

EAST AVENUE MIDDLE SCHOOL



3951 East Avenue Livermore, CA 94550

Phone: (925) 606-4711 Fax: (925) 606-4763

Attendance Line: (925) 606-4711 option 2

Web Site: <https://www.livermoreschools.org/east>

Staff email: first initial last name @lvjUSD.org

Dear Students:

We are pleased to welcome both new and returning students to East Avenue Middle School. As a Dolphin, you have the opportunity to become fully involved in our complete and varied curriculum and extra-curricular activities and programs. This will be an exciting, positive academic and fun filled year for you. Your time in middle school is very important and the staff at East Avenue plan to work hard to make this the best year yet. We will always be here to lend guidance, answer questions, and assist you whenever the need arises. All you need to do is ask.

Our best wishes for a successful and enjoyable school year,

-The East Avenue Middle School Staff

THIS PLANNER BELONGS TO:

NAME _____

GRADE _____

1ST PERIOD TEACHER _____

TRIMESTER	TRIMESTER BEGINS	TRIMESTER ENDS
FIRST	AUGUST 13, 2024	NOVEMBER 8, 2024
SECOND	NOVEMBER 12, 2024	FEBRUARY 28, 2025
THIRD	MARCH 3, 2025	MAY 29, 2025

Back to School Night - Aug. 29, 2024 Open House - May 14, 2025

BELL SCHEDULE

	<u>M/T/Th/F</u>	<u>Wednesday</u>
Period 0	7:30 - 8:20 AM	7:30 - 8:10 AM
Period 1	8:25 - 9:15	8:25 - 9:05
Period 2	9:19 - 10:09	9:09 - 9:49
Break	10:09 - 10:15	9:49 - 9:55
Period 3	10:19 - 11:14	9:59 - 10:44
4A	11:18 - 12:08	10:48 - 11:28
4B	11:53 - 12:43	11:23 - 12:03
Period 5	12:47 - 1:37	12:07 - 12:47
Period 6	1:41 - 2:31	12:51 - 1:31
	LUNCH TIMES	
1st	11:14 - 11:49	10:44 - 11:19
2nd	12:08 - 12:43	11:28 - 12:03

ACADEMICS

ATHLETIC/ACTIVITY/ACADEMIC ELIGIBILITY

Each trimester, students must earn a 2.0 GPA and maintain good academic standing throughout the athletic season. Activity eligibility is used for participation in athletics, Leadership, as an ASB student representative, and a variety of other student activities. For athletics, students and parents may request a one-time Academic Probation for one grading period if the student's GPA drops beneath a 2.0 (see Board Regulation 6145). A physical form signed by a doctor is required for all sports before participation is allowed and is good for one calendar year.

HOMEWORK REQUESTS

Most teachers post homework on our web site at lvjUSD.schoology.com During a student's absence, check Schoology daily to stay on top of classroom assignments. If a student is absent for 3 or more days and would like to pick up work, the student/parent/guardian should email the teachers or call the office at 925-606-4711 to request homework. The homework will be available between 3-4pm in the office.

HONOR ROLL

The Honor Roll is computed after each trimester grading period. Students on the Honor Roll must have a 3.0 average and no F's, Incompletes, or "No Grades". A student with a grade point average (GPA) of 3.71 or higher, and no F's, Incompletes, or "No Grades" is on the Principal's Honor Roll.

PLAGIARISM

Teachers spend a lot of time creating meaningful lessons for our students. Even though they work diligently to prepare students appropriately, some students may become overwhelmed and resort to cheating and plagiarism. Please do not do this. It is a serious action and will not be taken lightly. The first occurrence will result in a zero with no chance to make up the assignment and/or disciplinary actions. Further occurrences may result in failing the course. We only ask that students do their best. See the signature page for the Plagiarism Policy.

REPORT CARDS/PROGRESS REPORTS

Report cards are e-mailed three times a year. Trimester grades are recorded permanently in students' records. The following grades are given: A, B, C, D, F. Progress reports for students with at least one C- or below are also emailed home three times a year, in the middle of each trimester.

SCHOOLGY

Schoology is a learning management system that all teachers use. Most teachers post assignments and grades regularly. Students can use it to help keep track of the day's homework and any missing assignments they may have. Families should use Schoology to keep track of their student's academic progress. All students will sign up for an account at the start of the school year. Adults should also create an account and can do so from a home computer, smart phone or come into the office for assistance as needed.

GENERAL INFORMATION

BEFORE / AFTER SCHOOL

Students should not arrive on campus more than 15 minutes prior to their first period class since there is no adult supervision available prior to that time. All students should leave campus by 2:41pm each day.

MULTI-PURPOSE ROOM

Breakfast and lunch are served in the multipurpose room (MPR). We expect students to be courteous to each other and the lunchroom personnel. They are to show proper etiquette, good manners, and a respect for the environment. Students may eat in the lunchroom or outside in the quad. Students are responsible for cleaning up after themselves and putting their trash in the proper receptacles. Students who leave their trash behind are subject to disciplinary action.

EMERGENCY CONTACT INFORMATION

All students must have current emergency contact information on file in the school office. In case of an emergency, the school will contact ONLY designated emergency contacts. Accurate and current information will save time and allow us to make quick contact in the event of illness or injury. Please be sure to update your student's emergency contact information at the beginning of the school year using the Annual Student Update. If anything changes during the school year (home, cell, and work phone numbers or address changes), please notify the office as soon as possible.

FORGOTTEN ITEMS & STUDENT MESSAGES

All forgotten items such as books, assignments, lunch, or PE clothes must be brought to the office. Parents should make arrangements with the student before school regarding afternoon pick up, doctor appointments, etc. If this is not possible, parent messages for students may be telephoned in or left in the office. The office will make every effort to notify the student.

HALL PASSES

Students are not permitted in the halls without a pass. Teachers and office staff issue students passes as needed. Students are expected to use the restroom between classes, not during academic time.

LIBRARY

The East Avenue library is open for individual student use during school hours. Students are able to check out a wide range of books, magazines, and other materials with their ID card. A hall pass from the teacher is required for admission during class time. The library is open thirty minutes before school, during 4A or 4B lunch period and for Homework Club after school. Students need a special library pass from a yard supervisor to go to the library during lunch.

LOST AND FOUND

Misplaced items can likely be found in the MPR foyer. If students have lost PE clothes, they should check in the PE offices and both locker rooms.

MODES OF TRANSPORTATION

Bicycles/scooters/skateboards may be ridden off campus only. When on campus, students must walk or carry these items. These items need to be secured in the bike cage with a personal lock. The school is not responsible for stolen or damaged items. Helmets are required.

NURSE'S OFFICE

There is a nurse and a health technician on site two days a week. Students who are injured or not feeling well should ask teachers for a pass to the office. There will be a staff member available to tend to them. Staff members are not allowed to dispense medication without a note from a doctor. Forms are available in the office.

SPECIAL DONATIONS

All East Avenue students will be given the essential supplies that will be kept in the classroom. However, if you would like to donate to our school or a specific classroom for materials that extend and enrich the learning of our students, we would be grateful for the gift.

STUDENT BODY ID CARDS

Students will receive a photo ID within the first couple of weeks of school. ID cards will be used for library access, lunch purchases, school dances, sporting events and the ballroom on the blacktop. **Students must carry their ID card with them at all times.** If an ID card is lost, a replacement can be purchased in the office during lunch or after school. The cost is \$5.00.

TELEPHONE USE

Students may use the office phone after school. Arrangements for transportation home should be made before school.

TEXTBOOKS

Students will be issued a set of textbooks to be kept at home. Each room has a class set of books to be used during the school day.

Students are responsible for the textbooks issued to them and are expected to pay for replacement costs for all damaged or lost books. The librarian will have cost and replacement information as textbook cost will vary. Please cover and take care of the books.

VISITORS

All visitors must check in at the office and obtain a visitor's pass before entering campus. Parents with teacher meetings must check into the office before proceeding to any classroom. Visitor badges should be worn while on campus. Student visitors are not allowed.

BEHAVIORAL STANDARDS

We believe that if students clearly understand the rules and the consequences for appropriate behaviors, they can make intelligent choices. We expect parents/guardians and students to understand the importance of school rules and to cooperate with their enforcement. We know the vast majority of our students are considerate, well behaved and responsible. We will make a consistent effort to notice, praise and reward these positive behaviors.

Consequences for inappropriate behavior should include opportunities for the student to learn from his/her mistake. Whenever possible, students should be included in intervention programs that will help them acquire the skills to make positive choices in the future.

Our goal at East Avenue Middle School is for our students and staff to come to a safe learning environment that is free from distraction, disruption, and threats. While each class has its own set of rules, we expect students to be safe, responsible, and respectful at all times. There are consequences if students choose to behave differently. Consequences are given at the administrator's discretion.

EXAMPLES OF UNACCEPTABLE BEHAVIORS

- -Loitering in unrestricted areas - littering
- Disrespect to other students - profanity/abusive language - possession of cellphones under restricted conditions
- possession of speakers/headphones/ or other items considered disruptive
- use of skateboards/scooters or any wheeled mode of transportation on campus
- Disrespect to school staff
- Defiance or disobedience
- violating proper use of Chromebook and computer policy

DRESS CODE

It is expected that each student maintains an appearance that does not detract from the educational process. Clothing, jewelry, or accessories (including body art) worn must meet the following expectations:

- Clothing should not have any connection or reference to gang affiliation, alcohol, drugs, tobacco, weapons, violence, vulgarity, gambling, nudity, or bigotry of any kind. Clothing that degrades any cultural, religious, or ethnic values is prohibited.
- Undergarments must be covered. This applies to all students - no sagging pants exposing underwear or exposed bras.
- Pants, shorts and skirts must cover buttocks area
- Shoes must be worn at all times.

In the event a student fails to follow school policy, they will have to change into clothing appropriate for school.

Final determination of what constitutes appropriate dress code will be made by administration.

REFERRALS

Referrals are given when a staff member determines a student to be disruptive, defiant, or displaying unsafe behavior. Students must come directly to the office once they are referred. A no-show may result in a suspension. Consequences are given at administrator's discretion. All referrals may result in or more of the following, but are not limited to:

<i>First Offense</i>	<i>Second Offense</i>	<i>Third Offense</i>
Parent/guardian contact/conference	Parent/guardian contact/conference	Parent/guardian contact/conference
Written warning	Written warning	Written warning
Behavior intervention/support	Behavior intervention/support	Behavior intervention/support
Detention	Detention	Detention
Exclusion from school activities	Exclusion from school activities	Exclusion from school activities
School community service	School community service	School community service
Class suspension	Possible Class suspension	Class suspension
		1-5 day in-house/at home suspension

The purpose of the parent contact is to make the parent aware of the behavior. If a parent would like more information on the referral, they may contact the referring staff member.

CELL PHONE / ELECTRONIC DEVICES POLICY

Valuable personal property is NOT permitted on campus. All electronics (phones, Bluetooth speakers, cameras, electronic game devices and other electronic devices) will be confiscated immediately. Taking pictures (cameras and phones with cameras) is not permitted on campus during the school day. Parents, not students, must pick up confiscated items.

Cell phones may only be used before and after school in the front of the school. Cell phones MUST be turned off and put away during the academic day, including passing periods and lunch. Text messaging, and other forms of cell phone communication, are forbidden during the school day. Audio/Video recording of staff or students on campus w/o permission is strictly prohibited and may result in a suspension.

Consequences:

- **1st Offense:** Warning and reminder regarding permitted use. Device will be confiscated for the remainder of the day.
- **2nd Offense:** Parent contact, after school detention; and device will be confiscated for the remainder of the day. .
- **3rd Offense:** After school Detention: Student must turn in their phone to the office before school for the next 30 days. Parents must pick up.
- **4th Offense:** After school Detention: Student must turn in their phone to the office before school for the remainder of the year. Parents must pick up.

The school assumes NO liability for the disappearance of/or the damage to such items.

ATTENDANCE

ATTENDANCE

The Livermore Valley Joint Unified School District is committed to ensuring academic excellence for all students. Maximizing children's achievement must begin with daily school attendance. Students should only be absent due to illness, medical or dental appointments (please try to schedule these before or after school), funeral services, and/or court ordered appearances. Good attendance is an important skill that will help your child graduate from college and maintain employment.

A parent/guardian must call the attendance line each day for a student who is absent from school for any reason. **The number to call is (925) 606-4711 ext. 2.** A note may also be brought to the office upon return to school confirming the absence. Please include child's name, parent/guardian's name, and the reason for absence. If an absence is not cleared by the third day, the absence will become a cut and consequences will be assigned until it is cleared. If a student has been out ill 3 or more days, a doctor's note may be required for verification.

If a student arrives more than 30 minutes late to school, the school must receive notification from a parent/guardian. Tardies cannot be excused.

If leaving early from school, a student must be signed out by a parent/guardian or designated contact. When returning from the appointment, the student must sign in at the office to get a pass to class.

EXTENDED ABSENCES/INDEPENDENT STUDY

The East Avenue staff and the district recommend that vacations and other extended absences occur during the scheduled school vacation days. We understand that sometimes absences cannot be avoided, so Independent Study is available. At least 14 days prior to the absence (a 5-10 day period), parents/guardians should contact the office to request Independent Study. Arrangements can be made in the event of an emergency. **All work must be turned in to the office on the day the student returns to school.**

TARDY POLICY

TARDY TO CLASS: Students are expected to be in their assigned room and in their seat when the bell rings. If a student is late to school for any reason, the student must sign in at the office. Excessive tardies could result in loss of extracurricular activities. There are no excused tardies for personal reasons. Tardies are computed each trimester and will receive the following consequences:				
Tardy 1-2	Tardy 3-4	Tardy 5-6	Tardy 7	Tardy 8+
<ul style="list-style-type: none">Handled by classroom teacherParent contact	<ul style="list-style-type: none">Full Lunch DetentionParent notification	<ul style="list-style-type: none">After School DetentionParent notification	<ul style="list-style-type: none">Meeting with Admin, Teacher, Student, and Parent	<ul style="list-style-type: none">Full lunch detention for a week (5 days)Parent call

TRANSFER CHECKOUT

When a student will be moving to another school, please notify the office as soon as possible. On the last day of attendance, the student will need to come to the office for a check-out sheet. Once they have returned all books and/or materials for each class, the teacher will sign off and give a final grade.

ACTIVITIES/AWARDS

STUDENT ACTIVITIES

East Avenue offers a variety of student activities. We encourage student participation in all our programs. Students must leave campus as soon as the activity is over. Some activities offered are:

1. Student Council is made up of elected officers and 2 representatives from each homeroom. The Council meets monthly to plan activities and discuss school concerns.
2. East Avenue's school dances. Attendance at school dances is a privilege, and students must be eligible to participate. Only East Avenue students may attend. Students must be at school the entire day in order to attend the dance. Students cannot have the following violations 8 weeks prior to the dance:

- 4 or more unexcused absences
- 3 or more referrals
- any suspensions
- more than 6 tardies

Students must be picked up promptly or they may be prevented from attending dances in the future.

3. After school sports are offered in track, volleyball, basketball, golf, and wrestling. If a student wants to try out, he/she should listen to the daily bulletin for information. Students must be academically eligible to participate. In order to participate or attend an athletic event, the student must attend school that day. All students **must** have a current sports physical on file in the office before they can try out for a sport.

EIGHTH GRADE ACTIVITIES

Eligibility for 8th Grade Discovery Kingdom Trip

1. No grades of "F" during the 3rd trimester
2. No suspensions during the third trimester

Eligibility for Promotion Ceremony/Dance Party

1. No grades of "F" during 3rd trimester
2. Not be on current suspension
3. Paid all fines and returned all books & materials

6TH AND 7TH GRADE AWARDS

Dolphin Pride Award - A pin is awarded to students for their academic achievement, extracurricular contributions, and service to the school. Students must apply for this award. Application forms are available in the office. 100 points are needed to qualify.

EAST AVENUE MIDDLE SCHOOL 8TH GRADE PROMOTION AWARDS

All School Award - A plaque is given to one student who has made outstanding contributions in scholarship, leadership, and service. This student has high academic achievement, has been involved in many areas of school service, and has been a dedicated and effective school leader.

Dolphin Pride Award - A pin is given to students for their academic achievement, extracurricular contributions and service to the school. Students must apply for this award. Application forms are available in the office. 100 points are needed to qualify.

Dolphin Service Pin Award – A pin is given to students who have contributed in ways that may not always be publicly recognized. They may be those who have worked behind the scenes - with teachers, with the office or custodial staff, in clubs, and on school committees.

Department Awards – A certificate is given to students for outstanding academic achievement

GUIDE FOR PARENTS

Check Schoology daily. If your student is experiencing academic difficulties, we encourage you to follow these steps:

FIRST: ASK YOUR STUDENT

Get as much information from your student as possible about the problem. Check your student's homework assignment and/or student planner. Help your student organize his/her materials and develop a plan to make up missed assignments by the teacher's established deadlines. You can reasonably expect that academic subjects have homework assigned nightly. Please refer to each teacher's individual course outline and classroom expectations for specifics.

SECOND: ASK THE TEACHER

Send an email or leave a message on the teacher's voicemail asking for more information. The student and teacher's understanding of the problem may be quite different. The teacher's voicemail numbers/email are published on our website. It is our policy not to interrupt the classroom during the instructional day. Phone calls and all messages should be left on voicemail.

THIRD: MEET WITH THE TEACHER

A meeting with the teacher should be arranged when the issue cannot be resolved with a phone call. It is valuable for the student to be present at this meeting. If there is a problem in more than one class, follow the same procedure with each teacher. Because of other obligations, **it is not possible to meet with teachers on a drop-in basis**. Please arrange for an appointment in advance (teachers make their own appointments).

FOURTH: REQUEST A "ROUND TABLE" WITH ALL TEACHERS or AN APPOINTMENT WITH ADMINISTRATION

A Round Table is appropriate if your student is failing most classes and you have met with teachers or there is some outside issue that affects his/her school wide performance. Contact the school office to schedule a Round Table. The Round Table should not be scheduled until the first three options have been exhausted.

If there is an issue that needs immediate attention, please contact an administrator

ACADEMIC DISHONESTY

Academic Dishonesty (Cheating/Plagiarism) includes the following:

1. Using, or attempting to use, any kind of unauthorized means of gaining an unfair advantage on quizzes, tests, or assignments.
2. Using someone else's words, work, and/or ideas and claiming them as your own.
3. Intentionally helping or attempting to help another to participate in academic dishonesty.

Examples of Academic Dishonesty include, but are not limited to:

1. Copying assignments or allowing another student to copy assignments.
2. Looking at another's test or quiz or allowing another student to look at your test or quiz.
3. Sending, receiving, or using information or any electronic device (such as a computer, cell phone, calculator, etc.) during a test or quiz.
4. Possession or use of unauthorized materials obtained from any source, including notes written on body parts or clothing during a test/quiz.
5. Talking, signaling, and/or passing information during a test or quiz.
6. Changing an answer after work has been graded, then presenting it as an originally correct answer.
7. Purposefully scoring a paper incorrectly.
8. Discussing or providing information about a quiz or test with students who have not yet completed the assessment.
9. Retaining, copying, possessing, using, or circulating previously given examination materials, where those materials were to be returned to the instructor at the conclusion of the examination for the use by another student.
10. Using text as your own or another's ideas from an encyclopedia, book, textbook, website, database, or any other source without citation.
11. Allowing another person to do your work, then submitting that work under your own name.
12. Reporting an incorrect run time or reporting a run time when the required run was not completed.

Consequences include, but are not limited to:

1. Parent notification
2. Detention or restorative justice
3. Loss of credit on the assignment
4. Redoing the assignment (along with possible loss of credit)

CHROMEBOOK POLICY

The use of school-supplied Chromebooks at East Avenue Middle School is a privilege that comes with responsibility. Remember, the device is at all times property of East Avenue Middle School, not a student's personal device. Students will be required to sign a Chromebook contract that, among other things, addresses the following:

- Only use the device for school work. You must sign into your school issued Google education account. No other personal accounts (Google or otherwise) may be accessed on the school-issued Chromebooks at any time.

- Students will protect others by reporting abuse. Students will not forward inappropriate materials or communications. Additionally, students will moderate unacceptable materials and conversations, and will not visit sites that are degrading, pornographic, racist or inappropriate.
- Families will be financially responsible for the repair or replacement of stolen or abused hardware or materials. In addition, students may be subject to disciplinary action, including community service.
- The use of the Chromebook device will not breach the district Technology and Acceptable Use Policy.

MAINTAINING A POSITIVE SCHOOL CLIMATE: BULLYING PREVENTION

WHAT IS BULLYING?

“Bullying” is defined as: physical, verbal, non-verbal or written conduct that is so severe and pervasive that it affects a student's ability to participate in or benefit from an education program or activity; creates an intimidating, threatening, hostile, or offensive educational environment; has the effect of substantially or unreasonably interfering with a student's academic performance; or otherwise adversely affects a student's educational opportunities. All students, employees, parents and community members should report incidents of suspected bullying immediately. “Bullying behavior” means behavior that harms or threatens to harm any student’s physical, social, or emotional well-being in a pattern that is repeated over time. Bullying behavior may be connected to a negative and biased view of a targeted student due to an actual or perceived characteristic, such as race, color, religion, ancestry, national origin, sex, sexual orientation, gender identity and expression, mental or physical disability, or by any other distinguishing characteristic. Bullying behavior may adversely affect the student’s ability to participate in school activities or even to attend school at all. Bullying is a form of violence. It involves a real or perceived imbalance of power, with the more powerful child or group attacking those who are less powerful. Bullying may be **physical** (*hitting, kicking, spitting, pushing*), **verbal** (*taunting, malicious teasing, name calling, threatening*), or **emotional** (*spreading rumors, manipulating social relationships, extorting, or intimidating*). Bullying can occur face-to-face or in the online world.

BULLYING & CYBERBULLYING

The Governing Board recognizes the harmful effects of bullying on student learning and school attendance and desires to provide safe school environments that protect students from physical and emotional harm. District employees shall establish student safety as a high priority and shall not tolerate bullying of any student. No student or group of students shall, through physical, written, verbal, or other means, harass, sexually harass, threaten, intimidate, cyberbully, cause bodily injury to, or commit hate violence against any other student or school personnel. Cyberbullying includes the transmission of harassing communications, direct threats, or other harmful texts, sounds, or images on the Internet, social media, or other technologies using a telephone, computer, or any wireless communication device. Cyberbullying also includes breaking into another person's electronic account and assuming that person's identity in order to damage that person's reputation.

RUDE vs. MEAN vs. BULLYING Think about; there’s a difference	
RUDE = <u>inadvertently</u> saying or doing something that hurts someone else	<ul style="list-style-type: none"> → NOT intentional → Poor manners → Inconsiderate
MEAN = <u>purposefully</u> saying or doing something to hurt someone once	<ul style="list-style-type: none"> → Intentional
BULLYING = <u>intentionally</u> aggressive behavior, repeated over time, that involves an imbalance of power	<ul style="list-style-type: none"> → Physical aggression → Verbal aggression → Relational aggression → includes Cyberbullying

Whitson, Signe. “Rude vs. Mean vs. Bullying: Defining the Difference

EAST AVENUE MIDDLE SCHOOL ANTI-BULLYING PLEDGE

The East Avenue Middle School staff is committed to making our school a safe and caring place for all students and staff. We will treat each other with respect, and we will refuse to tolerate bullying in any form at our school.

By signing this pledge, the student agrees to:

- Be informed of the school bullying policies.
- Be positive role models, and value the differences in others.
- Treat all others respectfully and inclusively.
- Resolve peer conflicts peacefully.
- Refuse to bully others. Be a Buddy, Not a Bully.
- Refuse to let others be bullied.
- Use anti-bullying strategies when appropriate.
- Report all incidents of bullying to an adult.

By signing this pledge, the staff member agrees to:

- Supervise students in all areas of the school.
- Watch for, and intervene in, bullying.
- Teach students to value differences in others.
- Teach students the skills for dealing with bullying.
- Respond quickly and sensitively to bullying reports.
- Investigate all reported incidences of bullying.
- Assign consequences for bullying as per school guidelines.

By signing this pledge, the parent agrees to:

- Work in partnership with the school to encourage positive behavior, valuing differences and promoting sensitivity to others.
- Alert the staff if any bullying has occurred.

Safety is one of our district's top priorities, that's why we're now using a Keenan SafeSchools Alert, a tip reporting system that allows students, staff, and parents to submit safety concerns to our administration.

If you would like to submit a concern please go to our district's site livermoreschools.com and click on either Bullying, Safety Alert or Conservation Tip, complete the online form and click "Submit."

Bullying

Safety Alert

Conservation Tip

Easily report tips on bullying, harassment, drugs, vandalism, intimidation or any other safety issues you're concerned about. You can submit a tip anonymously online or by telephone. **4 EASY WAYS TO REPORT:**

Email: 1180@alert1.us

Phone: 925 261-8050

Text: Text to 925 261-8050

Online: <http://1180.alert1.us>

Take 5 Breathing

calming strategy

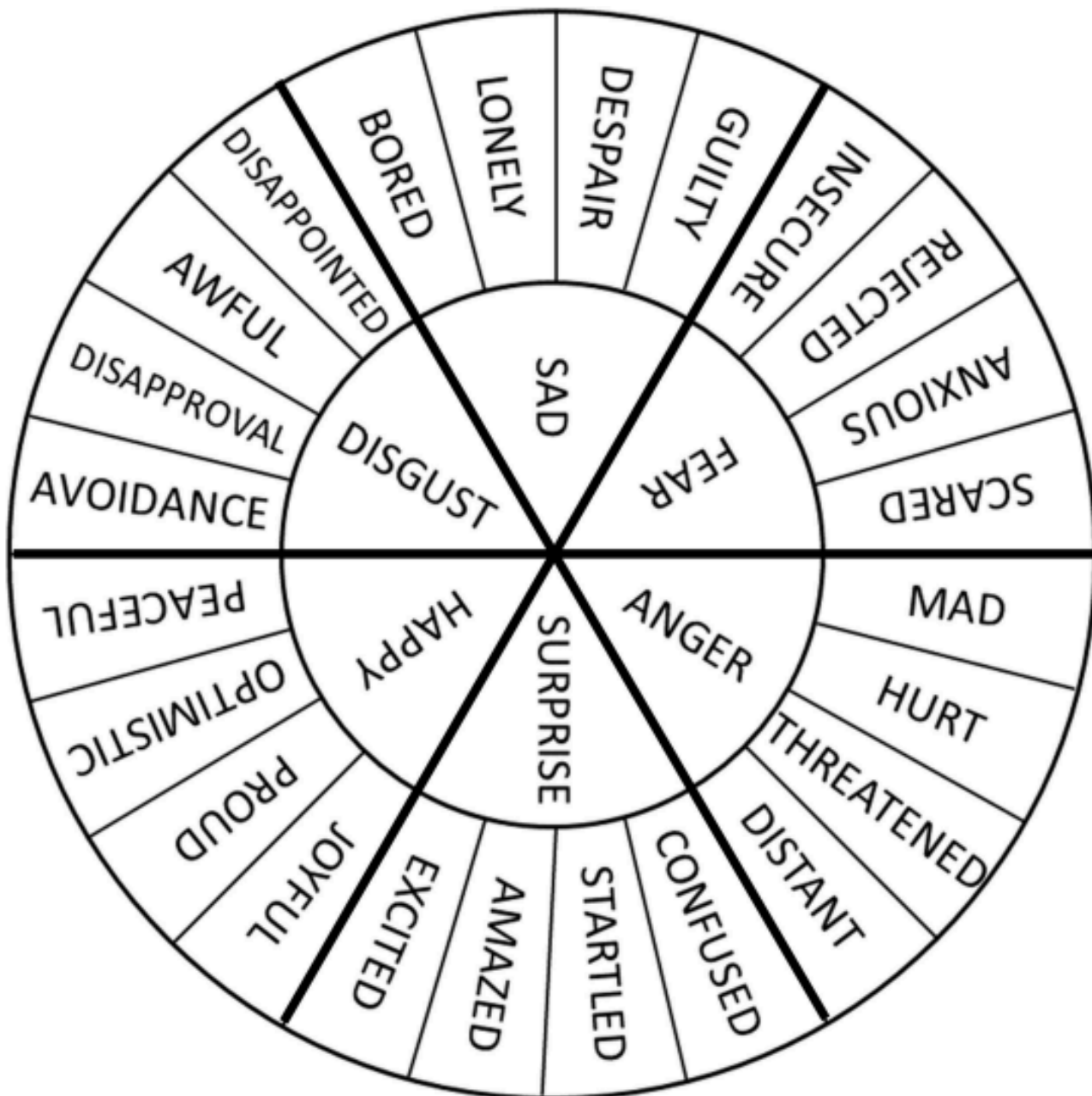
Using your finger on one hand, **trace** around your fingers of your other hand. **Breathe in** through your **nose** as you trace **up** one side. **Breathe out** through your **mouth** as you trace **down** the other side.



Self-Awareness

Identify your emotions

Think about **how you are feeling** right now. Can you **identify one** or two **emotions** that you are feeling? You need to know **what** you are feeling before you can **cope** with it.



PLEASE SIGN & RETURN TO YOUR THIRD PERIOD TEACHER

EAST AVENUE MIDDLE SCHOOL
3951 East Avenue, Livermore CA 94550
(925) 606-4711

After you have read and discussed the East Avenue handbook with your parent(s)/guardian(s), initial each item and sign below. Return this page to your third period teacher.

Initials

_____ Our family has read and discussed the East Avenue Handbook.

_____ We understand all books and materials must be returned in good condition or we will be responsible for their replacement.

_____ We have read and understand the East Avenue plagiarism/cheating policy.

_____ We have read and understand cell phone and electronic devices policy.

_____ We have read and understand Chromebook policy.

_____ We have read and understand the East Avenue Middle School anti-bullying pledge.

Student Name (Please Print)

Student Signature

Date

Parent/Guardian Name (Please Print)

Parent/Guardian Signature

Date