Health Center is located in the lower level of Hinman Hall.

The health center team provides students a first point of access to care when they are not feeling well, and it is a place where students receive routine medications as needed throughout the day. The health center staff also provides health promotion and wellness programs to students throughout the year. Keeping students well and preventing illness leads to better learning.

Clinic Visits (Sick Call)

The health center is open from 6:00 a.m. to 10:00 p.m. every day. Students may come to the health center after 6:30 a.m.

Student Illness

**** NOTE: We ask that all members of the community immediately report to the health center if they are experiencing any COVID-19 symptoms (including cough, shortness of breath or difficulty breathing, nasal congestion, fatigue, fever, chills, muscle aches, headaches, sore throat, nausea or vomiting, diarrhea, and/or loss of taste or smell). Please see the Addendum for more information about our COVID-19 health and safety expectations.**

If a student feels ill when he wakes up in the morning, he should not remain alone in his room. Dorm parents will help the student report to the health center for evaluation. If a student feels ill at any other time during the day, he is asked to tell a faculty member who will contact the nurse. After being examined at the health center, a student will be given the appropriate treatment and either be instructed to complete school obligations or be confined.

10:00 p.m.- 6:00 a.m.: If a student becomes ill during the night, he must alert his dorm parent, who will help him. A nurse is on-call for the dorm parent to consult for advice.

Confinement: Students who are admitted to a health center bed will be given appropriate nutrition and fluids, as well as an absent pass. Health Center staff will monitor the student until he is cleared to return to his dorm or activity. Students may be monitored overnight in the health center should it be necessary.

Health-Related Passes: The nurse will provide the student with a pass for lateness, absence, or restricted activity when appropriate. The pass will be stamped with the date and time of dismissal from the health center.

Medications

All medications, including vitamins, supplements/protein powder (the Health Center does not condone the use of protein powder), and other over-the-counter medications, must be given directly to the nurse and are not allowed in student rooms. Exceptions: some medications used to treat an illness or injury (e.g., self-injectable epi-pens and rescue inhalers, and topicals such as acne ointment); these all need to be approved by the director of health services first.

Both parents and the attending physician must complete the required medical forms and file them with the School before the beginning of the school year. Parents should not send any prescription or

over-the-counter medication directly to students. As may be allowed by law, any such item should be mailed to Karen Gray in the Health Center.

When school is in session, daily or regularly scheduled medications are distributed according to the following schedule:

Monday through Saturday.

- Just before breakfast.
- Just before lunch.
- Just before dinner.
- Just after evening study hall.

Students may report later on Sundays just before going to brunch.

While we make a reasonable effort to monitor and make medication available, it is ultimately the student's responsibility to take his medication.

A student with diabetes who requires blood testing and/or insulin self-injections in the dormitory when the health center is closed must speak with his dorm parent to arrange a safe place to store his insulin and needle box. He must place the syringe and needle into his needle box immediately after injection and clean the work area with alcohol both before and after the injection.

Prevention of Illness

Cleanliness plays a major role in the prevention of illness. Students need to wash their hands after using the bathroom and before each meal to prevent germs from collecting on their skin. Students, especially waiters, touch the surfaces of plates, bowls, and silverware that other students will be using. Therefore, it is extremely important that students wash their hands before all meals. It is also important that students use clean plates if they return to the buffet serving area to get refills of food. Re- using dirty plates can spread germs to others in the community.

During room inspection, students should open their windows. This will make the room smell better and may also inhibit the growth of germs.

Staying properly hydrated is another important way to prevent illness. It is important that our active Cardigan students drink plenty of liquids, especially water. Pitchers of water are provided on the tables at meals, but it is also important that students are drinking liquid consistently throughout the day.

Communicable Illness

The School may exclude from school any student who has a communicable illness or has been exposed to an infected person if the School determines, in its sole discretion, that such exclusion is appropriate for the welfare of the student who is excluded from School and/or the welfare of other students or employees at the School. In reaching the decision to exclude a student from the School, the School may consult with appropriate medical professionals and/or the New Hampshire Department of Public Health. Students may return to campus if they have been immunized or have cleared the illness.

Parents are asked to provide the School with immunization information to comply with state immunization laws.

If and when appropriate, the School will disseminate information to students and families regarding campus health and safety issues through regular internal communication channels. For example, the School may provide families with information about the nature and spread of communicable illnesses, including symptoms and signs to watch for, as well as required steps to be taken in the event of an epidemic or outbreak. Of course, we encourage all parents and guardians to contact their own medical professionals with any questions or concerns about communicable illnesses or immunization issues.

Food Allergies

Our goals are to provide a safe and respectful environment for all students, to educate the School community about the nature of food allergies, and to provide support and encouragement as our students develop good decision-making skills and learn the critical lessons of managing their allergies. We hope to foster self-confidence, self-respect, and self-advocacy in our students, and to support families as they help students learn to appropriately manage their allergies. For students without allergies, our goals are to increase their awareness of food allergies, and to encourage the development of empathy and the skills needed for them to become supportive allies for their peers. As a School, we strive to help our students graduate with the skills and confidence to advocate for their own and others' health and physical safety.

The School is committed to providing a safe and inclusive environment for all students. Parents of students who have severe allergies with the potential for developing anaphylaxis must meet with the School Nurse to develop an Action Plan prior to the start of the school year. This plan must be reviewed prior to the start of each school year.

Successful management of food allergies is the jointly held responsibility of the School, families, and student with the allergy. Education encompasses the entire School community including employees, parents, and students. It focuses on preventive strategies, the symptoms of anaphylaxis in individual students, and emergency care. We recognize that the management of food allergies is a developmental process, and we strive to take reasonable measures to protect our youngest students, while recognizing that students should learn to assume increasing responsibility for their own health and safety as they mature.

Medical Leave

A student may take a medical leave in the case of serious illness, bodily injury, or mental health condition, as determined by objective medical evaluation. A student's family may request such a leave at the recommendation of medical professionals. Additionally, if in the School's judgment, a student is exhibiting symptoms that make the student unable to participate in required academic or extracurricular activities without imposing an undue burden on the School's resources, the School may recommend that the student be evaluated and subsequently placed on a medical leave.

Decisions about granting or requiring a medical leave, or reinstating a student who has been on leave, rest with the senior administrators, the school nurse, and the school counselor; they will be guided by the principal goal of a medical leave: to give the student the opportunity to regain health and thereby function consistently, productively, and safely at the School. In the absence of a treatment plan that meets these needs, in the view of School personnel, the School may require a student to withdraw.

Prior to a medical leave, plans should be in place for the student's return to the School. While a student on leave is excused from attending class, every effort should be made to keep as current as possible with school assignments (understanding that doing so may not always be possible). While the School will strive to minimize academic disruption, the School may require that a course be dropped and re-taken.

To return from a medical leave, a student must provide a thorough, written professional evaluation of the student's current medical or mental health condition from the treating physician or other health professional responsible for the student's care. The School's decision about reinstatement will depend on its confidence that the student will be able to participate in school life without unduly taxing the School's support resources.

Health Information Sharing

Parents and students agree, as a condition of enrollment at the School, to consent to the release of any of the student's health-related information, including information relating to drug treatment, testing, medical and mental health condition or records, to employees or agents of the School to meet the academic, social, medical and/or safety needs of the student and the community or the legal responsibilities of the School. Cardigan Mountain will maintain appropriate administrative, technical, and physical safeguards to protect the security of all health-related information within its care or custody. While it is the obligation of the School to safeguard student medical information, the School must also balance matters of privacy and confidentiality with safeguarding the interests and well-being of our students and our community. Thus, parents and students consent to allow employees and agents of the School who have a need to know to access medical and/or psychological information necessary to serve the best interests of the student and/or the community.

With regard to student illnesses, parents will not be routinely notified of minor illnesses. However, the School encourages students to discuss any illness or injury with their family, and it welcomes calls from concerned parents. In the event of a serious illness or injury, the School will make every reasonable effort to contact the student's family in a timely fashion.

Child Abuse and Neglect

As required by law, the School reports all suspected cases of child abuse, neglect, and sexual abuse to the New Hampshire Division for Children, Youth, and Families. Any student who feels that he has been the victim of abuse of any kind should speak to school personnel.

Asbestos Hazard Emergency Response Act Notice

This notification is required by the Asbestos Hazard Emergency Response Act (AHERA, 40 CFR Part 763 of Title II of the Toxic Substances Control Act). Asbestos Management Plans have been developed for the School. These plans are available and accessible to the public at the School's Physical Plant Office. This notification is required by law and should not be construed to indicate the existence of any hazardous conditions in our school buildings.

ATHLETICS

***** NOTE: While the mission, philosophy, and goals of the athletic department continue to define and drive our program, the athletic program itself will be modified significantly given the COVID-19 pandemic. Program specifics will be based on evolving circumstances, external guidance, and in support of our remote and on-campus learning programs. Please listen carefully to announcements.***

School Mascot: Cougar

Team Colors: Forest Green and White

Athletics Mission Statement

The mission of Cardigan's athletic program is to support the School's mission in educating boys in mind, body, and spirit by promoting healthy living and an active lifestyle.

Philosophy

Cardigan Mountain School athletics emphasize respect, responsibility, and dedication. Athletes are rewarded for effort, hard work, and accomplishment. Each boy is given the opportunity to reach his full potential through a wide variety of competitive sport offerings and intramural activities with support from the teacher-coach model. For all spectators, officials, coaches, and athletes, the Cardigan Athletic Department is committed to maintaining a positive environment for teaching, training, and competition.

Purpose and Goals

It is the purpose of the Cardigan Mountain School Athletic Department to provide all students with a unique opportunity to participate in an age-appropriate, competitive athletic program. Students choosing not to participate on a competitive team are provided other noncompetitive opportunities to develop their physical skills in the pursuit of a well-rounded education in mind, body, and spirit. The Cardigan Mountain School Athletic Department is committed to the following:

- Offering a balanced and varied program of interscholastic athletics, intramurals, and activities.
- Teaching the value of ethical conduct, sportsmanship, fair play, and teamwork through dedication to the teacher-coach model.
- Modeling Cardigan Mountain School's four core values: compassion, integrity, respect, and courage.
- Using positive coaching to address teachable moments in order to develop positive character traits on the field that can translate to positive interactions off the field.
- Recognizing that a healthy athletic environment is inclusive, that every team member is equally important, and that the athletic experience should be fun for all participants, coaches, and spectators.
- Understanding that the systematic development of all athletes' skills is a sign of thoughtful programmatic thinking.

- Embracing the idea that individual, team, and program success is not measured in individual awards, wins and losses, or championships, but in effort, progress, resilience, and the dedication to hard work, one's team, and one's school.
- Acknowledging that commitment to the program and individual teams is essential and involves daily participation in all practices, games, and team functions, while maintaining a healthy balance of the big picture and the overall well-rounded education in mind, body, and spirit.

Cardigan Mountain School Sportsmanship Statement

Cardigan Mountain School believes sportsmanship is an essential component for the success of interscholastic athletics. Student-athletes, coaches, officials, and fans demonstrate sportsmanship by following the Cardigan core values of compassion, integrity, respect, and courage. We encourage all participants to enthusiastically support their team, recognize outstanding performance of opponents, and always exhibit good sportsmanship in their words and actions.

Positive Coaching Alliance and NEPSAC Code of Ethics and Conduct

Positive Coaching Alliance

Cardigan Mountain School has committed to a partnership with the Positive Coaching Alliance for over a decade. With this partnership we will have a series of educational speakers on campus talking with our faculty, students, and parents. The focus of these educational speakers is to make our students better competitors, our coaches more effective leaders, and our parents stronger supporters of our program. For more information about the Positive Coaching Alliance, please visit www.positivecoach.org.

New England Preparatory School Athletics Council

Cardigan Mountain School is a member of NEPSAC and is a member of the Lakes Region District Two. Cardigan Mountain School, as a member of NEPSAC, is committed to supporting the Council's ideas and bylaws.

As a basic principle, we believe that the lessons learned from fairly played athletics, whether interscholastic or not, and including games and practices, are of benefit to our students and our schools. The purpose of this Code of Ethics and Conduct is to define what "fairly played" means and to provide guidelines for NEPSAC athletes, coaches, officials, and spectators alike to follow.

NEPSAC Code of Ethics and Conduct

At the heart of this matter lie several terms which are often hard to define, yet no more important task confronts teachers and coaches than to set standards that are fair and honorable. Throughout this Code, when such terms as "proper conduct" and "good sportsmanship" are mentioned, they refer to such standards as these:

1. Treat other persons as you know they should be treated, and as you wish them to fairly treat you.
2. Regard the rules of your game as agreements, the spirit or letter of which you should not evade or break.
3. Treat officials and opponents with respect.
4. Accept absolutely and without quarrel the final decision of any official.

5. Honor visiting teams and spectators as your own guests and treat them as such. Likewise, behave as an honored guest when you visit another school.
6. Be gracious in victory and defeat; learn to take defeat well.
7. Be as cooperative as you are competitive.
8. Remember that your actions on and off the field reflect on you and your school.
9. Purpose of Athletics in Our Schools
10. Athletics exist primarily as an essential part of the student's full education. As an educational process, they serve these purposes:
11. To teach and instruct students in the rules, fundamentals, and skills of various individual and team sports; to provide physical training and a physical outlet for adolescent energy.
12. To provide healthy competition and cooperation within and between schools, thus inculcating in each student the best principles of good sportsmanship.
13. To develop the other aspects of good sportsmanship, which will best serve each student's education.
14. To maintain the spirit of true amateur competition.

Spirit of Competition

Along with the rules of middle school play, coaches and athletes should play with a good spirit of competition. The NEPSAC Code of Ethics provides the framework on which all game behavior should be based.

Guidelines for Players

1. Players shall at all times represent themselves and their school with honor, proper conduct, and good sportsmanship. They shall understand that competitive rivalries are encouraged but that disrespect for opponents is unsportsmanlike and lessens the value of the rivalries. They shall confine the competitiveness of the game to the field, and in particular behave properly on the sidelines and in the locker rooms both before and after games.
2. They shall comply fully with the rulings of the officials. In no way, either by voice, action, or gesture shall they demonstrate dissatisfaction with the decisions made.
3. Players shall not deface property or remove equipment of any kind from their own or another school.

Guidelines for Spectators

**** NOTE: Please see the Student Handbook Addendum for modifications to our visitor policies due to COVID restrictions (2020-2021).**

1. Spectators – whether students, faculty, parents, alumni, or friends – bear important responsibility to
 1. the School for the atmosphere and conduct of games, whether home or away.
 2. Spectators should watch games from those areas defined by each school as spectator areas. They must not run up and down sidelines, call to players, coaches, or officials in an unsportsmanlike manner, go onto the field of play, or deface property. Any action which detracts from the ability of coaches, players, and officials to do their best is not acceptable.
 3. The use of alcohol and illegal drugs should not be associated with any athletic event.

NEPSAC and Cardigan Mountain School expect all athletes, coaches, officials, and spectators to meet these standards.

Team Membership

Cardigan Mountain School is committed to providing each boy the opportunity to participate on an athletic team. This commitment means that in most sports there will be more than one team per sport offering. The emphasis of the Cardigan Mountain School program is on developing skills, responsibility, teamwork, and a strong work ethic. As student-athletes progress to the varsity level, teams become increasingly competitive and selective. The level of success achieved is directly related to the physical skills developed through the program.

Recreational Teams

Cardigan offers noncompetitive recreational teams each season. These teams are designed to provide an active alternative to competitive interscholastic teams and to teach student-athletes the skills involved in a variety of sports and lifetime activities without the component of interscholastic competition. Recreational teams meet during the designated sports practice time and have the same participation requirements as other sports offerings.

Reserve Teams

Reserve teams are designed for less-experienced, younger players and/or players of any age trying to learn a new sport. The focus of the reserve teams is skill development, sport-specific education, and participation. Games and scrimmages are setup to maximize opportunities for participation in a few interscholastic competitions, both at Cardigan and away from school. Some of the schedule is conducted at Cardigan through an intramural skill-development program.

Thirds and Fourths Teams

Thirds and fourths teams are primarily for student-athletes who need more skill development but who are more skilled and stronger in a given sport than those at the reserve level of play. The focus of all thirds and fourths teams is also skill development, sports specific education, and participation. Games and scrimmages are setup to maximize opportunities for participation in interscholastic competition, while also striving for a winning season. Thirds and fourths team members may participate in some extra intramural play to increase their experience.

Junior Varsity Teams

Junior varsity (JV) teams are for boys who are not yet physically ready or experienced enough for varsity competition. JV players are not ready for varsity, but are more skilled and experienced than thirds- or reserve-level players. While JV participation indicates a step toward the skills needed for varsity play, it also serves the boy who enjoys competing at this level but does not have varsity aspirations. JV teams concentrate on offering a competitive level of skill development and game play with the focus on improvement, effort, participation, and competition.

Varsity Teams

This is the most competitive level offered at Cardigan, and thus membership on a varsity team generally requires several years of experience in the sport, as well as advanced skill. The level of play will be more demanding both physically and mentally because of the intensity of competition. Coaches will still strive to provide fair playing time for student-athletes; however, playing-time decisions will be based more on skill level and less on participation than at other levels of play. More emphasis will be placed on winning, while maintaining a well-rounded sense of fun in athletics.

Policies and Procedures

Tryouts and Team Placement

Before the start of each new season, a meeting will be held to explain to the boys the sports and activities to be offered in the coming season. The head varsity coach of each sport or activity gives a brief description of the program. After hearing about all of the offerings, boys choose the sport in which they are most interested.

The next three to seven days are reserved for tryouts for the varsity and sub-varsity teams. Once teams are set, the Athletic Department will limit movement between teams to special situations only, at the Department's discretion. If a student-athlete is injured or ill during tryouts, he will be given a fair tryout and placement upon his return to play. Throughout the first five days, boys are allowed to change sports if they find that the one they have chosen is not the best fit for them.

It is our goal in team placement to find opportunities not only for participation but, more importantly, for success. Placing each student at the level where he can contribute physically and gain positive feelings from his efforts is the School's focus.

Though the Athletic Department has a no-cut policy, teams such as rock climbing and mountain biking are only able to carry a certain number of student-athletes. Therefore, cuts may be made to ensure the highest level of safety for all student-athletes involved, and/or to prevent a negative impact on the environment.

Some disappointments are inevitable when teams are selected. During these times, it is important that student-athletes feel the support of teammates and parents as well as coaches.

Coaches evaluate the talent and physical development of individual student-athletes with considerable thought and sensitivity. During the tryout period, both athletic talent and potential for improvement are evaluated. In making decisions regarding team placement, the following factors are among the considerations: speed, skill, aggressiveness, physical conditioning, knowledge of the game, past experience, dedication, and coachability. We want our student-athletes to learn the value of being on a team and the contributions they must make to the team. Team members have responsibility to themselves, their teammates, and their coaches to learn their role on the team. Teamwork requires the development of many interpersonal skills such as: listening, following directions, accepting constructive criticism, and supporting teammates and coaches. Student-athletes have an obligation to participate in practice sessions and games with full commitment and enthusiasm.

At all levels, reserve through varsity, practice presents competitive situations where students vie for playing time and for starting positions.

In game competition, on every team and at all levels, it is the responsibility of the coach to determine who will play and how much they will play. Student-athletes should fully understand that by making a team, or being placed on a team, they are accepting the pleasures and benefits of participating as well as the responsibility and commitment to that team.

Coaches at all levels expect Cardigan Mountain School team members to:

- Measure success by what the team accomplishes over the course of the season.
- Show responsibility for school-issued equipment and uniforms.
- Be punctual and prepared for all practices and games.

- Show responsibility for academic work.
- Show respect to all coaches, teammates, opponents, officials, and spectators.
- Achieve and maintain good physical condition.
- Maintain a willingness to work hard and be attentive.
- Fulfill all responsibilities to the team.

Athletic Requirements

All students at Cardigan Mountain School are required to participate in an afternoon athletic activity during all three seasons. In fulfilling this requirement, the students are allowed to choose the sport or activity in which they would like to participate, and the School will make every effort to accommodate them within the offerings provided. If you have concerns about your child participating in any particular sport, please contact our Athletic Director, Mr. Ryan Frost, at rfrost@cardigan.org to discuss your concerns.

During at least one of the three seasons, boys must choose to participate in a competitive team sport offered by the School. For example, a student-athlete could choose to do rock climbing in the fall, participate in recreational skiing in the winter, and play competitive lacrosse in the spring. That same student could not, however, choose a noncompetitive offering such as rock climbing or other recreational activity in the spring, as he would not have fulfilled his competitive team sports requirement for the year.

Outside-of-School Teams and Participation

**** NOTE: Please see the Student Handbook Addendum for further information about outside-of-school activities due to COVID restrictions (2020-2021).**

Cardigan student-athletes are encouraged to participate in outside teams during the summer months.

During the school year students are asked to make the commitment of putting their Cardigan team commitments before any other sports teams, programs, or camps. Attendance at all Cardigan practices and games is required to fulfill the athletic portion of their Cardigan Mountain School education. Consequences for missing a team commitment for outside-of-school teams' tryouts, games, and so forth are considered unexcused absences under the school attendance policy. Additional team consequences may be imposed by the director of athletics and/or the head coach. Consequences such as loss of playing time in the next game are logical and acceptable.

Athletics Participation

Cardigan recognizes that academic success for student-athletes is our priority and that while athletic participation is a requirement for the boys, representing their team in contests is a privilege. At the discretion of the dean of academics and the director of athletics, any boy whose academic standing is of concern may be removed from competition. The following academic expectations are in place for all student-athletes:

- A student-athlete with an F may be suspended from participating in any athletic contest. The student-athlete is expected to participate with his team in practices and workouts, unless it is deemed necessary to hold him out for extra study time.
- A student-athlete with more than one D may be suspended from participating in any athletic contest. The student-athlete is expected to participate with his team in practices and workouts, unless it is deemed necessary to hold him out for extra study time.

The dean of academics, director of athletics, a teacher or teachers, will determine when the student is able to return to full participation.

Attendance

Practice is essential for success. All team members of each sport will attend all scheduled practices, meetings, and games. If a student-athlete will not be attending a practice, meeting, or athletic contest, the coach should be notified prior to the event being missed. If a student-athlete is injured and cannot participate, he will report to his team's practice/game, where he will be asked to participate in an appropriate manner with recommendations from the athletic trainer and team physician. If a student-athlete misses his academic classes for an unexcused absence, he may be held back from game participation by the director of athletics, the dean of students, or his coach.

Uniforms

Student-athletes are responsible for uniforms and equipment issued to them. Any lost or damaged articles will be billed to their school account at replacement cost. Cardigan athletic uniforms and/or warm-ups are to be worn only during interscholastic competition and are not used for practice or other activities. Uniforms are picked up from the equipment room prior to departure for the designated competition. After conclusion of the event or after returning to campus from an away game, students must return uniforms to the equipment room laundry hamper for cleaning and any necessary repair prior to the next competition. At the start of the year, all Cardigan student-athletes are issued their personal practice gear (greens and grays) and a personalized warm-up suit. These are to be used for all practices and games unless other sport-specific gear is issued by the School.

Travel

**** NOTE: Policies and procedures for off-campus travel will be modified due to COVID restrictions (2020-2021).**

Cardigan Mountain School will provide transportation to all away athletic contests while school is in session. All student-athletes are expected to travel with their team to and from the competition site. If a student-athlete will not be returning to Cardigan Mountain School with the team after an away game, he may leave with his parent or with another adult only after direct contact with the coach, and only if prior arrangements have been made with the School and the coach has been notified of these arrangements by the School.

Varsity and JV teams periodically have overnight trips during regular-season or post-season tournaments. Accommodations and transportation arrangements are made by the athletic director. Occasionally, teams with extraordinary travel requirements (e.g., hockey and ski teams) will have an extra cost for participation charged to the student's account. (Prior notice of these charges is given to parents before the season begins.)

The nature of team travel will require implementing room curfews, limiting or denying student separation from the group, and defining appropriate dress and behavior while our student-athletes are representing our school. All school rules will remain in effect when team travel occurs, whether school is in session or not. In or out of town, on or off the field, Cardigan Mountain School student-athletes are expected to uphold the highest standards of decorum.

Goal Setting and Special Programs

Goal Setting

At Cardigan Mountain School, goal setting has evolved into a common practice. The purpose of goal setting for student-athletes is to create realistic expectations and to help underscore the importance of the mental aspects of sport. While the student-athletes are in middle school, going through the goal-setting exercise and gaining exposure to the process is more important than the outcome. Student-athletes and coaches are expected to create individual and team goals. Goal setting occurs at the beginning of each season and is completed three times during the year. Coaches are expected to read each athlete's goal sheet and may set up a meeting time to discuss individual expectations. The hope for each athlete is that each time he creates his goals he is consistently improving the specificity of every goal using the guidelines for SMART Goals.

“SMART” Guidelines

- S – Specific: Is the goal tangible and specific? Will I know if I've done it?
- M – Measurable: Is the goal easily measured?
- A – Achievable: With hard work, is the goal in the realm of possibility?
- R – Realistic / Relevant: Is the goal relevant to where I am right now?
- T – Time-bound / Time-sensitive: Is there a definite completion date?

Goals are also crafted in terms of long-term, short-term, and daily goals.

- Long-term goals (Seasonal): Athletic season
- Short-term goals (Game): One week to a month.
- Daily goals (Practice): Can repeat week to week.

Captains' Council

The Cardigan Mountain School Athletic Department strives to teach the values and importance of leadership in the practice of sport and in life. The Captains' Council usually meets five times each season to teach the elected captains of each team lessons regarding leadership. This process promotes individual growth and helps the boys to be more effective leaders, both in the sports they play and in their day-to-day lives at Cardigan. The goal of the Captains' Council is to create an environment for student-athletes to continue to work on the mental aspects of their sports as they grow as team leaders through their collective experiences.

Post-Season Assemblies and Awards

All Cardigan student-athletes receive a participation pin and certificate upon completion of each season at an athletic awards assembly honoring all of the student-athletes, their teams, and their accomplishments. In addition, first-time varsity players receive Cardigan varsity letters. A student speaker, representing each team, gives a brief speech about the season, after which the team's coaches present the pins, certificates, letters, and individual awards.

Student-Athlete of the Week

The Student-Athlete of the Week award is given (weekly) to two student-athletes who, in the opinion of their fellow student-athletes, should be recognized for their effort, enthusiasm, sportsmanship, dedication to the team, and overall performance in practices and games. The award is given to one student-athlete from a varsity-level team and one student-athlete from a sub-varsity level team. Student-athletes are initially nominated by their teammates and then further voted upon by the Captains' Council.

Athletic Commitment Exemption (ACE)

For one of the three seasons in a given academic year, a student-athlete can elect to focus on a sport that Cardigan does not offer – for example: fencing, figure skating, or horseback riding. This must be an approved program, equaling or exceeding the physical activity time commitment of a regular Cardigan athletic season. In order to be exempt from participating in a Cardigan athletic season, an Athletic Commitment Exemption (ACE) application (see page 62) must be submitted and approved. The application is due one month prior to the start of the season in which the exemption would be applied. The application will be reviewed for approval by an athletic committee. If approved, the exempt student-athlete may proceed with his special athletic activity, bearing in mind that a follow-up, end-of-season presentation will be required at the season-ending athletic awards assembly. This option, and all associated costs and logistics are the responsibility of the student and his parents/guardians.

Health and Safety

Injuries

All injuries of any nature must be reported to the coach at the time they occur in order to help prevent further injury. Cardigan Mountain School employs a certified athletic trainer, a certified strength and conditioning coach, and a team physician who supervise all aspects of sports medicine at the School, in conjunction with the director of Health Services, including the following:

1. Treating and administering first aid when injuries occur.
2. Working directly with coaches in planning injury-preventive warm-up, stretching, and strength-training programs.
3. Coordinating coverage of games and practices.
4. Keeping records of injuries, care, and treatment.
5. Offering medical referrals to the team physician and monitoring rehabilitation.
6. Giving final clearance of all student-athletes for “return to play” (post recovery).

Medical Excuses

If a team member suffers an injury or an illness and is consequently unable to continue team play, the following policies apply:

1. The athletic trainer should be notified immediately when a student-athlete is unable to participate. Any prescribed rehabilitation should be given to the injured student-athlete and coach as soon as possible and coordinated and monitored by the athletic trainer and the team physician.
2. The coach should be notified.
3. Student-athletes are required to attend team practices every day that they attend school. Exceptions will be made for student-athletes making up academic work or undergoing rehabilitation during practice.
4. Any student-athlete returning to play after an injury must be cleared by Cardigan Mountain School’s team physician and athletic trainer prior to participation.

Ergogenic Aids

Cardigan Mountain School and its Athletic Department prohibit the use of any substance (such as creatine or anabolic steroids) that is not approved by the United States Food and Drug Administration, the Surgeon General of the United States, or the American Medical Association for

use by children or adolescents for the purpose of increasing physical development, strength, or athletic performance. In addition, any such agent or substance banned by the NCAA or the U.S. Olympic Committee is also prohibited. The Athletic Department discourages the use of powdered supplements and requests that parents refrain from sending these products to school with or for their sons. Parents who feel strongly that their son should receive a supplement will need to provide the School's Health Center a letter from their son's medical provider stating the necessity for these supplements. Necessary supplements will be dispensed from the Health Center only and are not allowed in the dorms. If questions arise regarding a substance or medication considered by a student-athlete, please consult the athletic trainer, team physician, and school nurse before use.

Health Forms

All Cardigan Mountain School students are required to have health forms on file with the school nurse and the athletic trainer indicating a pre-school year physical examination and parental emergency release authorization. These forms are collected and checked at the start of the year during Registration. Athletes are not allowed to participate in tryouts, team practices, or games until these forms are on file.

Athletic Complex Safety and Access

***** NOTE: Additional expectations for using athletic facilities, including the Johnson-Wakely Fitness Center, may be in place due to COVID restrictions (2020-2021).***

For safety reasons, the Cardigan Mountain School athletic facilities, including the Marrion Athletic Center gym and classrooms, Wakely Center, Johnson-Wakely Fitness Center, wrestling room, lake, tennis courts, Williams fields, Wakely locker rooms, waterfront, Juoko Jokinen Sauna, Clancy sledding/skiing hill, rifle range, skeet range, and all other athletic complex areas, are off limits to student use unless a school employee is present to supervise facility usage. When permitted to use these areas, student-athletes are expected to keep all food and drinks out of the facilities, treat the areas with respect and care as if they were their own, and return all equipment to its proper storage area when finished.

Training Rules

Possession or use of alcoholic beverages or any controlled substance or drugs, as defined by state or federal laws, by a student at school or at a school-sponsored event is strictly forbidden. Students are also forbidden from coming to school or to school-sponsored events under the influence of alcohol or illicit drugs. In addition, Cardigan Mountain School reserves the right to impose penalties for the conduct of a student off campus at any location or time when, in the School's judgment, the conduct threatens the safety or welfare of students or employees, interferes with or obstructs the mission or operations of Cardigan Mountain School, or threatens the reputation of the School, its students, or its employees.

In addition to these prohibitions, the Athletic Department has adopted the following training policies:

At all times during a season, athletes participating in a competitive sport or Athletic Department-sanctioned activity are prohibited from using illicit drugs, alcohol, or tobacco in any form and must abide by all school rules at all times. A student-athlete using illicit drugs or found in violation of any school rules off campus during non-school hours who is not dismissed from the School will still be subject to additional disciplinary action by the Athletic Department.

A student-athlete who violates the Athletic Department's prohibition of alcohol or tobacco use or other school rules will be subject to the following sanctions:

- Minimum penalty: suspension from one contest. A student-athlete who has violated training rules may participate in team practice during the time of suspension at the discretion of the coach.
- Dismissal from the team for the remainder of the season.
- Suspension from all athletic teams for the remainder of the school year.

Student-athletes who are dismissed from a team for the season or the year will be required to participate in a separate regimen of physical activity to replace the physical education portion of their school day.

Student-athletes who are going through the disciplinary process are still required to attend all practices and games. Participation in games will be at the discretion of the director of athletics and the head coach.

Athletic Offerings

**** NOTE: Athletic offerings will be modified due to COVID restrictions (2020-2021).**

Fall Sports

- Football
- Soccer
- Cross-Country Running
- Mountain Biking
- Sailing
- Fall Noncompetitive Offerings
- Rock Climbing

Winter Sports

- Basketball
- Hockey
- Wrestling
- Alpine Skiing
- Nordic Skiing
- Snowboarding
- Winter Noncompetitive Offerings
- Recreational/Instructional Skiing and Snowboarding

Spring Sports

- Baseball
- Lacrosse
- Tennis
- Spring Noncompetitive Offerings
- Rock Climbing
- C.O.R.E.

Athletic Commitment Exemption (ACE) Application

In order to be excused from participating in a Cardigan Mountain School athletic program, a student must write a detailed proposal outlining the alternate planned activity (what, where, when, and how) as well as the weekly schedule. This proposal should be typewritten and attached to the application when obtaining required signatures. All ACEs require a faculty sponsor who will be responsible for ensuring that the student meets his commitments and with whom the student must meet at least once a week. Further, a student may not take advantage of more than one ACE per school year.

It is expected that an ACE will occupy roughly 8-12 hours per week over the course of the typical days that we offer sports (Monday, Tuesday, Wednesday, Friday, and Saturday) during a given week. Additionally, in general, each ACE should be either an athletic activity not offered by the School, in which the student has proven commitment and a significant level of achievement, or a "once-in-a-lifetime opportunity," as determined by the School.

In addition, upon completion of the season, the student-athlete will be required to make a presentation to the School, demonstrating and/or conveying what he has been working on over the course of the season.

To complete the application for an ACE, please attach a typewritten proposal to this sheet, secure the following signatures in the order in which they are listed, and turn in the form to the athletic director.

Student Name _____ Grade _____

Signature _____ Date _____

Faculty Sponsor _____

Signature _____ Date _____

Athletic Committee Chair _____

Signature _____ Date _____

Athletic Director _____

Signature _____ Date _____

PARENT/GUARDIAN INVOLVEMENT AND COMMITMENT TO SCHOOL POLICIES

At Cardigan Mountain, we believe that a positive relationship between the School and a student's parents is essential to the fulfillment of the School's mission. We recognize that effective relationships are characterized by clearly defined responsibilities, a shared commitment to collaboration, open lines of communication, mutual respect, and a common vision of the goals to be achieved.

The School understands and appreciates that parents and guardians may employ different means to meet the expectations and responsibilities expressed in this policy. Nevertheless, the School, at all times, may dismiss a student whose parent, guardian, family member or other adult involved with the student, in the sole judgment of the School, fails to comply with this or any other policy or procedure of the School, engages in conduct either on or off the School's property that could undermine the authority of the School's administration, and/or otherwise behaves in a manner that is unbecoming of a member of the School community. The School may refuse re-enrollment of a student if the School, in its sole discretion, believes the actions of a parent or guardian on or off the School's property make a positive, constructive relationship impossible, or otherwise may interfere with the School's accomplishment of its mission and/or educational goals.

Divorce and Separation

Divorced and separated families are realities of contemporary life that affect the School's responsibility to its students.

In the event of divorce or separation, it is the School's policy to provide the custodial parent, the non-custodial parent, and stepparents equal access to all the official records and reports regarding the student as well as all school announcements and related information. Moreover, each is granted access to the student, teachers, and administrators. Such access is provided without notification to other parties and regardless of the party or parties named who claim financial responsibility. Exceptions to this policy are undertaken only when necessary to comply with applicable law or when so ordered in writing by a court.

Re-Enrollment

Re-enrollment at the School is not automatic. A student is promoted to the next grade when he has satisfactorily met the expectations of his current grade, when the School feels it can continue to meet the student's needs, and when the behavior and comportsment of the student and family are consistent with the School's policies.

The faculty may review the academic and citizenship standing of all students. Students who are on Academic Probation, who have violated the School's Honor Code, who are on Disciplinary Probation and/or who, in the opinion of the School, are not living up to the standards of the School community, may have their enrollment contract for the following school year withheld.

The head of school or his designee reviews the academic and behavioral records of students at the end of each school year. A decision to re-enroll a student and to subsequently forward a re-enrollment contract to the parents is based upon a student's academic record, effort, attitude and behavior throughout the prior year, and upon the willingness of the parents to accept and exemplify

their responsibility in the partnership of education. On occasion, re-enrollment contracts are held until later (usually April or May) when the School decides that an appropriate decision about placement can be made, or are not extended at all, if the School determines that such a recommendation is in the best interest of the student and/or the School community. The head of school, in his sole discretion, makes the final decision as to whether a student will be invited to return for another year.

This difficult conclusion is only reached after careful consideration. While parents are obviously involved in this process, the School will make the ultimate decision, and will assist, if possible, in the process of locating an appropriate alternative school.

CONTACTS

ROLE	NAME	CONTACT
Head of School	Christopher D. Day P'12,'13	603.523.3512
Assistant Head of School and Dean of Faculty	Josh LeRoy	603.523.3556
Assistant Head of School, CFO, Title IX Coordinator, and Section 504 Coordinator	Steve Solberg	603.523.3518
Director of Admissions	Chip Audett P'16	603.523.3510
Director of Communications and Marketing	Chris Adams	603.523.3540
Director of Athletics	Ryan Frost	603.523.3533
Assistant Director of Athletics	Julia Ford	603.523.3863
Dean of Students	Danielle Fedele	603.523.3591
Director of Student Life	Nick Nowak	603.523.3509
Dean of Academics	Jamie Welsh	603.523.3527
Assistant Dean of Academics and PEAKS Department Chair	Jarrold Caprow	603.523.3543
Director of Health Services	Karen Gray	603.523.3520
Director of Facilities	Tim Jennings	603.523.3536
Assistant Director of Facilities	Stephen Muszynski	603.523.3612
Director of Technology	Mike Gray	603.523.3541
IT Specialist	Kolby Curran	603.523.3808
Director of Dining Services	Joe Hines	603.523.3523

To reach the administrator on duty (AOD) during the weekend, please call the AOD cell phone at 603.443.6252.