

# WELCOME TO THE 2023-24 SCHOOL YEAR



This planner, along with everything we do at Vista del Lago, is designed for and focused on student success. This student planner will help you with the organization, time-management, and planning skills critical for success in high school and beyond. It is also an important reference guide where you will find basic rules, campus policies, and procedures, as well as expectations for student behavior. Inside you will find a calendar of dates for athletics and activities, along with graduation and college requirements, scheduling procedures, and other helpful information that will assist you during the school year. We ask that you review this information with your parents and become familiar with the basic principles incorporated in this handbook.

Vista staff and faculty are committed to providing you with a positive and safe learning environment and to fostering a school culture that demonstrates respect and a strong sense of *Eagle Pride*. You will find that the high school years go by very quickly, so we encourage you to participate fully and get involved in school activities—whether your interests lie in music, theater, science or sports, there is something for everyone at Vista del Lago. Make this time count!

***This agenda belongs to:***

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/TOWN \_\_\_\_\_ ZIP CODE \_\_\_\_\_

PHONE \_\_\_\_\_

STUDENT NO. \_\_\_\_\_



## **VISTA DEL LAGO HIGH SCHOOL ADMINISTRATION**

Dr. Kimberly Moore, Principal

Jeanine Holton, Assistant Principal

Dr. Crystal Grooms, Assistant Principal

Dr. Jason Javier-Watson, Assistant Principal

## **COUNSELING**

Kristine Kleinle, Counselor

Debbie Burns, Counselor

Julie Werner, Counselor

Anna McHenry, Counselor

Shana Williams, School Psychologist

## **ATHLETICS AND ACTIVITIES**

Mark Keeton, Athletic Director

Shawn Hunter, Assistant Athletic Director

Heidi Schultz, Student Activities

## STUDENT SCHEDULE FIRST TERM

	CLASS	ROOM	TEACHER
1			
2			
3			
4			

## STUDENT SCHEDULE SECOND TERM

	CLASS	ROOM	TEACHER
1			
2			
3			
4			

ADVISORY TEACHER \_\_\_\_\_ ROOM \_\_\_\_\_

## IMPORTANT TESTING DATES

TERM I FINALS		TERM II FINALS	
Oct. 5	Dec. 14	March 7	May 22
Oct. 6	Dec. 15	March 8	May 23
ACT		SAT I and SAT II	
Visit <a href="http://www.actstudent.org">http://www.actstudent.org</a> for testing dates in our area		Visit <a href="http://www.collegeboard.com">www.collegeboard.com</a> for testing dates in our area	
AP EXAMS		STATE TESTING	
May 6 through May 10 May 13 through May 17 *Subject to change		Spring 2023, dates TBD	

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### NORMAL BELL SCHEDULES

A LUNCH		B LUNCH	
Regular Days		Regular Days	
<b>1</b>	8:30-9:51	<b>1</b>	8:30-9:51
<b>2</b>	9:58-11:19	<b>2</b>	9:58-11:19
<b>Advisory / FlexTime</b>	11:26-12:02	<b>Advisory / FlexTime</b>	11:26-12:02
<b>Lunch</b>	12:02-12:37	<b>3</b>	12:09-1:30
<b>3</b>	12:44-2:05	<b>Lunch</b>	1:30-2:05
<b>4</b>	2:12-3:33	<b>4</b>	2:12-3:33
Wednesdays		Wednesdays	
<b>1</b>	8:30-9:38	<b>1</b>	8:30-9:38
<b>2</b>	9:45-10:53	<b>2</b>	9:45-10:53
<b>Lunch</b>	10:53-11:28	<b>3</b>	11:00-12:08
<b>3</b>	11:35-12:43	<b>Lunch</b>	12:08-12:43
<b>4</b>	12:50-1:58	<b>4</b>	12:50-1:58

### SPECIAL BELL SCHEDULES

A LUNCH		B LUNCH	
Extended Advisory/Assembly/Rally		Extended Advisory/Assembly/Rally	
<b>1</b>	8:30-9:45	<b>1</b>	8:30-9:45
<b>2</b>	9:52-11:07	<b>2</b>	9:52-11:07
<b>Lunch</b>	11:07-11:42	<b>3</b>	11:14-12:29
<b>3</b>	11:49-1:04	<b>Lunch</b>	12:29-1:04
<b>Ea/As/Ra</b>	1:11-2:11	<b>Ea/As/Ra</b>	1:11-2:11
<b>4</b>	2:18-3:33	<b>4</b>	2:18-3:33

### FINALS SCHEDULE / MINIMUM DAYS

**Block 1 or 3      8:30-10:24**

**Nutrition 10:24-10:44**

**Block 2 or 4      10:51-12:45**

# SCHOOL ESSENTIALS

## SCHOOL COLORS

Navy Blue and Silver



## SCHOOL MASCOT

The Eagle

## MISSION

Vista del Lago High School is committed to providing a positive and relevant learning environment where *every* student is prepared for 21st century college, career and personal success.

## VISION

Vista del Lago High School is a Professional Learning Community dedicated to ensuring that each student gains the knowledge and skills necessary to demonstrate outstanding academic and personal achievement. In partnership with parents and the community, we are dedicated to developing engaged and ethical young adults who approach learning with courage, compassion, and resilience in a diverse and changing global community.

## STUDENT BEHAVIOR EXPECTATIONS

At Vista del Lago High school we expect students to **SOAR** in everything they do. To SOAR means to be:

**Self-Motivated**  
**Open Minded**  
**Accountable**  
**Respectful**

*The Folsom Cordova Unified School District prohibits discrimination, intimidation, harassment (including sexual harassment) or bullying based on a person's actual or perceived ancestry, color, disability, race or ethnicity, religion, gender, gender identity or gender expression, immigration status, national origin, sex, sexual orientation, or association with a person or group with one or more of these actual or perceived characteristics. For concerns/questions or complaints, contact Title IX Coordinator (Employees) & Equity Compliance Officer- Donald Ogden, Associate Superintendent- Human Resources, [dogden@fcusd.org](mailto:dogden@fcusd.org), 916-294-9000 ext 104410; Title IX Coordinator (Students), Section 504 Coordinator & Equity Compliance Officer- Jim Huber Ed.D., Assistant Superintendent- Educational Services, [jhuber@fcusd.org](mailto:jhuber@fcusd.org), 916-294-9000 ext 104625; 1965 Birkmont Drive, Rancho Cordova, CA 96742*

# DRESS CODE POLICY

The Folsom Cordova Unified School District has adopted Board policies 5132 which include the following: “The Governing Board believes that appropriate dress and grooming contribute to a productive learning environment. The Board expects students to give proper attention to personal cleanliness and to wear clothes that are suitable for the school activities in which they participate. Students’ clothing must not present a health or safety hazard or a distraction, which would interfere with the education process.”

## Students Must Wear:

- Clothing that protects and covers private body parts.
- Top (shirt, blouse, sweater, sweatshirt, tank, etc.)
- Bottom (pants, shorts, skirt, dress, etc.) that completely covers the buttocks
- Footwear must be worn

This policy permits additional student attire requirements when necessary to ensure safety in certain academic settings (e.g. physical activity, science or CTE courses). Additionally, this policy allows for reasonable variation in required student attire for participation in activities such as swimming or gymnastics.

## Students MAY NOT Wear:

- Clothing that is pornographic, contains threats, or that promotes illegal or violent conduct such as the unlawful use of weapons, drugs, alcohol, tobacco, or drug paraphernalia.
- Visible underwear or bathing suits of similar design. Visible waistbands or straps on undergarments worn underneath other clothing are not a violation.
- Clothing that demonstrates hate group association/affiliation and/or use hate speech targeting groups based on race, ethnicity, gender, sexual orientation, gender identity, religious affiliation, or other protected groups.
- Sheer or see-through clothing that reveals private parts.
- Hats or headgear that cover the student’s face or intentionally masks student identity, with the exception of clothing with a medical or religious purpose. Teachers may direct students to adjust headwear during exams or to address headphone/earbud issues.

## ADVISORY

Advisory provides an opportunity for students to connect to a caring adult who is consistently part of their school experience throughout high school. Consequently, students are assigned to and grow together as one Advisory group for all four of their high school years. Vista del Lago High School’s advisory program has three purposes:

1. Create positive and caring relationships among staff and students, which promotes an emotionally and physically safe environment for all students.
2. A support system to promote high levels of learning for all students.
3. School-wide exposure to relevant and important issues, which include college and career readiness as well as social and emotional growth.

Advisory is held every Monday and is a time where students are not allowed to travel. This time is used to address relevant issues based on the needs of our campus and the grade level of the students.

Students will participate in learning activities every advisory. Advisory students are assigned Pass (P) or Fail (F) grades at the end of each grading period. Students must complete all the advisory assignments for the grading period to earn a Pass.

# FLEXTIME

The goal of FLEXTIME is to provide **all** students with opportunities in their school day to receive additional support, enrichment, and learning opportunities. It is the student's responsibility to sign up for flextime each week. Repeated failure to do so may result in Saturday School.

FlexTime takes place three days per week to provide students with individualized learning. Students will attend Advisory once each week.

For additional information on the FlexTime schedule and program, please visit the school website at <http://www.fcusd.org/Domain/4479>

## RESOLVING ISSUES & CONCERNS

Because we are preparing students for a smooth transition to college and the workplace, the high school model for resolving teacher or classroom issues is designed to assist our students in developing independence and learning to advocate for themselves.

Consequently, we encourage students with grade or assignment issues to meet first with the teacher outside of class time. If the issue is still unresolved and parents become involved, we ask that you follow the following process:

Step 1: Contact the teacher directly by phone, email, or written correspondence.

Step 2: If the issue remains unresolved, contact the student's counselor. See the Vista website for counselor emails and extensions.

Step 3: Contact one of the assistant principals. See the Assistant Principal page on the Vista website for emails and extensions.

Step 4: If you have completed the previous three steps and your concerns have not been addressed to your satisfaction, then contact the principal.

## ATTENDANCE

**ATTENDANCE LINE: (916) 294-2410 ext. 410800**

Written or telephone verifications of excused absence(s) must be received within three (3) days or the absence becomes a UNX and may result in assignment of Saturday School and loss of extracurricular privileges.

Early Dismissals: Students needing an early dismissal must bring a note to the attendance office **before** their school start time to secure a "Permit to Leave Campus" pass.

### THE LAW

School attendance is mandatory by state law for all youth under the age of 18 who have not graduated from high school, except as otherwise provided by the law. For accounting purposes, the state will only fund our school for the actual time students are in class; consequently, **the school loses funding for every day the student is absent, even if the absence is excused.** In addition, section 13202.7 of the vehicle code states that a student's driver's license may be suspended or delayed in receiving if the student has poor attendance or is considered a truant.



## VISTA ATTENDANCE POLICY

Students and parents/guardians accept responsibility for regular attendance. It is expected that a parent will call the attendance office each day that the student is absent. See below for reporting process.

The following are legally excused absences as defined by the California Education Code:

- Illness
- Quarantine
- Medical or dental appointments
- Immunization needs
- Funeral
- Jury duty or court appearance

**Justifiable Personal Reasons:** The California Education Code defines justifiable personal reasons as funeral attendance, court appearance, religious holiday or ceremony observance, religious retreats, some pre-approved work-related conferences, service on an elections precinct board, and/or participation in religious instruction of no more than one hour per week. Parents must submit a written request and receive the approval of the principal in advance.

If a student has ten or more absences for illness, the parent/guardian must provide a note from a licensed medical practitioner validating the student's illness or medical condition. If a note is not provided, the student's absences will not be cleared and may result in Saturday School.

Students absent on the day of a school activity including athletic practices and competitions may not attend or participate in the activity unless the Principal/designee verifies the absence as an emergency. A student absent on Friday before Senior Ball may not attend the dance without administrative clearance.

**Students who have three or more unexcused absences in a grading period may receive a negative citizenship mark and may lose extracurricular activities and social privileges (this includes athletics, performing arts, student activities, dances, club activities, etc.)**

## REPORTING/CLEARING ABSENCES

Absences must be cleared with a note or phone call from a parent or guardian, regardless of the student's age. The note should be written in ink and include the student's name, date of and reason for absence, and a parent signature. Notes with questionable signatures will be investigated by administration. Written or telephone verifications of excused absences) must be received within three (3) days or the absence becomes a UNX and may result in Saturday School.

## ATTENDANCE ERRORS

Occasionally students will be marked absent in error. The Attendance Office needs verification from the teacher before the error can be fixed. Please obtain a note or email from the teacher of the class period of error and return/forward to the Attendance Office. If this process is not followed the absence will be marked as a truancy and disciplinary consequences may be assigned.

## LATE/TARDY POLICY (PER TERM)

Tardiness disrupts class, is unfair to students who are on time, reflects a negative attitude toward the school and instructor, and develops a habit that may negatively impact the student's employment and academic success. Students who are not in class when the bell rings are considered late and must report to the office for a late pass BEFORE ENTERING CLASS.

After the first three violations, the teacher will implement the following campus late policy:

- 4<sup>th</sup> late Detention, Lunch or Classroom Work Service (15 minutes minimum)  
Parent contact by teacher
- 5<sup>th</sup> late Detention, Lunch or Classroom Work Service (30 minutes minimum)  
Parent contact by teacher
- 6<sup>th</sup> late Detention, Lunch or Classroom Work Service (50 minutes)  
Parent contact by teacher
- 7<sup>th</sup> late Saturday School—lowered citizenship grade  
Student/Parent conference with administrator
- 8<sup>th</sup> late Saturday School—lowered citizenship grade  
Student/Parent conference with administrator
- 9<sup>th</sup> late Student/Parent conference and student placed on contract.

***Failure to serve any of the above will increase the penalty to the next level. Failure to serve Saturday School when assigned may lead to suspension.***

\* Late/tardy arrival is also totaled the term (Aug-Dec and Jan-May) in all classes. Students will receive an accumulated late/tardy letter which may result in administrative consequences.

## TRUANCY/CUTS

Any pupil who has been absent from school without a valid excuse for more than three days, or is tardy in excess of 30 minutes on three occasions during a school year, will receive the 1<sup>st</sup> truancy letter. After the 8<sup>th</sup> day with a truant event, the 2<sup>nd</sup> letter shall be mailed. After the 13<sup>th</sup> day with a truant event, a School Attendance Review Team will be convened to hold a SART meeting requiring parent/guardian attendance. Excessive truanancies may lead to the involvement of law enforcement, revocation of Worker's Permit, and suspension of driver's license.

## LEAVING CAMPUS

Vista del Lago is a CLOSED campus. If a student needs to leave school before the end of the school day, he/she must obtain a *Permit to Leave Campus* by bringing a note from a parent/guardian to the attendance office before school. This note should include the reason for leaving campus. If illness occurs during school, the student should see the nurse before contacting a parent. A parent call received AFTER the student has left campus will not excuse the closed campus violation and will be treated as CUT.

***Failure to secure permission from the front office before leaving campus is considered a "cut" and will result in a closed campus violation and may require Saturday school.***

Any student who leaves school without permission and re-enters during the same day may be immediately searched for weapons, drugs or other contraband.

## **EXTENDED ABSENCES--INDEPENDENT STUDY**

Independent Study should be requested by a parent or guardian when a student will be absent for a period not less than **THREE** school days and not more than **FOURTEEN**.. Requests for Independent Study must be made at least **TEN** days before the first day of the absence from school. An Independent Study contract must be signed and work must be picked up before the first day of the Independent Study. The student must turn completed work in on the day he/she returns as this is NOT late or make-up work. Independent study is **NOT** available the first two weeks of school or the last two weeks of school.

## **ABSENCE MAKEUP POLICY**

No student will have his/her grade reduced or lose academic credit for any missed assignments or tests occurring during an excused absence. Students with excused absences will be given *adequate* time to complete work. It is the student's responsibility to meet with the teacher upon the first day returning to class to secure missed work and revised due date(s). Any work that was assigned before the student's absence is due the day he/she returns.

Students receiving an off-campus suspension have the right to complete assignments and tests missed during suspension for full credit. A reasonable make-up schedule will be determined by the teacher.

***Falsification or forgery of a note or phone call is grounds for suspension.***

Students with poor attendance may have social privileges revoked at any time. Social privileges include dances, sporting events, senior year activities, etc.

## **COLLEGE VISITS**

Vista del Lago supports the post-secondary pursuits of our students. We encourage students and families to plan college visits during breaks and holidays.

Junior students- Two (2) excused absences for college visits

Senior students- Three (3) excused absences for college visits

**For any college visit absence to be excused a request has to be sent in writing (email is fine) to an assistant principal 48 hours before the absence.**

## **STUDENT SCHEDULES**

### **COURSE SELECTION PROCESS**

Vista's Curriculum Guide can be found on the counseling page on the school website. This guide describes all course offerings as well as specifics about prerequisites, graduation requirements, and courses necessary for college admission. Students should put serious consideration into their course selection during the spring and be committed to the classes they choose. Because of teacher assignments and class size limitations, opportunities to change courses are extremely limited and often impossible once the master schedule is set.

### **SCHEDULE CHANGE POLICY**

If you have an error in your schedule, you may submit a *Schedule Concern* form to a counselor. Changes on Arena Day will be limited to scheduling errors or academic corrections. Teacher preference is not an acceptable reason for change requests.

You must continue to attend your assigned schedule until you have received notification from the counseling department determining whether your change request has been honored. Students who do not attend assigned courses will be considered truant and assigned Saturday School.

## **DROPPING A COURSE**

At Vista del Lago High School, courses may be dropped without penalty through the first week of the term. Any course dropped after that time may result in a failing grade for that course. It is important to note that there may not be an available course to replace dropped courses after the first week; therefore, a drop is not always possible. Students who can change to a new course are responsible for making up all work missed before enrollment. Students who miss the drop deadline may receive an “F” in the dropped course. Unfortunately, this becomes a permanent grade on the student transcript.

## **CHALLENGING A COURSE**

A course challenge may be requested for any course offered in the Folsom-Cordova Unified School District *except* Physical Education courses, remedial courses, or courses previously taken. The challenge exam is a department-developed exam administered by the department chair or designee. The student must pass the exam with a minimum score of 80% to earn credits and be issued a grade for that course; this grade becomes a permanent grade on the transcript. The maximum number of challenge credits that will be awarded to any student is 40. Students must enroll in the course they would like to challenge first, then request a course challenge test. Challenge tests are not given before the course begins. All course challenge tests must be scheduled during the first two (2) weeks of the term. Students should see their counselor for the appropriate form if they wish to challenge a course.

# **ACADEMICS**

The Vista del Lago High School Curriculum Guide contains descriptions of all classes at VDLHS and information for high school and college planning. You may access a current copy of the VDLHS Curriculum Guide by visiting the school website.

## **EARLY AND MIDTERM GRADUATION**

If you are interested in graduating after your junior year, you must submit an application by March of your 10<sup>th</sup> grade year. Students interested in graduating midterm of their senior year must apply by March of their 11<sup>th</sup> grade year. In order to be eligible to graduate early, students must complete all graduation requirements and at least six terms. Once students have completed graduation requirements, they are no longer considered, or eligible to be a student of Vista del Lago High School.

Please be aware that midterm graduates who take a college course after graduating (but before enrolling in a four-year college in the fall) may be reclassified as a transfer student. Students should check with the four-year college before enrolling in any community college course after graduating from high school. Early graduates may participate in all senior activities and graduate at the end of year ceremony. It is the responsibility of early graduates to check the school website for information and updates specific to graduation.

<b>FCUSD GRADUATION REQUIREMENTS 220 CREDITS</b>		
English	English 9, 10, 11 and 12	40 credits
Math	At least three Math courses; must include Math 1 and Math 2 Must take math in junior year	30 credits
Social Studies	Grade 10 World Cultures Grade 11 US History Grade 12 Gov./Econ	30 credits
Science	Grade 9: Biology Grade 10: Chemistry or Physics 3 <sup>rd</sup> Year of Science or CTE	30 credits
Physical Education	Grades 9 and 10	20 credits
Health Education	Grade 10	5 credits
Fine Arts or World Language or CTE	Any	10 credits
Electives	Any	55 credits
<b>Each class completed with a passing grade earns five credits per semester</b>		

<b>COLLEGE ADMISSIONS REQUIREMENTS</b>		
<b>A-G SUBJECT AREAS</b>	<b>CALIFORNIA STATE UNIVERSITIES</b>	<b>UNIVERSITY OF CALIFORNIA</b>
a. Social Studies	2 years	2 years
b. English	4 years	4 years
c. Math	3 years, through Math 3	3 years, through Math 3 4 years recommended
d. Lab Science	2 years	2 years, 3 years recommended
e. Foreign Lang	2 years	2 years, 3 years recommended
f. VAPA	1 year	1 year
g. College Prep Electives	1 year	1 year
Entrance Exams	SAT Reasoning or ACT exam	SAT Reasoning or ACT exam
<b>A grade of C or better grade is required for any course counting toward admission</b>		

### **COMMUNITY COLLEGE ADMISSION REQUIREMENTS:**

1. Be eighteen years of age, or
2. Have a high school diploma, or
3. Pass the California High School Proficiency Examination.

### **PRIVATE AND OUT-OF-STATE COLLEGE**

Students meeting the University of California admission requirements generally will meet the admission requirements of many private and out-of-state colleges. Be sure to refer to the specific institution's website for further details.

## CONCURRENT ENROLLMENT IN COLLEGE COURSES

**Dual Enrollment:** Vista del Lago has a strong working relationship with the Los Rios Community College District and encourages qualified students to take advantage of Dual Enrollment courses through Folsom Lake College (FLC). Students who are interested in taking college classes while they are attending high school may become a Dual Enrollment student two different ways:

on campus dual enrollment: students attend college courses asynchronously during their school day and receive both high school and college credit for the course.

off campus dual enrollment: students attend college courses outside of their school day and receive college credit only.

Please see the Course Catalog and Planning Guide linked on the Vista del Lago counseling website for more details regarding these two programs and the process for enrolling in dual enrollment courses.

**Accelerated College Entrance (ACE)** Some courses at Vista del Lago may qualify for the ACE Program at California State University, Sacramento. The ACE Program allows qualified high school students (11th and 12th grade only) to enroll in classes at Sacramento State and earn university credits while completing regular high school studies. Through ACE, advanced high school students can study subject matter which may not otherwise be available to them. Qualified students may take courses at Sacramento State provided that they maintain good academic standing with both the University and their high schools. Credits earned while participating in ACE may be applied to degree programs at Sacramento State or may be transferred to other universities.

## GRADES AND CITIZENSHIP

### GRADING PHILOSOPHY

As professional educators, Vista del Lago teachers and administrators understand that the true purpose of grading is to communicate a student's academic strengths and areas of need, and should only be measured through academic achievement and mastery of content standards. Teachers will give students a variety of opportunities to demonstrate mastery. Multiple measures and a variety of evidence will be used to determine a student's proficiency.

While behavior and effort are important to the learning process, they are not in themselves considered an academic achievement and will be reflected in a student's citizenship grade rather than the academic grade.

The student is the primary person responsible for his/her learning and therefore should be actively involved in the learning process by understanding learning goals, assessment criteria, and teacher expectations. A student who fails to demonstrate proficiency on major assessments or performance tasks should meet with the teacher during FlexTime to determine a *strategic learning plan* for mastering the content and demonstrating proficiency.

Specific details outlining Vista's grading philosophy and school-wide grading policy can be found on Vista's website.

### GRADE REPORTS

Students earn permanent grades that are reflected on the transcript four times per year. These grades can be seen in Powerschool as Quarter Grades (Q1, Q2, Q3, Q4). Quarter grades earn 5 credits for each passing grade of a D- or higher. Reports cards are distributed at the end of each quarter. Progress grades (P1, P2, P3, P4) are posted in Powerschool at the midpoint of each quarter and credits are not issued. Quarter grades are used to determine eligibility for sports and extracurricular activities.

## FINAL EXAM POLICY

Final examinations are mandatory at Vista del Lago High School and will not be scheduled early for any reason. Students who miss their final exams that completed an *Incomplete Mark Agreement in advance* with their teacher will be issued a grade of *Incomplete* for the semester. Students are required to make-up missed final exams during the first 2 weeks of the following semester as agreed upon with the *Incomplete Mark Agreement* to replace the *Incomplete* with a letter grade. If a student is a No Show on mid/final exam days without an agreement in place, the student's grade will result in a failing semester grade or a grade calculated without mid/final exam. It is the student's responsibility to contact the teacher to arrange a make-up appointment to take the exam. The time frame for make-up will be determined by the teacher and circumstances surrounding the necessity for the incomplete mark. Failure to make up the final will result in a failing semester grade or a grade calculated without the final exam.

## REPEATING CLASSES

For the high school transcript, with the approval of the principal or designee, a student may repeat a course to raise his/her grade. Both grades received shall be entered on the student's transcript, but the student shall receive credit only once for taking the course. The highest grade received shall be used in determining the student's overall grade point average (GPA).

For college applications, please see specific guidelines from each university system.

## CITIZENSHIP MARKS

	WORK HABITS	ATTITUDE AND BEHAVIOR
O	Completes assignments, including homework. Classroom participation is constructive elevates the academic environment of the class. Always on task in class.	Tardiness is rare and any absences are excused. Classroom rules are followed. Consistently models exceptional behavior and respect for the teacher, other students, and the property of others.
S	Completes most assignments, including homework. Classroom participation supports the academic environment of the class. Rarely off task.	Tardiness is infrequent and absences are excused. Attitude is positive and respectful towards teachers, students, and property. Follows classroom rules.
N	Completes some assignments, including homework. Not consistently on task in class.	More than 5 tardies and/or 3 unexcused absences. Attitude can be negative and participation can be unproductive. Does not consistently follow classroom rules.
U	Completes few assignments, including homework. Frequently off task in class.	More than 6 tardies and/or 3 unexcused absences. Disrespect and negative attitude diminish the academic and social environment of the class.

Citizenship is reported separately from academic grades. Course citizenship includes both *work habits* and *attitude/behavior*. Good citizenship is vital to a positive, productive school environment. Because of this, students who receive two or more unsatisfactory citizenship marks on a grade report may lose the privilege to participate in extracurricular activities including athletics, dances, rallies, nonacademic music, and theater performances, and club activities.

## **HOMEWORK POLICY**

At Vista del Lago, homework is defined as academic work which requires time and effort outside the classroom. The purpose of homework shall be to provide independent practice, preparation, and extended learning opportunities necessary to successfully master course content. Homework also supports the development of regular study habits, time management, responsibility, and self-discipline—all skills essential for success in high school and beyond. Consequently, parents must set guidelines and expectations that ensure homework completion.

When homework is used to provide practice, preparation, and extended learning opportunities, it may be included in the student's formative assessments grades. Homework completion will also be part of the student's work habits and reported in his/her citizenship grade.

## **SELECTION OF THE VALEDICTORIAN(S)**

Before the start of his/her final year of high school, a student meeting specific district requirements will be determined a valedictorian candidate and will be made aware of the requirements necessary to become a final valedictorian.

*Requirements for candidacy:*

1. Cumulative unweighted GPA of 4.0 in ALL COURSES posted to the transcript through the 3<sup>rd</sup> quarter of the senior year (or end of term 1 grades for early graduates).
2. A minimum of 60 weighted credits (AP and HONORS) posted to the transcript by graduation. At least ten of these credits must be completed during the senior year.

More details outlining candidacy requirements can be found on Vista's website.

## **ACADEMIC DISHONESTY**

At Vista del Lago, academic honesty and personal integrity are fundamental components of a student's character development. Teachers and administrators are committed to a school environment where honesty, integrity, hard work, and the learning process are valued over the importance of good grades at any cost.

Students who choose to cheat, deprive themselves of the opportunity to learn—especially, how to think critically and independently, and essential skills for both college and career. Academic dishonesty is destructive to the entire school community and engenders mistrust and damages relationships between teachers and students. Because students face life-changing consequences when they choose to cheat rather than earning grades honestly through hard work and good study habits, Vista has taken an aggressive, proactive approach to this issue through advisory lessons and a school-wide Academic Integrity Program. Students and parents are required to review and sign an Academic Integrity agreement that outlines Vista's policies and consequences for any violations. The Academic Honesty Agreement, along with disciplinary and academic consequences are available on Vista's website.



# STUDENT SERVICES

## ID REQUIREMENT

**Students are required to have an ID card with them at all times.** Students must produce an ID when asked. Digital ID cards are available. ID cards will be given to students on arena day. Students missing arena day need to attend picture make-up day to get an ID.

## DELIVERIES TO STUDENTS

Delivering items for students creates a strain on our office staff; we discourage such deliveries. Though we do understand that there are occasions when a student may have forgotten something important and a parent must deliver it during the school day. **All deliveries must be dropped off in the office by a parent/guardian.** If a student is found going to the parking lot to retrieve items the item may be confiscated and the student may receive detention. To keep classroom disruptions to a minimum, items or delivery notifications will not be delivered to students during class time. Please notify your student to pick up the item(s) during the passing period. Students are not allowed to order food for delivery. Delivery will be confiscated and no refund will be issued.

## LIBRARY

Your ID card is your library card. You must have it to check out materials and use computers. You may check out anything in the library, but the length of time you may keep it varies according to the kind of material it is and the current need for such material (most checkouts are for a 3 week period). Students will be financially responsible for lost or damaged books and periodicals.

## WORK PERMITS

Students under the age of 18 must possess a valid work permit when employed. Information and applications are available in the Assistant Principal Office. The application must be filled out by your current employer and signed by your parent or guardian before the Work Permit will be issued. Work Permits are allowed only to students who have regular attendance, maintain a 2.0 GPA, and satisfactory citizenship. Students with poor citizenship and GPA may have their Work Permit revoked. Applications are available in the AP office.

## TRANSCRIPT REQUESTS

Currently enrolled Vista del Lago High School students may request an official or unofficial transcript by completing the Google form on the school website. Transcripts may be picked up at the end of the following day in the registrar's office, or they may be mailed by Vista del Lago directly to a college or university when required. Since official transcripts require more time to prepare, students are asked to request an official transcript only when required by the school or scholarship. Please note that currently enrolled students may request only one unofficial transcript copy at a time.

## TRANSCRIPT REQUESTS (as of Fall 2023)

Vista del Lago students and alumni may request transcripts through Parchment. A link to the Parchment platform can be found on the Vista del Lago website. Students must first create a Parchment account before ordering a transcript.

## **FOOD SERVICES & STUDENT WELLNESS**

There is a wide selection of meals available in our cafeteria for student purchase. All foods and beverages sold or provided to students on campus are expected to meet or exceed state and federal nutrition standards. To adhere to this district policy, classroom activities that include food from outside sources or vendors must receive prior approval from the administration.

## **STUDENT ACCOUNTS**

Student business such as the purchase of student body cards, yearbooks, activity tickets, parking permits, miscellaneous materials, and/or the payment of fines are handled through the student accounts office located in the student union. Dance bids are also submitted to and picked up from this office. **No checks can be accepted after March 26th.** All payments made in student accounts after this date must be made with cash, credit card, or money order. A credit card may also be used for some items through the Vista web store. There will be a \$20.00 charge for returned checks.

All student debts must be cleared by the end of each school year.

## **LOST AND FOUND**

The lost and found is located in the Student Union (The Nest). Articles will be held for two weeks during the school year. All unclaimed articles will be donated to charity at the end of each term.

## **COMMUNICATIONS**

Parents can receive a weekly email blast each week with important updates. Contact the front office if you are not receiving these emails.

Vista del Lago has a Facebook page and a Twitter account that we encourage all parents and students to connect to. This is an excellent way to keep up on what's happening on our campus, in student activities, and athletics.

The web page is also full of important information. Please go to [www.fcusd.org/vdlhs](http://www.fcusd.org/vdlhs).

## **BUS TRANSPORTATION**

Bus transportation information can be found on the district website, [www.fcusd.org](http://www.fcusd.org). Transportation to and from school is a privilege and may be revoked at any time due to unacceptable bus behavior.

## **LOCKERS**

Campus lockers are located in the Physical Education building and are available only to PE students and athletes. Sports equipment or clothing should not be dropped off in the office for students. The lockers are school property and are subject to search at any time.

## PARKING ON CAMPUS

Because there are more student drivers than there are parking spaces, **only seniors and juniors** may purchase parking permits. Only Seniors will have the opportunity to purchase a parking permit on Arena Day. During the first week of school, Juniors will have an opportunity to purchase a parking permit, through a lottery system. **A parking permit does not guarantee a parking space; it only grants a right to park on campus.** Having an open first period greatly reduces the likelihood of securing a legal parking space in the student lot. If parking is a concern, late arrival is not recommended. Students with individual permits should park in the student parking lot in front of the main gym. **\*Please note: any sophomore student that has a license or gets one during the spring semester may not park on campus. As noted above, parking is limited and permits are sold to seniors and juniors first.**

Students with a parking pass must park in designated student parking spots. Students parked in no parking areas may be towed. Parking violations may be issued to any vehicle parked without a proper permit OR in a non-student permitted area on campus. Fines for violations range from \$15 to \$35 and possible loss of parking privileges for the remainder of the school year. Unpaid parking fines are treated the same as all other student debts.

All vehicles on campus are subject to search without cause; students are responsible for any items found in their vehicle—drugs, alcohol, tobacco, and weapons on campus will result in suspension and/or expulsion.

All vehicles are off-limits during the school day. Students must come to class prepared and should not leave any needed materials in their vehicles. If a student must gain access to their car during the school day, they must obtain permission from an Assistant Principal.

The school district is not responsible for any damage to or theft of a vehicle or its contents while parked on campus. Students should not leave any books or items that will be needed during the school day as students are not permitted to be in the student parking area during school hours without administrator permission.

**Parking on campus is a privilege, not a right. Your Parking Permit may be revoked at any time for, but not limited to, the following reasons:**

- Leaving school grounds without permission.
- Any behavior or action that results in an off-campus suspension.
- Upon issue a second truancy notice.
- Two or more unsatisfactory citizenship grades in one grading period.

Any of the above infractions may result in the revocation of a student parking permit. No refunds are given for revoked permits. Students with revoked parking privileges will be placed at the end of the waiting list and must meet with the administration before parking privileges are restored.

Again, parking is limited on campus. We encourage students to rideshare, walk, or ride a bike when possible. There is limited parking on the streets around Vista. Plan accordingly.

**Section 13202.7 of the vehicle code states that a student's driver's license may be suspended or delayed in receiving if the student has poor attendance or is considered a truant.**

## **STUDENT DROP OFF AND PICK UP**

Students should only be dropped off and picked up at the yellow curbs around the perimeter of the administration parking lot. Vehicles should only enter the lot if they are planning to park. It should not be used for a short cut. There is **no** student drop off or pickup in the library or student parking lots. Please be patient and drive carefully!

## **HEALTH SERVICES**

A School Health Assistant is available daily on a part-time basis to provide first aid and assist students with medications. A Registered Nurse is available as a confidential health resource for students, parents, and staff upon request. The school nurse conducts annual hearing screening for all tenth graders and is available for vision, hearing, scoliosis, and health/developmental assessments upon referral.

Students must have a pass from their teacher to visit the Health Office and must sign in and out on the attendance record. Students are allowed fifteen minutes of rest. If a student is not able to return to class, a phone call is made to notify a parent/guardian. **Students MAY NOT leave campus without approval from the attendance office first.**

Students needing life-saving medications (i.e. epi-pens, inhalers) can be carried by the student if a medication form is on file in the health office. All other medication of any kind may not be kept in a student's possession while on campus. If a student must take prescription or over-the-counter medication during school hours, the medicine should be brought in the original labeled container to the health office, along with a district release form completed and signed by a parent/guardian. These forms can be downloaded from the FCUSD website, [www.fcusd.org](http://www.fcusd.org), and are available in the office.

## **SUPPORT FOR STUDENTS IN CRISIS**

More and more, we are seeing Vista students in need of counseling and support. A greater number of students are coming to their counselors and our Health Office with symptoms associated with stress, anxiety, and depression. Issues such as divorce, unemployment, foreclosure, and illness can take a toll on our students, especially when they are already under the typical academic and social pressure associated with high school. Vista's school psychologist, Marriage & Family Therapist (MFT)/Mental Health Specialists (MHS), administrators, and counselors are here to remove or reduce obstacles that prevent students from being successful in school. Please make sure and let us know if you, or someone you know, needs help.

# RIGHTS, RULES, AND RESPONSIBILITIES

*Vista students have the right to learn in an academic environment that is safe, orderly, and secure.*

Behavior, misconduct, or any violation of campus rules that interferes with the learning process, or is detrimental to the welfare of others, is unacceptable.

Students are responsible for showing the maturity and self-discipline necessary to support a positive campus and classroom environment. When the words or actions of any student, or group of students, infringe upon the rights of others or threatens the basic welfare of others, the school shall intervene and impose disciplinary action according to site and district policy.

## TOBACCO AND VAPE PRODUCTS

The use of tobacco products, including vape products, chew, cigars, smokeless tobacco, and vapor emitting devices are prohibited at all times on district property and in district vehicles. Any device that mimics the use of tobacco products is prohibited. Students may be suspended for up to 5 days for possession or use of tobacco products.

## DRUG AND WEAPON FREE ZONE

Vista del Lago has been declared a drug and weapon-free zone. Enhanced penalties will be applied to anyone prosecuted for drugs, alcohol, or any controlled substance.

No firearms, knives, fireworks, chains, or any instruments considered dangerous—even imitation weapons-- may be brought onto campus. Penalties for doing so are severe and may lead to expulsion and arrest.

## INTERNET USE

All students (and parents) have agreed to an Authorized Internet Use policy as part of their registration process. In return for providing Internet access, students agree to abide by the AIU Policy which includes, but is not limited to

- Using appropriate language in electronic correspondence.
- Maintaining security for your email and password—do not share!
- NEVER using a computer where another student is logged in.
- Not removing or copying data from a computer or network unless authorized to do so.
- NEVER uploading any software onto district computers.
- Understanding that when you are logged in, all actions are logged and documented at the district office; nothing you do on district computers is private.

## BULLY FREE ZONE

All Vista students should feel safe, secure, and accepted regardless of color, race, gender, sexual orientation, popularity, athletic ability, intelligence, religion, and nationality.

Acts of bullying, hazing, or harassment are physically, emotionally, and psychologically detrimental to all involved—these acts disgrace and degrade not only the victim but the offender and bystanders as well.

To be a Vista Eagle is to understand that being a quiet bystander to bullying is just as offensive as being the actual bully. Any incidents involving bullying, hazing, or harassment should be reported immediately to a faculty member.

Vista students take a pledge to support students who have been or are subjected to bullying by talking to parents or teachers about concerns and issues regarding bullying. Upperclassmen should provide a good role model for younger students and support them if bullying occurs.

Students who bully, haze, or harass another student may receive up to a five-day suspension, notification of law enforcement, and recommendation for expulsion.

## **MOBILE DEVICES**

Vista del Lago is committed to the appropriate and effective use of technology in the classroom to enhance the quality of student learning. While students may, with instructor approval, use personal electronic devices in the classroom to do work that is relevant to the class, the following activities are considered disruptive to student learning and are generally prohibited when the class is in session unless specifically authorized by the instructor:

- using personal electronic devices to engage in any activity that violates district or school policies and procedures
- using personal electronic devices during examinations
- using personal electronic devices to cheat or plagiarize
- communicating with others via e-mail, instant, or text messaging during class time unless permission is given by the instructor
- engaging in any research, work, or Internet *surfing* not authorized by the instructor
- recording or transmitting any lecture, tutorial, or other types of class material without first obtaining the instructor's consent
- duplicating, storing, or transmitting material that violates copyright law
- accessing, creating, distributing, or transmitting abusive, slanderous, libelous, discriminatory, or explicit material
- harassing, bullying, or threatening another individual
- filming or a student of any staff member without expressed consent

If teachers have not permitted students to use devices for learning they **MUST BE SILENCED** and stowed in backpacks or pockets during class so they are not visible to staff or other students.

The rule also applies to headphones and earbuds. If the item is visible, the teacher may confiscate it. Confiscated items will be sent to the office and may not be picked up until after school. A second confiscation may lead to the device being released only to a parent. Recurring violators may receive Saturday School or suspension.

Individual teachers will determine whether or not it is appropriate or necessary for students to use tablets and/or laptops in the classroom.

## **ASSEMBLIES AND RALLIES**

These special events are an important part of the educational process. They include programs for education, entertainment, elections, and pep rally functions. They promote school pride and support a positive campus culture.

Appropriate student conduct is necessary for successful assemblies. Students should be attentive and courteous when someone is speaking or performing.

## **PERSONAL PROPERTY**

Your personal property is YOUR responsibility. The school/district is not responsible for the loss of personal property so we discourage you from bringing large sums of money or expensive items to school. Never leave backpacks or personal property unlocked or unattended. During PE, all personal items should be locked securely in PE lockers.

## **STUDENT SEARCHES**

School officials may search individual students and their property, including cars, when there is a reasonable suspicion that the search will uncover evidence that the student is violating the law or educational code. In the interest of health and safety, trained drug detection canines and metal detectors may be utilized (B.P. 5145.12).

Law enforcement officers have the right to interview students on school premises (B.P. 5145.11)

In addition to following school rules while on campus, students are held accountable for their conduct on their way *to* and *from* school. Any violation occurring between school and home has the same consequences as events taking place on campus (CA State Ed. Code 44807).

## **CAMPUS DISCIPLINE POLICY**

Students referred to the office on Discipline Referrals must go directly to the office and may not return to class until seen by an administrator. Consequences may include detention, suspension, parent conference, Saturday School, and loss of privileges for future school activities. Excessive or severe violations may result in conditional enrollment, transfer to an alternative education setting, arrest, and possible expulsion from the district. For a complete list of offenses and consequences, as well as the right to an appeals process, please visit the assistant principal page on the school website.

### **DETENTION**

Any staff member may assign up to 50 minutes of detention to be served before or after school, or through campus work service. Campus work service includes classroom or lunch area duties assigned by the teacher or an administrator. Prior arrangements must be made for work service.

Students have two school days to complete the assigned detention. It is the student's responsibility to obtain the signatures necessary to prove detention was served and to return the signed detention form to the assigning teacher.

Students who feel that detention has been assigned without just cause should still sign the detention form and make an appointment with an assistant principal. Appeals will not be considered if a student has refused to sign the detention form.

### **SATURDAY SCHOOL**

Vista's Saturday School Program is designed to provide an additional disciplinary option between on-campus detention and off-campus suspension. It also serves as a make-up for truancies. Students spend from 8:30 am to 12:30 pm working on assignments. For truancies, students will be expected to work on school work. For disciplinary incidents, students will be assigned work by the assistant principal that will be completed during Saturday School. If a student fails to remain on task, fails to complete assigned work, or disrupts other students during assigned Saturday School, discipline consequences will move to suspension. Students who fail to attend Saturday School MAY receive a suspension.

### **SUSPENSION**

There are three types of suspensions. All become part of the student's permanent disciplinary record.

- 1) **Class Suspension:** A teacher may suspend a student from class for any behavior or conduct that disrupts learning. Students may receive a one or two day class suspension. Suspension is served in the assistant principal's office where students are expected to be engaged in quiet study. Parents must be notified by the teacher.
- 2) **In-house Suspension:** An administrator may assign a student in-house suspension. The student is suspended from his/her classes, but remains at school under the supervision and is denied any contact with other students.
- 3) **Off-Campus Suspension** An administrator may assign a student up to five days of

off-campus suspension depending on the seriousness of the offense. The student is expected to be supervised at home by a parent or guardian.

## **EXPULSION**

The principal or superintendent of schools may recommend expulsion for any of the following acts committed at school, at a school activity, or to or from school:

- 1) Causing serious physical injury to another person, except in self-defense.
- 2) Possession of any knife, explosive, or other dangerous objects of no reasonable use to the student.
- 3) Unlawful possession of any controlled substance except for the first offense for the possession of not more than one (1) avoirdupois ounce of marijuana, other than concentrated cannabis.
- 4) Robbery or extortion
- 5) Assault or battery upon any school employee.

The principal or superintendent must recommend expulsion for the following

- 1) Possessing, selling, or otherwise furnishing a firearm.
- 2) Brandishing a knife at another person.
- 3) Unlawfully selling a controlled substance.
- 4) Committing or attempting to commit sexual assault or battery.
- 5) Possession of an explosive.

### **Students have the right to a clean, well-maintained campus.**

Vista del Lago students have the right to learn in a clean, safe, and well-kept environment. Consequently, all students are expected to be environmentally responsible by adhering to a *No Impact* policy while on campus. Expectations are that all students will protect the campus environment from defacement, will respect the greenery and landscape, and **will remove all garbage or trash** that he/she may have generated. Violators will be assigned campus clean-up detention.

Students will walk on paved walk areas, **not** on the grass or in planting areas. Vista students should take pride in the culture of environmental awareness and responsibility fostered at our school and work together to protect our campus for the use and enjoyment of future students, faculty, administrators, and community members.

Students caught discarding chewing gum anywhere other than a trash receptacle will receive Saturday School where they will be assigned campus clean-up. Any materials to be posted on campus must first be approved by an administrator. Only BLUE masking tape may be used to affix signs. Scotch or duct tape is not allowed and signs adhered with this type of tape will be removed immediately.

### **Students have the right to quality learning resources.**

Even in these restrictive budgetary times, Vista students are provided with the best equipment, textbooks, and materials available. To ensure that all students have access to the learning resources they need, students are financially responsible for all textbooks and materials issued to them. Students will be billed for lost or damaged equipment, textbooks, and materials. Report cards, schedules, and/or diplomas are held until all fines are paid. Stolen textbooks must be reported immediately to the administration

Chromebooks are issued to students to aid in their learning. Chromebooks are to be brought to school every day, fully charged. Destruction of chromebooks will not be tolerated. Students may be financially responsible for replacing lost or damaged chromebooks.



# **EXTRACURRICULAR ACTIVITIES**

## **ASSOCIATED STUDENT BODY (ASB)**

Involvement is a key ingredient to academic, social, and personal success during high school. Vista's activities program allows every student the opportunity to become involved in extracurricular activities.

### **STUDENT GOVERNMENT AND LEADERSHIP OPPORTUNITIES**

Vista students have 3 ways to get involved in school leadership: Student Government, Leadership Class, and Student Senate.

- Student Government—these positions are either elected by the student body or appointed by a panel. Offices are open at all grade levels. Officers must maintain a 3.0 or 2.5 GPA depending on the position. Each office is required to be a year-long commitment. Students interested in holding a position can find specific information on the school website.
- Leadership and the Community—the main goal of this course is to prepare students for leadership roles on our campus and in our community. Students interested in Student Senate, National Honors Society, and other service and academic clubs are encouraged to enroll. This class is open to all grade levels and is an excellent way to get involved on campus and in our community.
- Student Senate—every advisory class is represented by an Advisory Senator. Senators work collaboratively with Student Government and administration to ensure the student voice is heard at Vista. Senators also work on a variety of projects that focus on school culture and spirit. Students apply for senate positions through an application and referral process.

### **ELIGIBILITY TO PARTICIPATE**

All students are eligible to participate in student activities. Certain disciplinary incidents and two or more unsatisfactory citizenship grades may prevent a student from participating in extracurricular activities until the issue has been resolved. Also, students receiving attendance letters may become ineligible to participate in extracurricular activities as determined by an administrator.

A student who is absent for any part of the school day may be ineligible to participate in extracurricular activities occurring the same day unless prior approval is obtained by an administrator. For example, if a student does not attend school the day of a dance, he/she may not attend a dance that evening. Students must attend school on the Friday before a Saturday dance to attend Saturday dances such as Homecoming, Spring Dance, Junior Prom, and Senior Ball. Refunds will not be issued for dance tickets.

### **EXPECTATIONS OF STUDENT BEHAVIOR**

After school activities and events are a time to celebrate student achievements and school accomplishments. Our ability to demonstrate school pride and spirit requires that the rules of good conduct be observed by all. Those students unable to demonstrate appropriate conduct will be removed from the activity and may lose the privilege of attending school events.

## **CLUBS AND ORGANIZATIONS**

Clubs allow students with similar talents and interests to meet and interact on campus. Vista currently has over 75 registered clubs that provide students opportunities to learn leadership skills and provide service to our community. Students interested in starting a new club may do so with the support of a staff advisor. More information about existing clubs and how to start a new club can be found on Vista's website.

## **DANCES**

A current ID card is mandatory to purchase a dance ticket. All fines must be paid and detentions served before attending a school dance. All regulations pertaining to student conduct while in school, including the dress code, are in effect during dances. Violation of the contract may result in possible disciplinary action and revocation of dance privileges.

All students must present a current student ID to be permitted entrance to any dance. A duplicate ID may be purchased at Student Accounts if needed.

Students arriving later than **one hour** after the dance has started will be denied entry and parents will be notified. All students are subject to random breathalyzer tests and searches at any time; anyone found to be under the influence or in possession of any illegal contraband will face disciplinary procedures and be removed from the dance.

### ***Dress Code Requirements for Dances***

The Dress Code for casual dances is the same as our campus dress code (see dress code contract). Review the dance contract on the Vista website for specific dress code standards for semi-formal and formal dances. Students not meeting these standards will not be allowed into the event until they comply.

### ***Dancing Regulations***

To provide a positive and safe atmosphere at our school dances, freaking and grinding will not be permitted. This type of dancing will result in the wristband of the student being removed. If there is a second infraction, the student will be asked to leave the event and he/she may be ineligible to attend future dances. Parents/Guardians will be notified.

## **ATHLETICS**

Vista del Lago is part of the Capital Athletic League – Division III. A complete list of all athletic teams and opportunities is available on the Athletics Department page on the Vista website.

## **PHILOSOPHY**

Our philosophy is based on "The Positive Coaching Mental Model," developed by The Positive Coaching Alliance who works with coaches, parents, and student-athletes to create positive and effective team cultures on our campus. Our coaches are trained to give truthful, specific praise, laying the groundwork for "teachable moments," when players will be receptive to specific, constructive criticism. Our main goal is for Vista athletes to honor the game and respect their opponents, teammates, and coaching staff.

Through good sportsmanship and appropriate coaching, our student-athletes will learn the skills needed to become contributing members in a highly competitive society.

## **FAN BEHAVIOR**

We encourage all students as well as members of the community to support Vista athletics by attending athletic events. Just as good sportsmanship is expected from our athletes, it is also expected from our fans. Derogatory or unsportsmanlike behavior directed to the opponent or the referees/officials is inappropriate and may lead to ejection from a game. Fans are expected to treat guests from opposing schools with respect and courtesy.

## **ATHLETIC ELIGIBILITY**

Students must maintain a 2.0 GPA and receive no more than one (1) unsatisfactory citizenship grade in the previous grading period to participate in First quarter freshmen are eligible by default until the first quarter report cards are issued. Non-attendance for any part of the school day will result in the loss of participation in any extracurricular activities occurring the same day unless prior approval is obtained by an administrator.

Any athlete who has been suspended for possessing, using, selling, furnishing, or being under the influence of any controlled substance; for possession or use of tobacco or any tobacco product; or inappropriate conduct/ behavior during an athletic contest, may be immediately suspended from team participation for a period of 10 school days. A formal hearing with an administrator, coach, and athletic director will be held during this time. The results of that hearing will determine whether or not the athlete may remain on the team. Team coaches may issue additional rules pertinent to each sport.

The use of any steroids or other performance-enhancing drugs is a violation of district policy.