

In relation to the Co-Curricular Philosophy and Goals, established in Policy 2150, these indicators or general objectives have been developed to suggest ways the goals can be met:

- I. The co-curricular program shall focus on the physical and intellectual improvement of the participant/learner.

Therefore, as a result of the opportunities for involvement in co-curricular programs, the participant/learner will:

- A. Improve his/her level of physical fitness and develop lifelong fitness goals and practices. The student will:
 1. Demonstrate good habits of fitness including diet and health, body awareness and program for regular repetitive activities.
 2. Learn and use proper techniques for working out.
 3. Be able to set and reset realistic lifelong goals.
 4. Recognize conditioning as an important recreational activity.
 5. Develop strength, endurance, etc.
 6. Understand the relationship between a sound mind and a sound body.
- B. Develop the ability to perform to the best of his/her capacity in a stressful and/or competitive situation. The student will:
 1. Demonstrate skills of concentration, relaxation, etc.
 2. Demonstrate good organizational skills.
 3. Demonstrate poise, self-confidence and consistency of performance.
 4. Develop appropriate use of humor to relieve tension.
 5. Exhibit good sportsmanship.
- C. Develop problem solving techniques by proposing and evaluating solutions to the challenges of an activity. The student will:
 1. Be able to identify problems through use of deductive and inductive reasoning.
 2. Identify options or alternatives through group techniques such as committee work or brainstorming.
 3. Examine and evaluate alternatives.
 4. Develop decision making skills such as consensus building.
 5. Develop the ability to set timelines and to devise a plan of action to achieve a goal.
- D. Develop an understanding of the importance of health, safety and personal hygiene practices relative to a specific activity. The student will:

1. Learn the proper equipment and clothing for an activity and use or wear as appropriate.
 2. Demonstrate appropriate care of equipment and clothing.
 3. Learn and practice proper techniques for an activity to reduce and prevent injuries.
 4. Follow safety procedures, which may include appropriate conduct and grooming guidelines relative to the objectives of a specific activity.
 5. Use fundamental techniques of first aid as appropriate.
 6. Practice mental and physical conditioning.
 7. Demonstrate social awareness through grooming and good health habits.
- E. Develop a thorough understanding of theories, rules and strategies of an activity. The student will:
1. Learn the rules and develop skills required for the game/activity.
 2. Apply the rules in given situations, through role play, physical demonstration and actual competition.
 3. Demonstrate knowledge of rules, theory and strategies through testing.
 4. Demonstrate knowledge through teaching peers.
- II. Co-curricular programs shall provide sufficient opportunities for all students to achieve their individual potential and to prepare themselves for successful participation in society through the development, improvement and performance of interpersonal and intrapersonal skills.

Therefore, as a result of the opportunities for involvement in co-curricular programs, the participant/learner will:

- A. Develop a positive attitude toward self. The student will:
1. Possess positive feelings about his/her performance.
 2. Share with others.
 3. Develop a plan for raising self-worth through realistic goal setting, self-evaluation including personal positive attributes, and acceptance of positive reinforcement.
 4. Share in role playing activities.
 5. Positively reinforce others.
- B. Develop habits of good citizenship, including such characteristics as scholarship, self-discipline, responsibility, dependability and commitment. The student will:
1. Follow rules of appropriate conduct, including regular attendance, active participation, punctuality and adherence to rules for activity.

2. Demonstrate respect for rules, authority, the personal rights and belongings of others.
 3. Demonstrate academic performance commensurate with individual ability.
 4. Promote good will.
 5. Willingly share success.
 6. Accept roles of leadership or followership as appropriate for a situation.
- C. Develop a sense of fair-mindedness and fair play in the context of the group organization and activity. The student will:
1. Recognize the contributions of others.
 2. Convey appropriate appreciation and praise for others.
 3. Show respect for other members in a group.
 4. Accept final decisions of officials/judges/critics respectfully.
 5. Respect and value the individual effort of everyone.
- D. Develop an awareness of team/class/individual goals and develop the ability to recognize and reconcile conflicting goals. The student will:
1. Learn techniques of setting and achieving goals.
 2. Attend and participate in meetings of the team and/or selected members, as appropriate.
 3. Demonstrate a commitment to goals of the team, activity, group, as well as individual.
 4. Demonstrate support for peers.
 5. Develop and use decision making techniques.
 6. Share goals with parents/guardians.
- E. Develop the ability to function effectively in social situations and to understand and accept individual differences and values and to demonstrate leadership skills as an active member of a group. The student will:
1. Demonstrate leadership in group discussion.
 2. Participate actively in group activity.
 3. Exhibit courtesy, good manners, cooperation.
 4. Conform to the will of the majority as appropriate for the achievement of group goals.
 5. Develop communications skills, both oral and written, including listening skills.
 6. Recognize conduct and grooming standards appropriate for a given situation and make adjustments according to specific objectives of the activity.
- F. Strive for excellence and develop pride in quality performance. The student will:

1. Set realistic goals.
2. Analyze and adjust goals.
3. Evaluate himself/herself through cooperation with coach/advisor.
4. Strive to make the best effort according to his/her ability.
5. Encourage and support others in their efforts for success.
6. Develop and demonstrate pride through belief in and commitment to goals.
7. Make a concentrated effort to achieve excellence and goals.

Co-curricular programs must be approved according to Board policy and District procedures. Activities which operate as an approved Associated Student Body (ASB) program must have met all conditions as specified in the ASB Constitution. The principal shall be responsible for assigning a staff member(s) to supervise all such approved programs.

Approval of major co-curricular activities, particularly athletic activities, are subject to these criteria:

- a. Demonstrated student interest and/or need.
- b. Compliance with Title IX requirements.
- c. Availability of staff qualified through experience and/or training in the activity.
- d. Availability of resources including appropriate physical space, funds for equipment, operations and supervision costs, etc.
- e. Impact on other programs including both school and community sponsored activities.
- f. Compliance with Washington Interscholastic Activities Association and/or other organized league regulations.
- g. Compliance with School Board and District guidelines and policies.
- h. Compliance with health and safety standards and regulations.

The Superintendent may convene a committee comprised of objective participants including students, parents, coaches, advisors and administrators to assist in conducting an evaluation of the request for addition of activities.

Challenged Content Procedures

The following procedures are established for all co-curricular content in the District and challenged by an individual, group or organization. The procedures must be followed in the order presented below.

- a. No co-curricular activities content shall be altered or removed from use within the District until this procedure has been completed unless otherwise directed by the Superintendent. The Superintendent can at any time within the process declare an emergency and alter or remove the content of a co-curricular activity. The basis for such action shall be limited to when an activity clearly threatens the health or safety of the students or clearly threatens to disrupt the educational process. A written summary of any emergency action taken by the Superintendent shall be conveyed to the Board, Instructional Materials Committee and the concerned parties.
- b. The principal shall communicate complaints to the person or persons primarily responsible for the co-curricular activity and the activity coordinator.
- c. If the complaint is directly communicated to the person or persons primarily responsible for the co-curricular activity, the principal shall be informed immediately after notification of the complaint.
- d. Every effort shall be made to resolve complaints with the person(s) responsible for the content of the co-curricular activity. If these efforts fail and the complainant requests the alteration or removal of the content of a co-curricular activity, the Request for Reconsideration of Co-Curricular Activity Content Form, together with a copy of the Challenge Process shall be furnished to the complainant by the principal with an explanation of the process for registering a complaint.
- e. The Request for Reconsideration of Co-Curricular Activity Content Form shall be completed with evidence that steps 1 and 2 have been fulfilled. The complainant shall submit the complaint to the Director of Curriculum.
- f. A review of the questioned content shall be instituted within five (5) working days after receipt by the Director of Curriculum of the Request for Reconsideration Form.
- g. Unless an emergency has been declared by the Superintendent, within ten (10) working days after receipt of the Request for Reconsideration Form the Director of Curriculum shall call together an open meeting of the Instructional Materials Committee.
 - (1) The Instructional Materials Committee shall evaluate the content with the specific objections in mind as related to the co-curricular activity. The committee may request the complainant and person(s) primarily responsible for the co-curricular activity to

appear before the committee to register additional information relative to the complaint.

- (2) The Instructional Materials Committee, the complainant or the person(s) responsible for the co-curricular activity may request professionally qualified resource persons to provide information to the committee.
- (3) A quorum for the Instructional Material Committee decision shall consist of all nine (9) members. To recommend to remove content of a co-curricular activity a simple majority vote of five (5) is necessary. The chairperson may vote. If a quorum is not possible due to a member emergency, an alternate may be selected by the Superintendent or his/her designee.
- (4) The Director of Curriculum shall, within five (5) working days, submit the final recommendation of the committee to the Superintendent.
- (5) The Superintendent shall, within five (5) working days of receiving the committee's recommendation, inform the complainant and the person(s) responsible for the co-curricular activity in writing of the committee's decision.
- (6) Regardless of whether the concerned parties accept or reject the decision of the Instructional Materials Committee, the Superintendent shall submit a copy of the committee's report to the Board.
- (7) The decision of the Instructional Materials Committee may be appealed by the concerned parties to the Board through the office of the Superintendent. Such request for Board review must be made within ten (10) working days of receipt of the decision. If a request is not received within the ten (10) day period, the challenged process shall be completed.
- (8) The Superintendent shall convey the findings of the Board reviewed to the concerned parties.

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| Implemented: | June 16, 1986 | North Thurston School District |
| Replaced: | June 20, 1988 | North Thurston School District |
| Amended: | June 5, 1989 | North Thurston School District |