

2026-2027

STUDENT HANDBOOK



COON RAPIDS HIGH SCHOOL

2340 Northdale Blvd. NW, Coon Rapids, MN 55433

Main 763-506-7100 | Fax 763-506-7103

www.ahschools.us/crhs

WELCOME TO COON RAPIDS HIGH SCHOOL

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Coon Rapids, MN 55433

Main 763-506-7100

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www.ahschools.us/crhs

OUR MISSION

Embrace.

Empower.

Excel.

OUR VISION

Cardinal Nation: A caring, inclusive
community that embraces our
diverse identities and empowers all
to discover their passions and excel
as active members of society.



**YOU'RE IN
CARDINAL
COUNTRY!!**

SCHOOL SONG

Fight on - Let's go Cardinals
Keep our colors waving high.
Go, Coon Rapids High School,
We shall win this game tonight,
rah, rah, rah!
Win, Coon Rapids High School
For we know we've got the team,
We must fight, fight, fight for our
red and white,
Fight, Cardinals, Fight!
C-A-R-D-I-N-A-L-S, (repeat)
Cardinals, Cardinals,
Go Cardinals!

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Administration



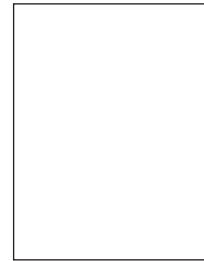
John Peña
Principal
763-506-7101



Jill Alton
Assistant Principal
763-506-7121



Andrew Frosch
Assistant Principal
763-506-7120



Jason Harper
Assistant Principal
for Activities
763-506-7125



Quyen Phan
Assistant Principal
9th Grade
763-506-7124



Dan Zurbey
Assistant Principal
10th Grade
763-506-7123



Curt Wallrath
Assistant Principal
11th and 12th Grade
763-506-7122

Main Office Secretaries



Bobbi Adams
Principal's
Secretary
763-506-7102



Sara Clark
Due Process
Secretary
763-506-7109



Nissa Marquart
Attendance
A-K
763-506-7107



Claire Minor
Attendance
L-Z
763-506-7202



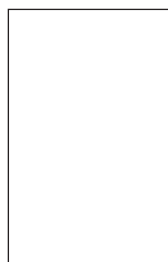
Lana Matthews
Finance
Secretary
763-506-7302



Elyse George
Activities
763-506-7307



Linda Lustig
Secretary
763-506-7207



Jenna Horn
Testing and
Counseling
Secretary
763-506-7332



Marie Beimert
Data
Management
763-506-7131

COMMUNICATION

In order to promote direct communication so that problems and concerns can be addressed quickly, efficiently, and effectively between the parties involved, we encourage parents and students to follow this protocol. Coon Rapids High School staff is committed to the success of our students and will listen to the concerns, maintain confidentiality and return calls and emails in a timely manner.

CLASSROOM CONCERNS

TEACHER

Students are encouraged to express their concerns directly to the teacher. Parents can contact teachers via telephone or email. Teachers will make every effort to get back to you as quickly as possible.



COUNSELOR

If a concern is not resolved, then the student or parent should discuss the matter with the Counselor. Counselors can help with concerns that deal with classroom practice, grade, assignment or if you need a progress report.



ASSISTANT PRINCIPAL

If a student or parent is dissatisfied with the response from the counselor, please contact the student's Assistant Principal to express your concerns.



PRINCIPAL

Most concerns will have been resolved by this point. However, if you still need to speak with someone about your situation, please contact Principal, Mr. John Peña at 763-506-7101.



ASSOCIATE SUPERINTENDENT

If your concern has not been resolved through the Principal's office, please contact Asst. Superintendent for Secondary Schools, Dr. Annette Ziegler at 763-506-1005.

Counselors



Dan Cox
Grade 9, A-K
763-506-7152



Kim Kesti
Grade 9, L-Z
763-506-7233



Michaela Klaers
Grades 10-12, A-C
763-506-7221



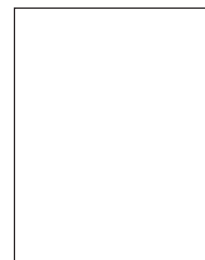
Julia Corneil-Smith
Grades 10-12, D-I
763-506-7128



Sasha Wolter
Grades 10-12, J-M
763-506-7129



Michael Ogorek
Grades 10-12, N-S
763-506-7180



Tami Soens
Grades 10-12, T-Z
763-506-7127

Students may schedule appointments by signing up in the Counseling Office before or after school or between classes. Parents may reach their students' counselors or schedule appointments by calling 763-506-7207.

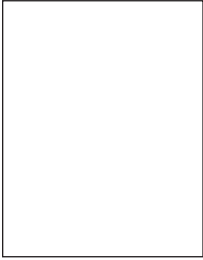
Counseling Office Secretary



Jenna Horn
Testing and
Counseling
763-506-7320

All staff phone numbers are located on the CRHS website and can be contacted by email at:
www.ahschools.us/crhs

Building Support Services



Denny Green
Child Nutrition
Supervisor
763-506-7111



Malia Ahelegbe
Student Achievement
Advocate
763-506-7222



Andy Lockwood
School Nurse
763-506-7204



Brenda Mitshulis
College and Career
Specialist
763-506-7220



Cleveland McCoy
Student Achievement
Advocate
763-506-7135



Jack Johnson
Police Liaison
763-506-7126



Deb Geiger
Library Media
Specialist
763-506-7105



Brent Munce
School Psychologist
(SPED only)
763-506-7136



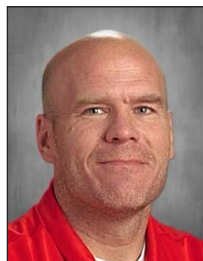
Jackie Oakes
Technology
Coordinator
763-506-7393



Katie DePrez
Social Worker
763-506-7153



Bryan Herke
Building
Supervisor
763-506-7110



Jon Young
Achievement
Coach
763-506-7168

COMMUNICATION

STUDENT ACTIVITY CONCERNS

COACH/ADVISOR/DIRECTOR

Students are encouraged to express their concerns directly with their coach/advisor. Parents can contact the coach/advisor via email or telephone.



VARSITY HEAD COACH/ HEAD ADVISOR

If the concern is not resolved, then the student or parent should discuss the matter with the activity's varsity head coach/head advisor. If the head coach/head advisor is the person you contacted previously, please proceed to the next step.



ACTIVITIES DIRECTOR

If a student or parent is dissatisfied with the response from the head coach or head advisor, please contact Activities Director, at 763-506-7125.



PRINCIPAL

Most concerns will have been resolved by this point. However, if you still have concerns after speaking with the Activities Director, please contact Principal, Mr. John Peña at 763-506-7101.



ASSOCIATE SUPERINTENDENT

If your concern has not been resolved through the Principal's office, please contact Asst. Superintendent for Secondary Schools, Dr. Annette Ziegler at 763-506-1005.

CR | CARDINAL NATION

#1 REGULAR DAY SCHEDULE

PERIOD	START TIME	END TIME	
Period 1	7:30 AM	8:38 AM	
Period 2	8:44 AM	9:52 AM	
Period 3	9:58 AM	11:06 AM	
Period 4	11:12 AM	12:57 PM	
Period 5	1:03 PM	2:10 PM	
LUNCH SCHEDULE			
LUNCH	LEAVE CLASS	LEAVE LUNCH	BACK TO CLASS
Lunch 1	11:12 AM	11:37 AM	11:39 AM
Lunch 2	11:37 AM	12:03 PM	12:05 PM
Lunch 3	12:03 PM	12:29 PM	12:31 PM
Lunch 4	12:29 PM	12:57 PM	No Return

#2 LATE START/CORE

PERIOD	START TIME	END TIME	
CARDINAL TIME	7:10 AM	7:50 AM	
Period 1	8:00 AM	8:52 AM	
Period 2	8:58 AM	9:50 AM	
CORE	9:56 AM	10:26 AM	
Period 3	10:32 AM	11:24 AM	
Period 4	11:30 AM	1:12 PM	
Period 5	1:18 PM	2:10 PM	
LUNCH SCHEDULE			
LUNCH	LEAVE CLASS	LEAVE LUNCH	BACK TO CLASS
Lunch 1	11:30 AM	11:55 PM	11:57 PM
Lunch 2	11:55 PM	12:20 PM	12:22 PM
Lunch 3	12:20 PM	12:45 PM	12:47 PM
Lunch 4	12:45 PM	1:12 PM	No Return

#3 LATE START

PERIOD	START TIME	END TIME	
CARDINAL TIME	7:10 AM	7:50 AM	
Period 1	8:30 AM	9:00 AM	
Period 2	9:31 AM	10:06 AM	
Period 3	10:32 AM	11:12 AM	
Period 4	11:33 AM	1:04 PM	
Period 5	1:25 PM	2:10 PM	
LUNCH SCHEDULE			
LUNCH	LEAVE CLASS	LEAVE LUNCH	BACK TO CLASS
Lunch 1	11:18 AM	11:44 PM	11:46 PM
Lunch 2	11:44 PM	12:10 PM	12:12 PM
Lunch 3	12:10 PM	12:36 PM	12:38 PM
Lunch 4	12:36 PM	1:04 PM	No Return

#4 ASSEMBLY SCHEDULE

PERIOD	START TIME	END TIME	
ASSEMBLY	7:30 AM	8:15 AM	
Period 1	8:21 AM	9:12 AM	
Period 2	9:18 AM	10:09 AM	
Period 3	10:15 AM	11:06 AM	
Period 4	11:12 AM	12:57 PM	
Period 5	1:03 PM	2:10 PM	
LUNCH SCHEDULE			
LUNCH	LEAVE CLASS	LEAVE LUNCH	BACK TO CLASS
Lunch 1	11:44 AM	12:09 PM	12:12 PM
Lunch 2	12:05 PM	12:30 PM	12:33 PM
Lunch 3	12:27 PM	12:52 PM	12:55 PM
Lunch 4	12:50 PM	1:17 PM	No Return

PURPOSE OF THE ATTENDANCE PROCEDURE

At CRHS, our goal is that each student attends all classes, including CORE Advisory, and each student arrives on time to their classes. This practice is essential to our students' academic success and builds positive habits for their future. Additionally, successful attendance habits are aligned with the CRHS Life Targets:

- Respect for myself and others
- Engage fully with people and tasks

Unexcused absences without parent verification are subject to school and/or Anoka County interventions.

Coon Rapids High School does not have "open campus" at lunch time. Students cannot leave the building and return during this time. Students who leave will be marked unexcused even if they return to class. Students who are unexcused because they leave campus during lunch are subject to Anoka County interventions for truancy and will spend the remainder of the day in In-School-Suspension and are subject to search for security reasons.

UNEXCUSED ATTENDANCE CODES

OTH = Not in class. In school, not following assigned schedule for the period.

TDY = Tardy

UNE = Unexcused absence

UNP = Unverified partial absence. Unexcused tardy more than 15 minutes late to class.

TARDY POLICY

Music playing during passing time indicates that class will start in two minutes. When the music starts, students should move toward (or inside) their classrooms. Students who are late to class including Cardinal CORE and Study Hall will be marked tardy. If arriving late becomes a habit, teachers will meet with the student, contact home and inform the student's assistant principal. Interventions for students repeatedly missing class or arriving late to class include: parent/guardian and student meeting with an administrator, attendance contract, after school detention, being assigned to an alternative learning setting, participating in a restorative circle, or Anoka County interventions.

PARENT/GUARDIAN PHONE CALL FOR ABSENCE

Please see Anoka-Hennepin Schools Policy Handbook.

EARLY DISMISSAL/LATE ARRIVAL

Early dismissals are discouraged. Students leaving a few minutes early often miss important last minute instructions and/or reminders. Interrupting classes to call students to the office also distracts other students and interrupts end of the day classroom routines. Early dismissals should occur only in rare circumstances and requests must go through the school office. Please make every effort to schedule appointments outside of school hours.

Students will only be released to persons other than legal parents or guardians if a note is received from the parent/guardian and a valid photo ID is presented - verbal requests and phone calls cannot be honored.

You must check into the office when picking up your child. Parents/Guardians may not go directly to their child's classroom.

Also see "Policy regarding parental contact with students during the school day" in the Anoka-Hennepin Schools policy handbook. **Please do not contact students by cell phone, (via call or text) during class time to discuss early dismissals. This can be a significant distraction during class. If information needs to be provided to students, please contact the main office.**

VERIFICATION OF ABSENCES

Verification of all absences must be made by phone contact or by presenting a written excuse before 7:40 a.m. on the day of a student's return. A telephone number must be included with the written note so a parent or guardian can be contacted during the day.

There is no authorized senior skip day or senior trip. Students who participate will be considered unexcused.

After 10 verified absences of any kind, parents/guardians need to provide a Doctor's note if any additional absences occur. This note can be provided either to the Attendance Secretary or the School Nurse. If a note is not provided, the absence will be recorded as unexcused.

MAKE UP WORK GUIDELINES

- School authorized activities
 - Make-up work is required and is due upon the student's return to class or the original assignment due date.
- Suspensions from school
 - Students are responsible for any homework from classes during the suspension period.
 - While suspended, students may come into the school after school hours to talk to teachers or to access computer labs, industrial tech shops, etc. with the permission of the student's assistant principal. Students may also make arrangements with their assistant principal to pick up work from the office or have someone else pick up work for them during the duration of the suspension. In most cases, makeup work is available via Google Classroom.
- Other absences
 - Students are given double their time absent to make up their work for excused absences.
 - If students have a prearranged absence (i.e. school activity) work will be due on the original assignment date.
 - If a student is unexcused, they forfeit the right to complete any make-up work/test for full credit.
 - Lab class make-up work timelines will be determined by AP or instructor - Extenuating Circumstances may require administrative discretion.
 - These guidelines are subject to teacher discretion.

REQUESTING HOMEWORK

- Homework may be requested when a student is experiencing an extended absence of 2 or more days.
- Please contact individual teachers by email or by phone for homework collection. Teacher contact information can be found on the school website in the staff directory. Please note that most teachers utilize the Web/Google Classroom for homework assignments, so in many cases there will not be physical work to be picked up.

- Teachers will submit work to the main office for pickup. Please call the main office at 763-506-7207 to confirm that homework has been collected before picking it up.
- Exception: It is the student's responsibility to request homework from

their teacher ahead of a known absence (e.g. vacations, surgeries, etc).

COUNSELING AND CAREER CENTER

2026-2027

The Career Center has an abundance of occupational and educational information for students. This information includes:

- registration information for college entrance
- financial aid information
- job and career resources
- visits by college and military representatives

Please refer to the evening dates that the Career Center is open through a link on the school website.

SCHEDULE CHANGE REQUESTS

Schedule changes are done through a petition process. To request a schedule change, a student must pick up a petition from the Counseling Office and return it by the deadline for the following trimester. Students must abide by the following deadlines for schedule changes:

- Trimester 1: September 14th, 2026
- Trimester 2: December 11th 2026
- Trimester 3: March 19th 2026

Schedule changes are made for the following reasons only:

- A computer error on the schedule.
- The student failed a prerequisite class that makes him/her no longer eligible for the course.
- The student has a significant medical issue verified by a physician that prevents him/her from participating in the class.

Classes dropped after the first week may receive an "F" with possible exceptions for medical reasons with verification or administrative discretion.

Registration for Honors/Advanced Placement/College in the Schools classes is final.

If you are struggling in an Honors/Advanced Placement/College in the Schools course, please see your counselor ASAP. Our school counselors can help with topics such as academic organization, course planning, and study skills.

GRADING OPTIONS

Credit Awarded Via Assessment

You may apply to earn credits and meet graduation requirements by demonstrating mastery of a course. This is done through an application process initiated by students who believe they can meet course outcomes without taking the course. Interested students must follow district policy and procedures. If you are interested in

applying for this assessment option, talk with your counselor. Students must initiate this process prior to enrolling in the course.

Pass/Fail Option

Students must complete the pass/fail form within the first 15 days of the trimester. The form is available in the Counseling Office and must be completed each trimester.

This option only applies to courses not required for graduation. After choosing this option, the student will receive a Pass or Fail (P/F) mark designated for this purpose which may have a GPA impact. Please note that colleges often view a "P" as the equivalent of a "D" for the purposes of admissions.

PSEO Credit Conversion

By state law, four semester college credits equal one high school credit.

Repeated Course Option

Students who retake a course may be eligible to have their prior grade removed from course history and replaced with a new grade.

- Previously Failed Courses
 - Course must have been successfully completed during day school, night school, summer school, or other credit recovery.
 - Course must meet the same requirement as the failed course.
- Courses with Credit Previously Earned
 - Student has the option to retake a course previously taken for multiple credit and/or to improve their grade.
 - Student could potentially earn a lower grade. If this happens, both grades are reflected on the transcript.
 - Students do have the option to remove the lower grade, but credit would be lost.
 - Students must meet with their counselors to initiate this process.

GRADUATION REQUIREMENTS*Class of 2024 and Beyond*

27.0 course credits are required for graduation. A diploma will be granted when all of the following requirements have been successfully completed.

<u>Required Courses</u>	<u>Credits</u>	<u>Required Courses</u>	<u>Credits</u>
English 9	1	Earth Science	1.0
English 10	1	Biology	1.0
English 11	1	Chemistry	1.0
English 12	1	Physical Education I	.5
Civics/Geography	1	Physical Education II	.5
US History 10	1	Health	.5
World History	1	Personal Finance	.5
Econ/Govt 12	1	Arts Choice	1.0
Mathematics Courses	3.0	Electives	10.5

ACADEMIC LETTERING

This is calculated using grades through Trimester 3 of the current school year. A recognition ceremony will be held the following fall.

9th grade = 3.90 weighted GPA

10th grade = 3.85 weighted GPA

11th grade = 3.80 weighted GPA

This is calculated using grades through Trimester 3 of the 12th grade school year.

12th grade = 3.75 weighted GPA

Night school and/or summer school is available for students for credit make-up.

AFTER SCHOOL QUIET STUDY TIME (QST)

Coon Rapids High School staff provide academic support for our students Monday-Thursday after school in the Media Center. Students who attend should bring work and be respectful of those around them. This is an excellent opportunity to get help with your classwork or simply find a quiet place to study and do work.

WEIGHTED GRADE SYSTEM

The chart below indicates the value-added weighted system for grades of "C" and above in Honors, Advanced Placement, College In The Schools, and selected PSEO courses as determined by the school district. The grading system is identified as:

<u>Grade</u>	<u>Regular</u>	<u>Honors</u>	<u>Grade</u>	<u>Regular</u>	<u>Honors</u>
A	4.00	4.33	D+	1.33	1.33
A-	3.67	4.00	D	1.00	1.00
B+	3.33	3.67	D-	0.67	0.67
B	3.00	3.33	F, I, NC	0.00	0.00
B-	2.67	3.00	NG, P	No Value Assigned	
C+	2.33	2.67	No Grade (NG) or (P) does not affect GPA.		
C	2.00	2.33			
C-	1.66	1.66			

Honors Graduation Requirements - In order to graduate with honors from Anoka-Hennepin, the following criteria must be met. Honors graduation status is determined by the cumulative, weighted GPA at the end of the trimester 2 of the senior year. PSEO students' status will be determined after the fall semester. Rounding will not occur.

Category I: Honors – At least 3.3 weighted GPA.

Requirements: There are no requirements concerning honors courses for this category.

Category II: High Honors - At least 3.6 weighted GPA

Requirements: Students must earn at least six credits in honors courses during their high school career. At least 1.0 credit must be earned during the senior year.

Category III: Highest Honors – At least 3.9 weighted GPA

Requirements: Students must earn at least 10 credits in honors courses from two or more departments during their high school career. At least two credits must be earned during the senior year.

Students taking honors courses will receive honors recognition and a weighted grade if they earn a "C" or higher in the course.

ANNOUNCEMENTS

Students who wish to make announcements regarding student activities must have the announcements approved, in writing, by the faculty advisor and/or activities director by 7:30 a.m. **PSEO and STEP students are responsible for the information contained in the announcements. They are posted on the website. Announcements are shown to students daily during fourth period classes.**

BUS TRANSPORTATION

The school district provides bus transportation for all students who qualify. Students are asked to follow all bus safety guidelines and not distract the driver. Students who do not follow bus guidelines may lose their bus transportation.

Bus transportation is provided for vocational programs and STEP. If a student misses this bus and has no other way to get to the vocational program or STEP, the student is to report to the main office. If no transportation is available, the student will be assigned to a supervised alternative learning area in the building.

Students are strongly urged to take bus transportation to the TECH and STEP programs. Parking is at a minimum at TECH and STEP. Once STEP students return to CRHS, they may wait outside or in the vestibule until the bell rings.

Items not permitted on the bus include: food from the cafeteria, flowers and balloons as per district policy. Students must ride their assigned bus to and from school. In rare emergency situations, students may receive permission from their Assistant Principal to ride a different bus. Students will not be given permission to ride a different bus home with a friend.

For a comprehensive list of bus safety guidelines, please see the District Handbook. Bus safety guidelines will also be reviewed in CORE Advisory.

FINAL EXAMINATIONS

If students receive an "Incomplete (I)" after spring semester, and their absence during finals was excused, students will have an opportunity to take their final exams during the summer in the main office. Approval must be given by student's Assistant Principal, and student must communicate with their teachers.

If students receive an "Incomplete (I)" after spring trimester, students will have an opportunity to take their final exams during the summer in the main office. All other outstanding work will have to be made up during pre-school workshop.

Trimester 3 outstanding "Incompletes" must be made up by the first week of the next school year. A student that has not taken a final exam for trimester 1 or 2 will need to complete the exam within two weeks of the end of the term.

CRISIS DRILLS & PROCEDURES

Posted in every room is a notice telling the manner of exit from that room for a fire or a tornado. Follow these directions unless an emergency causes other directions to be given. Move quickly without running. Coon Rapids Middle School and Epiphany Catholic Church are the evacuation sites for Coon Rapids High School.

For lockdown drills, staff and students will follow the policy dictated by the Anoka- Hennepin Crisis Plan. Students will participate in multiple lockdown drills during the school year.

ILLNESS/INJURY IN SCHOOL

Any student who becomes ill or injured should report to the Health Service Office after receiving a pass from the assigned classroom teacher. Should a student need to go home, permission from a guardian is required. In the event someone cannot be reached and a student needs immediate medical care, that student may need to be transported by ambulance to the hospital. The ambulance charge is the responsibility of the parent/guardian and/or their insurance company.

It is important to emphasize that if it becomes necessary for a student to leave during the day for any reason, the student may do so **ONLY** through an assistant principal or the Health Service. Use the health service phone to call parents to go home if you are ill.

Students are not to text or call their parents/guardians from class to have the parent/guardian call to excuse them. Students must go to the nurse's office, and the nurse will contact the parent/guardian.

LOCKERS

Student lockers are available upon request. Please see your Attendance Secretary in the main office if you would like a school locker.

School lockers are the property of the school district and are subject to inspection at any time and without notice. The personal possessions of the students within a school locker may be searched only when school authorities have a reasonable suspicion that the search will uncover evidence of a violation of law or school rules. Please see the complete policy in the school district handbook with regards to guidelines and consequences as it relates to search and seizure in school facilities, desks, and workstations.

Students are to only use the locker that is assigned to them. Students may not share lockers or change the locker that is assigned to them unless authorized by a school official.

Lockers should be locked at all times. Coon Rapids High School does not advise leaving items of significant value in your locker such as cash, cell phones, and other valuables. Any theft from school lockers can be reported to the school police liaison.

Students should only be in the locker that is assigned to them. At no time are students to share/change the locker that is

assigned to them unless authorized by a school official.

- **Students with Phy Ed lockers may only access them during their Phy Ed time. Students who are not in Phy Ed are not permitted in the Phy Ed locker room for any reason.**

LUNCHROOM/CAFETERIA PROCEDURES

Lunch and breakfast are served to Coon Rapids High School students in compliance with the State Department of Education regulations. The lunchroom (cafeteria) is open to all CRHS students whether they bring lunches from home or buy them at school.

- **Students may not have food delivered from outside vendors during the school day.**
- Use respectful language and behavior in the cafeteria and return your tray and silverware to the counter and leave your space clean.
- Lunches are to be eaten in the cafeteria except when permission is granted by a staff member.
- Students may only attend their assigned lunch period.
- **CRHS is a closed campus- students must remain on campus for lunch and visitors are not allowed in the cafeteria during lunch.**
- Students may not leave the building during their lunch periods unless they participate in the work program or internship, PSEO, or if they have a pass from the nurse or an assistant principal to leave the building. Students leaving the building during lunch without permission will be marked unexcused for their 4th hour class period. They are also subject to being assigned time in in-school suspension by their Assistant Principal.
- Breakfast will be served each morning until 7:35 a.m.
- Students may go to the school store during lunch if approval is given by staff members in the cafeteria.

PERSONAL IDENTIFICATION NUMBER (PIN)

See Anoka-Hennepin Schools Policy Handbook.

STUDENT IDS

Student Identification cards will be issued to all students the first week of school. This I.D. card should be carried with the student at all times during school and school activities.

I.D. cards must be presented at times determined by the administration. Those times may include:

- When asked by a staff member to see it.
- When checking out LMC (Library Media Center) materials/books
- When seeking admittance to school events/dances both at CRHS and at other schools

- When asked to see it by cafeteria personnel
- When leaving the building or grounds during the school day
- Attendance purposes – tardy, etc.

If you lose your I.D. card, it can be replaced for a fee of \$5.00.

PERSONAL ELECTRONIC DEVICES

All classes will be a “no phone zone”. **In other words, students do not have the option to use their phones during class for any reason.**

- At the start of each class, all students will be asked to turn their cell phones to Airplane Mode and put them in either a classroom storage space or place them inside their backpack.
- Cell phones and personal technology devices will not be seen, used, or heard during class times (prohibited use includes students who may be out on a pass during class). Phones may be used during passing time, lunch, and before and after school.
- As always, in case of an emergency, parents and guardians can contact their students by calling the school directly.
- Refusal to follow the policy could result in the following consequences:
 - Loss of phone for the day (phone will be kept in the office)
 - After school detention.
 - In-school suspension

RIGHT TO PRIVACY

Students shall not use cell phones, digital cameras or any device to photograph or videotape other individuals at school or at school sponsored activities without their knowledge and consent. Students shall not email, post to the Internet, or otherwise electronically transmit images of other individuals taken at school without their expressed written consent. Use of cellular phones, cameras or other personal electronic devices is strictly prohibited in locker rooms and restrooms. For more specific information regarding the District policy on student use of cell phones and other personal electronic devices, visit the: [ANOKA-HENNEPIN SCHOOL DISTRICT 11 Policy and Code of Ethics for Acceptable Use of Electronic Information, Communication, and Technology Resources](#)

VIDEO SURVEILLANCE

See Anoka-Hennepin Schools Policy Handbook.

CRHS DANCE EXPECTATIONS

- All dance tickets must be purchased in advance. There are no sales at the door.
- Students will not be allowed to purchase tickets and/or attend CRHS dances if they have unpaid fines or fees.
- Students will not be allowed to attend dances if they have serious discipline issues.
- Students must show school I.D. when purchasing tickets and checking in at the dance.
- All non-CRHS students must have a completed "Coon Rapids High School Dance Guest Registration Form" and CRHS students must complete "ticket clearance slip" before buying a ticket.

STUDENT ATTIRE

See Anoka-Hennepin Schools Policy Handbook.

ELECTRONICS

See Anoka-Hennepin Schools Policy Handbook.

END-OF-YEAR DISRUPTIONS (SENIORS)

Seniors causing any type of major disruption at the end of the school year (i.e. food fight, vandalism, etc.) may not be allowed to participate in graduation ceremonies. After seniors' last day, seniors need to attain assistant principal permission before entering Coon Rapids High School during the school day.

PARKING LOT AND PARKING PERMITS

- A parking permit is required for all automobile parking on school days during the normal school hours. The fee will be \$105 for an annual tag, \$35.00 per trimester. Parking lot fees apply to all students: Part-time, STEP, PSEO, Work Programs, Internship Programs, etc. Students requesting a parking permit must present a valid drivers' license at the time of purchase.
- There will be a limited number of daily parking spaces available for those students that need to drive to school occasionally at the cost of \$2.00 per day.
- Parking fees are subject to change pending possible revisions by the School Board. Students who abuse parking lot rules and regulations may lose their permit privileges.
- Any student may have his/her permit suspended or revoked as a disciplinary consequence for tardies, unexcused absences, and behavior. Permit fees will not be refunded. Vehicles parking on school property without a valid permit, or parked illegally, are subject to ticketing.
- If your permit is lost or stolen, you will pay an additional \$35 if parking permits are still available. If your original permit is found, we will refund your money.
- Vehicles on school property are subject to search by school officials if a reasonable belief exists that contraband is in, or on, the vehicle. It is a privilege to park on school property, and by parking on school property students provide implied

consent.

- The front parking lot, parking lot on the west side of the building, and west end of the tennis court lot are all reserved for staff members only. Students are to park in the east student lot at all times where the speed limit is 10mph. **The staff lot is off limits to students from 7:00 a.m. to 3:00 p.m. Specially marked spots are off limits at all times.**
- Applications for parking are available in the Finance Office during published and announced times.
- Coon Rapids High School is not responsible for damaged or stolen property. If either occurs, the incident should be reported immediately to the Police Liaison.

ACADEMIC MISCONDUCT/PLAGIARISM

Plagiarism is stealing the work of someone else and taking credit for it as if it were your own. It is taken seriously and may result in significant consequences.

Most students are honest and would not deliberately cheat on their schoolwork, but it is important for all students to know what plagiarism is and the consequences. Students need the courage and skills to avoid this temptation. Teachers will be using "Turn-It-In" or other programs to determine whether or not students have created original works.

Academic Misconduct includes, but is not limited to, the following:

- Turning in as original work assignments that were duplicated by hand or photocopied.
- Allowing your work to be copied by another person.
- Writing formulas, codes or phrases on your person or objects used for a test.
- Using hidden notes or reference sheets during an exam when not allowed.
- Using programmed formulas in calculators when prohibited.
- Text messaging information/answers to peers.
- Sharing answers with others on exams and/or assignments when prohibited.
- Stealing an assignment from someone else and turning it in as your own original work.
- Doing someone else's assignment to be turned in as his/her work.
- Taking credit for group work where you made no contribution to the product.
- Not following specific guidelines set up by individual teachers to discourage cheating.
- Unauthorized acquisition, use or distribution of test materials or answer sheets.
- Unauthorized use of teacher materials or grading programs (automatic 3rd offense consequence).
- Using electronics when told they cannot be used during an assessment.
- Taking a picture of any test materials whether it is used for the purposes of cheating or not.
- Receiving and using (or passing on) pictures of any test or test materials.

- Using Artificial Intelligence to complete work in a way that is not permissible by your teacher. Check individual class and teacher policies before using Artificial Intelligence to complete an assignment or test. (Note that teachers use software to detect Artificial Intelligence in student writings.)

CONSEQUENCES

The following consequences will be taken in regard to students guilty of any of the above actions: These offenses will be documented throughout a student's four years.

1st offense:

- Teacher will telephone parent to explain specific details of incident.
- If requested by either teacher or parent, a parental conference is scheduled that will include the parent(s), teacher, administrator, and counselor.
- The incident is documented by the student's Assistant Principal. It is up to the student to initiate this conversation with the teacher. Failure to arrange an alternate assessment or assignment with the teacher or assistant principal may result in no credit being given for the assignment. The alternate assignment does not mean the student will necessarily receive full credit. This will be determined by the instructor.

2nd offense:

- 1st offense consequences.
- Parent conference is mandatory.

3rd offense:

- All consequences for 1st and 2nd offenses.
- Incident is documented with student's assistant principal and possible suspension may occur.

CONDUCT IN SCHOOL & HALLWAYS

Students are expected to use respectful, appropriate language and behavior for a school setting at CRHS. This includes but is not limited to respecting others in the hallways by leaving space to move and travel, arriving to class on time, having a pass if in the hallways during class time, leaving school by the 2:35pm activity bell unless involved in an after school activity/club, and remaining in the area of the organized activity if attending an evening activity or event.

TOBACCO - POSSESSION AND USE

Anoka-Hennepin is a tobacco-free school district as set by school board policy. There is NO possession or use of tobacco or e-cigarettes by anyone in or near any Anoka-Hennepin school. Also, Minnesota laws state that students are not allowed to use or possess tobacco, e-cigarettes or vapes in school, on or near school grounds, or while at a school activity. Violation of the policy will result in immediate school consequences and potential consequences related to participation in school activities per the Minnesota State High School League.

These are the consequences for violation of the tobacco/e-cigarette/vape use/possession policy:

1st Offense: The student will be assigned to an alternative learning setting and may be assigned to complete VapeEducate, to provide education to students about vaping.

Additional offenses: The student may receive a multiple day suspension from school including a parent conference.

*If under 18, a citation may be issued by our police liaison.

EXPELLABLE OFFENSES

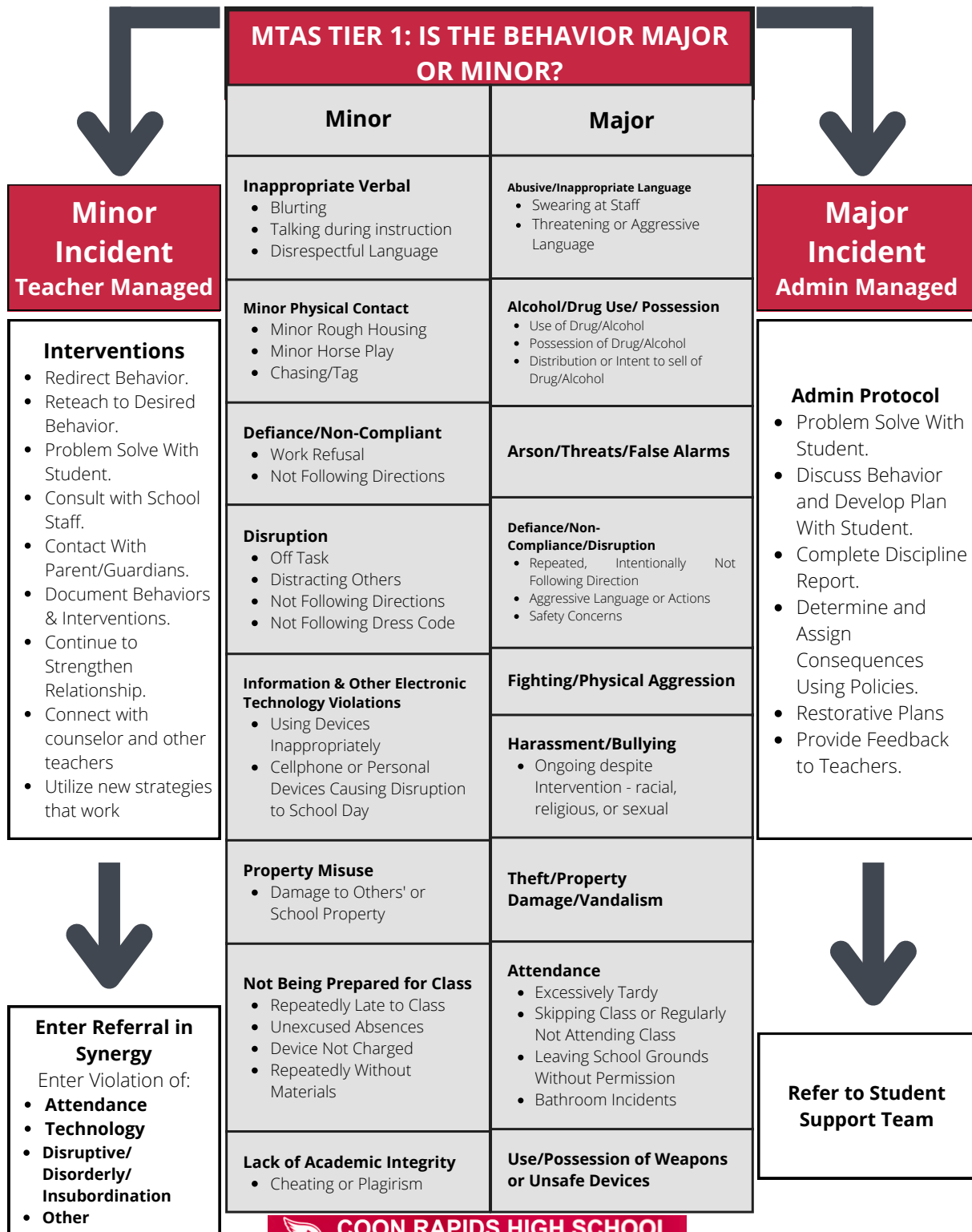
Coon Rapids High School is committed to creating a positive school community, where all students feel comfortable, safe, and able to learn. We take seriously any actions that interfere with this. Thus, students who are chronically disruptive, possess chemicals, possess weapons, or engage in fights may be referred to the school board for expulsion. Complete information regarding the district's policies can be found in the District Policy Handbook.

VANDALISM AND THEFT

Consequences for destruction and/or theft of school or personal property will result in disciplinary action. Theft of personal property should be reported to the school police liaison. Students/families may be held financially responsible for the destruction of school property.

DISTRICT POLICIES AND PROCEDURES

District Policies and Procedures are published in their entirety on the following website: www.ahschools.us. From this website pull down the tab on the left side marked "About A-H". Choose "Policies."



Coon Rapids High School is a proud member of the Northwest Suburban Conference. The mission of the Northwest Suburban Conference is to provide educational opportunities in competitive and cooperative extra-curricular and co-curricular activities. Through participation in these activities, our conference strives to have our students:

- Develop a healthy lifestyle.
- Exhibit fair play through honorable competitions.
- Develop an appreciation of preparation and its relationship to success.
- Value treating people with dignity and respect.
- Develop personal characteristics of poise, cooperation, leadership, perseverance, and self-discipline.

ACTIVITIES AND ATTENDANCE/SUSPENSIONS

Students that are suspended from school, or assigned to the DMLC for disciplinary reasons, cannot attend any scheduled practices or activities until the suspension is complete.

Any student who is suspended for 5-10 consecutive days for a violation of any district or school policy may also receive a Minnesota State High School League violation under the Student Code of Conduct, if the student is involved in any school activities.

MUSIC/ATHLETIC CONFLICTS

Every effort is made to schedule concerts and games so there are no conflicts. There are times in which a conflict cannot be avoided. When this occurs, we want the decision to be made by the student without any outside pressure from teacher and/or coach for that decision.

The following are some guidelines that need to be followed when this occurs:

Student Choosing To Miss Concert and Attend Game

- Student will inform the Activities Director in a timely manner of their decision and the Activities Director will relay that information to the teacher and coach.
- The absence for the concert will count as an excused absence.
- Student must be offered an alternative assignment worth 100% of the credit they would have earned if they attended the concert.
- If a student is late to a practice/concert for an excused tardy, any points missed must be given the opportunity to be made up in full.
- If a student has an unexcused absence/tardy, student is not allowed to make up points missed.

Student Choosing To Miss Game and Attend Concert

- The student will inform the Activities Director in a timely manner of his/her decision.
- The Activities Director will inform both the Teacher and Coach of the student's decision.

- The student's future playing time should not be used against them if they have decided to attend the concert, nor should their grade be adversely affected if they decide to attend the game.

Teacher/Coach Role

- Make every effort to not put any pressure on the student for the decision that has been made by them.
- Comments that attendance is mandatory should not be used when talking to the students.

To ensure that no student is without access to our activities programs due to financial need, the Anoka-Hennepin Foundation - Chance Fund has been established. Dollars are available to assist struggling families to pay a portion of their child's activity fees. Contact our school's Activities Director for further information.

Special Note:

A participation fee will be waived/reduced if participant qualifies for Free or Reduced Lunch through the Anoka-Hennepin Child Nutrition Services at 763-506-1240.

Participant must present the Free or Reduced Lunch eligibility letter, received from Child Nutrition Services, when registering for an activity. Reduced lunch participants will pay 50% of the participation fee.

ATTENDANCE – EXTRACURRICULAR ACTIVITIES

Students participating in any extracurricular activity must be in attendance by the beginning of 3rd period on the day of the event or practice unless prior approval has been obtained through the principal's office. Unless prior approval has been received, participation will not be permitted that day. This policy applies to students involved in athletics, music, drama, speech, debate and other activities of an extracurricular nature, including any school function (Snowdaze, etc.).

Any student suspended from school may not attend any extracurricular practice, game, event or activity until such time as the student is reinstated into regular classes by his/her assistant principal.

3 X 4 AWARD

A senior may be eligible for a 3x4 Award if he or she has successfully participated in and completed 3 Minnesota State High School League activities at the varsity level for 4 years and received a varsity letter all four years.

All Activity information for Coon Rapids High School can be found on the Coon Rapids High School Homepage.

- Click on the heading at the top of the page – Activities & Calendars

- Click on Activities & Sports Info
The following options will appear:

Athletic & Event Schedules

For athletic games and other event schedules please visit the Northwest Suburban Conference's Calendar at: www.nwsconference.org. If you do not have home access, Anoka County Libraries provide free Internet access.

Activity Advisors & Coaches List

For a list of all head coaches and activities advisors visit the Activities Document Page

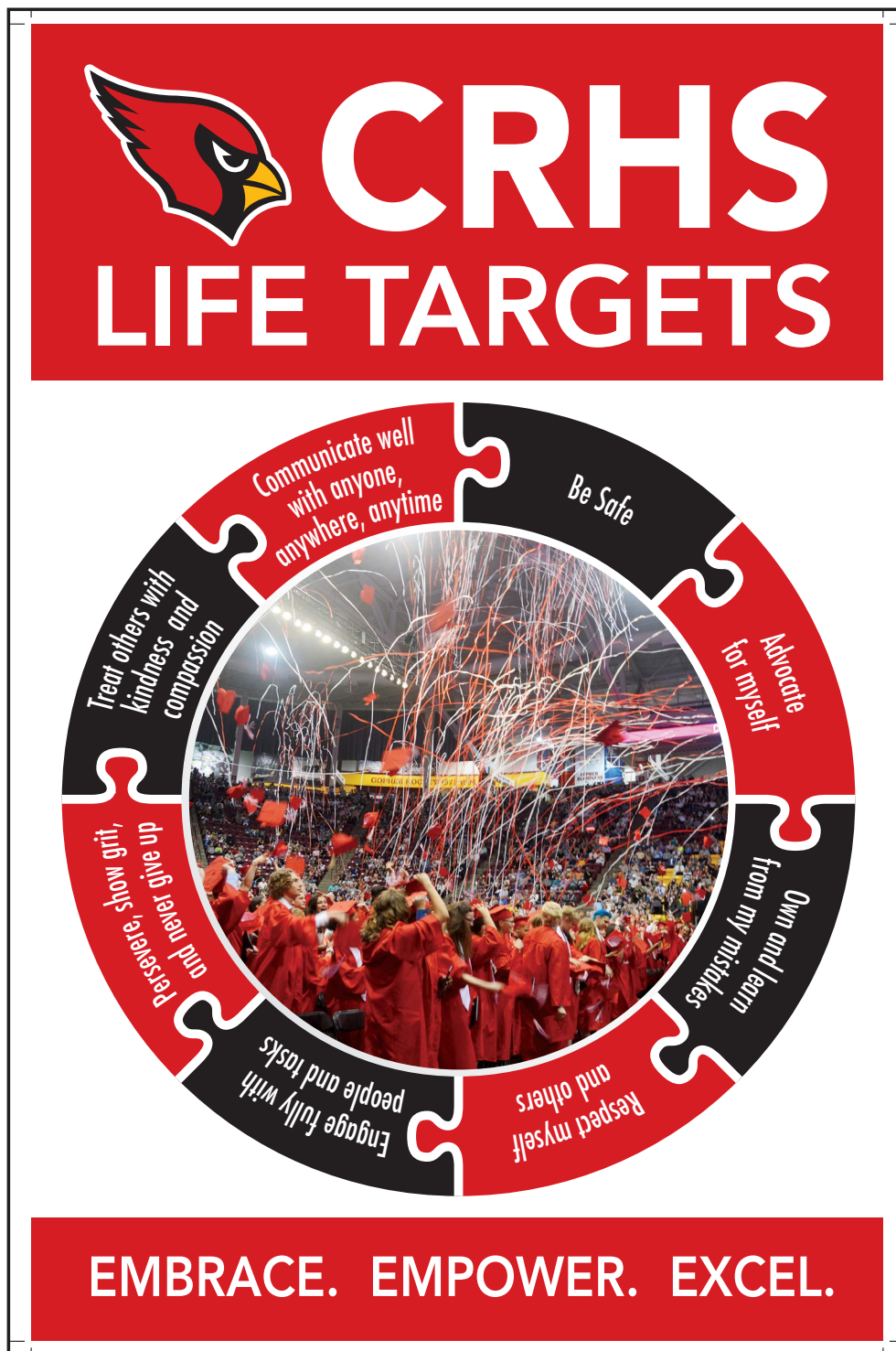
on the CRHS webpage:

[Coaches & Advisor List for CRHS Activities](#)

Eligibility & Physical Forms

To download the Eligibility Form and Physical Form also visit the Activities Document Page:

<http://www.ahschools.us/activities>



COPY THIS PAGE for the student to return to the school. **KEEP** the complete document in the student's medical record.

SPORTS QUALIFYING PHYSICAL EXAMINATION MEDICAL ELIGIBILITY FORM

Minnesota State High School League

Student Name: _____ Birth Date: _____
 Address: _____
 Home Telephone: _____ - _____ - _____ Mobile Telephone _____ - _____ - _____
 School: _____ Grade: _____

I certify that the above student has been medically evaluated and is deemed medically eligible to: (Check Only One Box)

- ☐ (1) Participate in all school interscholastic activities without restrictions.
☐ (2) Participate in any activity not crossed out below.

Sport Classification Based on Contact		
Collision Contact Sports	Limited Contact Sports	Non-contact Sports
Basketball Cheerleading Diving Football Gymnastics Ice Hockey Lacrosse Alpine Skiing Soccer Wrestling	Baseball Field Events: ❖ High Jump ❖ Pole Vault Floor Hockey Nordic Skiing Softball Volleyball	Badminton Bowling Cross Country Running Dance Team Field Events: ❖ Discus ❖ Shot Put Golf Swimming Tennis Track

- ☐ (3) Requires additional evaluation before a final recommendation can be made.

Additional recommendations for the school or parents:

- ☐ (4) Not medically eligible for: ☐ All Sports
☐ Specific Sports

Specify _____

Sport Classification Based on Intensity & Strenuousness			
Increasing Static Component ↑ ↑ ↑ ↑ ↑ III. High (>50% MVC) II. Moderate (20-50%) I. Low (<20% MVC)	Field Events: ❖ Discus ❖ Shot Put Gymnastics*†	Alpine Skiing*† Wrestling*	
	Diving*†	Dance Team Football* Field Events: ❖ High Jump ❖ Pole Vault*† Synchronized Swimming† Track — Sprints	Basketball* Ice Hockey* Lacrosse* Nordic Skiing — Freestyle Track — Middle Distance Swimming†
	Bowling Golf	Baseball* Cheerleading Floor Hockey Softball* Volleyball	Badminton Cross Country Running Nordic Skiing — Classical Soccer* Tennis Track — Long Distance
A. Low (<40% Max O ₂) B. Moderate (40-70% Max O ₂) C. High (>70% Max O ₂)			

Increasing Dynamic Component → → → → →

Sport Classification Based on Intensity & Strenuousness: This classification is based on peak static and dynamic components achieved during competition. It should be noted, however, that higher values may be reached during training. The increasing dynamic component is defined in terms of the estimated percent of maximal oxygen uptake (MaxO₂) achieved and results in an increasing cardiac output. The increasing static component is related to the estimated percent of maximal voluntary contraction (MVC) reached and results in an increasing blood pressure load. The lowest total cardiovascular demands (cardiac output and blood pressure) are shown in lightest shading and the highest in darkest shading. The graduated shading in between depicts low moderate, moderate, and high moderate total cardiovascular demands. *Danger of bodily collision. †Increased risk if syncope occurs. Reprinted with permission from: Maron BJ, Zipes DP. 36th Bethesda Conference: eligibility recommendations for competitive athletes with cardiovascular abnormalities. *J Am Coll Cardiol.* 2005; 45(8):1317-1375.

I have examined the student named on this form and completed the Sports Qualifying Physical Exam as required by the Minnesota State High School League. The athlete does not have apparent clinical contraindications to practice and participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

Provider Signature _____ Date of Exam _____
 Print Provider Name: _____
 Office/Clinic Name _____ Address: _____
 City, State, Zip Code _____
 Office Telephone: _____ - _____ - _____ E-Mail Address: _____

IMMUNIZATIONS [Tdap; meningococcal (MCV4, 2 doses); HPV (3 doses); MMR (2 doses); hep B (3 doses); hep A (2 doses); varicella (2 doses or history of disease); polio (3-4 doses); influenza (annual); COVID-19 (2 doses, 1 dose)]

☐ Up to date (see attached school documentation) ☐ Not reviewed at this visit

IMMUNIZATIONS GIVEN TODAY: _____

EMERGENCY INFORMATION

Allergies _____

Other Information _____

Emergency Contact: _____ Relationship _____

Telephone: (Home) _____ - _____ - _____ (Work) _____ - _____ - _____ (Cell) _____ - _____ - _____

Personal Medical Provider _____ Office Telephone _____ - _____ - _____

This form is valid for 3 calendar years from above date with a normal Annual Health Questionnaire.

FOR SCHOOL ADMINISTRATION USE: ☐ [Year 2 Normal] ☐ [Year 3 Normal]

SPORTS QUALIFYING PHYSICAL HISTORY FORM (Z02.5) Minnesota State High School League

Pages 2-5 of this document should be KEPT on file by the medical provider issuing the physical examination.

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Name: _____ Date of birth: _____
 Date of examination: _____ Sport(s): _____
 Sex assigned at birth - F, M, or intersex (circle) How do you identify your gender? (F, M, non-binary, or another gender)
 Have you had a COVID-19/Influenza/RSV vaccinations? Y / N
 Past and current medical conditions: _____
 Have you ever had surgery? If yes, list all past surgeries. _____
 List current medicines and supplements: prescriptions, over-the-counter, and herbal or nutritional supplements. _____
 Do you have any allergies? If yes, please list all your allergies (ie, medicines, pollens, food, stinging insects). _____

Patient Health Questionnaire Version 4 (PHQ-4)

Over the past 2 weeks, how often have you been bothered by any of the following problems? (Circle response.)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

(If the sum of responses to questions 1 & 2 or 3 & 4 are ≥ 3 , evaluate.)

Circle Y for Yes, N for No, or the question number if you do not know the answer.

GENERAL QUESTIONS

1. Do you have any concerns that you would like to discuss with your provider? Y / N
2. Has a provider ever denied or restricted your participation in sports for any reason? Y / N
3. Do you have any ongoing medical issues or recent illness? Y / N

HEART HEALTH QUESTIONS ABOUT YOU^a

4. Have you ever passed out or nearly passed out during or after exercise? Y / N
5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise? Y / N
6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise? Y / N
7. Has a doctor ever told you that you have any heart problems? Y / N
8. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography. Y / N
9. Do you get light-headed or feel shorter of breath than your friends during exercise? Y / N
10. Have you ever had a seizure? Y / N

HEART HEALTH QUESTIONS ABOUT YOUR FAMILY^a

11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)? Y / N
12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTs), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)? Y / N
13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35? Y / N

BONE AND JOINT QUESTIONS

14. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game? Y / N
15. Do you have a bone, muscle, ligament, or joint injury that bothers you? Y / N

MEDICAL QUESTIONS

16. Do you cough, wheeze, or have difficulty breathing during or after exercise? Y / N
17. Are you missing a kidney, an eye, a testicle, your spleen, or any other organ? Y / N
18. Do you have groin or testicle pain or a painful bulge or hernia in the groin area? Y / N
19. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant Staphylococcus aureus (MRSA)? Y / N
20. Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems? Y / N
21. Have you ever had numbness, tingling, weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling? Y / N
22. Have you ever become ill while exercising in the heat? Y / N
23. Do you or does someone in your family have sickle cell trait or disease? Y / N
24. Have you ever had or do you have any problems with your eyes or vision? Y / N
25. Do you worry about your weight? Y / N
26. Are you trying to or has anyone recommended that you gain or lose weight? Y / N
27. Are you on a special diet or do you avoid certain types of foods or food groups? Y / N
28. Have you ever had an eating disorder? Y / N

MENSTRUAL QUESTIONS

29. Have you ever had a menstrual period? Y / N
30. How old were you when you had your first menstrual period? _____
31. When was your most recent menstrual period? _____
32. How many periods have you had in the past 12 months? _____

Notes: _____

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

Signature of athlete: _____ Signature of parent or guardian: _____
 Date: ____/____/____

SPORTS QUALIFYING PHYSICAL EXAMINATION FORM (Z02.5) Minnesota State High School League

Pages 2-5 of this document should be KEPT on file by the medical provider issuing the physical examination.

Student Name: _____ Birth Date: _____

Follow-Up Questions About More Sensitive Issues:

1. Do you feel stressed out or under a lot of pressure?
2. Do you ever feel so sad or hopeless that you stop doing some of your usual activities for more than a few days?
3. Do you feel safe?
4. Have you been hit, kicked, slapped, punched, sexually abused, inappropriately touched, or threatened with harm by anyone close to you?
5. Have you ever tried cigarette, cigar, pipe, e-cigarette smoking, or vaping, even 1 or 2 puffs? Do you currently smoke?
6. During the past 30 days, did you use chewing tobacco, snuff, or dip?
7. During the past 30 days, have you had any alcohol drinks, even just one?
8. Have you ever taken steroid pills or shots without a doctor's prescription?
9. Have you ever taken any medications or supplements to help you gain or lose weight or improve your performance?
10. Question "Risk Behaviors" like guns, seatbelts, unprotected sex, domestic violence, drugs, and others.
11. Would you like to have a COVID-19 vaccination?

Notes About Follow-Up Questions:

MEDICAL EXAM

Height _____ Weight _____ BMI (optional) _____ % Body fat (optional) _____ Arm Span _____
Pulse _____ BP in both arms R _____ / _____ (_____/_____) L _____ / _____ (_____/_____)
Vision: R 20/____ L 20/____ Corrected: Y / N Contacts: Y / N Hearing: R _____ L _____ (Audiogram or confrontation)

Exam	Normal	Abnormal Findings	Initials**
Appearance			
Circle any Marfan stigmata present	→	Kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency	
HEENT			
Eyes			
Fundoscopy			
Pupils			
Hearing			
Cardiovascular*			
Describe any murmurs present (standing, supine, +/- Valsalva)	→		
Pulses (simultaneous femoral & radial)			
Lungs			
Abdomen			
Tanner Staging (optional)	Circle	I II III IV V	
Skin (No HSV, MRSA, Tinea corporis)			
Musculoskeletal			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand/Fingers			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot/Toes			
Functional (Double-leg squat test, single-leg squat test, and box drop, or step drop test)			

*Consider ECG, echocardiogram, and/or referral to cardiology for abnormal cardiac history or examination findings

** For Multiple Examiners

Additional Notes: _____

Health Maintenance: ☐ Lifestyle, health, immunizations, & safety counseling ☐ Discussed dental care & mouthguard use
☐ Discussed Lead and TB exposure – (Testing indicated / not indicated) ☐ Eye Refraction if indicated

Provider Signature: _____ Date: _____

ATHLETE WITH DISABILITIES SUPPLEMENT TO THE ATHLETE HISTORY

Minnesota State High School League

Pages 2-5 of this document should be KEPT on file by the medical provider issuing the physical examination.

Name: _____ Date of birth: _____

1. Type of disability:

2. Date of disability:

3. Classification (if available):

4. Cause of disability (birth, disease, injury, or other):

5. List the sports you are playing:

6. Do you regularly use a brace, an assistive device, or a prosthetic device for daily activities? Y / N

7. Do you use any special brace or assistive device for sports? Y / N

8. Do you have any rashes, pressure sores, or other skin problems? Y / N

9. Do you have hearing loss? Do you use a hearing aid? Y / N

10. Do you have a visual impairment? Y / N

11. Do you use any special devices for bowel or bladder function? Y / N

12. Do you have burning or discomfort when urinating? Y / N

13. Have you had autonomic dysreflexia? Y / N

14. Have you ever been diagnosed as having a heat-related or cold-related illness? Y / N

15. Do you have muscle spasticity? Y / N

16. Do you have frequent seizures that cannot be controlled by medication? Y / N

Explain "Yes" answers here.**Please indicate whether you have ever had any of the following conditions:**

Atlantoaxial instability Y / N

Radiographic (x-ray) evaluation for atlantoaxial instability Y / N

Dislocated joints (more than one) Y / N

Easy bleeding Y / N

Enlarged spleen Y / N

Hepatitis Y / N

Osteopenia or osteoporosis Y / N

Difficulty controlling bowel Y / N

Difficulty controlling bladder Y / N

Numbness or tingling in arms or hands Y / N

Numbness or tingling in legs or feet Y / N

Weakness in arms or hands Y / N

Weakness in legs or feet Y / N

Recent change in coordination Y / N

Recent change in ability to walk Y / N

Spina bifida Y / N

Latex allergy Y / N

Explain "Yes" answers here.**I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.**

Signature of athlete: _____ Signature of parent or guardian: _____

Date: ____/____/____

PI ADAPTED ATHLETICS MEDICAL ELIGIBILITY FORM ADDENDUM**(Use only for Adapted Athletics - PI Division)****Minnesota State High School League****Pages 2-5 of this document should be KEPT on file by the medical provider issuing the physical examination.**

The MSHSL has competitive interscholastic Physically Impaired (PI) competition. Students who are deemed fit to participate in competitive athletics from a MSHSL sports qualifying exam should meet the criteria below to participate in Adapted Athletics – PI Division.

The MSHSL Adapted Athletics PI Division program is specifically intended for students with physical impairments who are medically eligible to compete in competitive athletics. A student is administratively eligible to compete in the PI Division with one of the two following criteria:

The student must have a diagnosed and documented impairment specified from one of the two sections below:
(*Must be diagnosed and documented by a Physician, Physician's Assistant, and/or Advanced Practice Nurse.*)

1. _____ Neuromuscular _____ Postural/Skeletal _____ Traumatic
 _____ Growth _____ Neurological Impairment

Which: _____ affects Motor Function _____ modifies Gait Patterns

(Optional) _____ Requires the use of prosthesis or mobility device, including but not limited to canes, crutches, walker or wheelchair.

2. _____ Cardio/Respiratory Impairment that is deemed safe for competitive athletics, but limits the intensity and duration of physical exertion such that sustained activity for over five minutes at 60% of maximum heart rate for age results in physical distress in spite of appropriate management of the health condition.

(NOTE:) A condition that can be appropriately managed with appropriate medications that eliminate physical or health endurance limitations WILL NOT be considered eligible for adapted athletics.

Specific exclusions to PI competition:

The following health conditions, without coexisting physical impairments as outlined above, do not qualify the student to participate in the PI Division even though some of the conditions below may be considered Health Impairments by an individual's physician, a student's school, or government agency. This list is not all-inclusive and the conditions are examples of non-qualifying health conditions; other health conditions that are not listed below may also be non-qualifying for participation in the PI Division.

Attention Deficit Disorder (ADD), Attention Deficit Hyperactive Disorder (ADHD), Emotional Behavioral Disorder (EBD), Autism spectrum disorders (including Asperger's Syndrome), Tourette's Syndrome, Neurofibromatosis, Asthma, Reactive Airway Disease (RAD), Bronchopulmonary Dysplasia (BPD), Blindness, Deafness, Obesity, Depression, Generalized Anxiety Disorder, Seizure Disorder, or other similar disorders.

Student Name _____

Provider (PRINT) _____

Provider (SIGNATURE) _____

Date of Exam _____



ANOKA-HENNEPIN
SCHOOLS
A future without limit

2026-27 CALENDAR

GRADES K THROUGH 12

2026-27 Calendar Key Dates - GRADES K-12

- Jul 3 District closed, holiday
- △ Aug 25-27 New teacher orientation
- Aug 31-Sep 2 No students, workshops
- Sep 3 No students, workshops, Para staff dev
- Sep 7 District closed, holiday
- Sep 8 First day of School for grades 1-5, 6, 9**
- Sep 9 All grades report to school***
- Oct 15-16 No school, MEA
- Oct 26 No elem students
elem PLC/conf/staff dev, K-5 para staff dev
- Nov 3 No students, staff dev
- Nov 25 No school, conf conversion day
- Nov 26-27 District closed, holiday
- Dec 3 End of trimester one
- Dec 4 No students, staff planning, grades
- Dec 7 No students, PLC/Staff dev, Para staff dev
- Dec 24-25 District closed, holiday
- Dec 28-31 No school, winter break
- Jan 1 District closed, holiday
- Jan 18 District closed, holiday
- Feb 15 District closed, holiday
- Feb 16 No students
elem PLC/conf/staff dev, secondary staff dev
- Mar 10 No students, PLC/staff dev
- Mar 12 End of trimester two
- Mar 15 No students, staff planning, grades
- Mar 29-31 No School, spring break
- Apr 1-2 District closed, holiday
- Apr 30 No students, staff dev
- May 31 District closed, holiday
- Jun 10 End of trimester three
- Jun 10 Last day of school
- Jun 11 No students, staff planning, grades
- Jun 18 District closed, holiday

NOTE: If instructional days are lost due to emergency closings, the district may convert non-school days or extend the school year.

School Board approved 5/5/25

Revised 12/8/2025

ahschools.us

JULY				
M	T	W	TH	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

AUGUST				
M	T	W	TH	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31	*SEPT 8-11.....KINDERGARTEN WELCOME WEEK Check your school for schedule.			

SEPTEMBER				
M	T	W	TH	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

OCTOBER				
M	T	W	TH	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

NOVEMBER				
M	T	W	TH	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

DECEMBER				
M	T	W	TH	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

JANUARY				
M	T	W	TH	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

FEBRUARY				
M	T	W	TH	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26

MARCH				
M	T	W	TH	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

APRIL				
M	T	W	TH	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

MAY				
M	T	W	TH	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

JUNE				
M	T	W	TH	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		