

Washington High School
2023-2024

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This Husky Planner belongs to:
TABLE OF CONTENTS
School Bell

Schedules.....
..... 3

Administration, Counseling, Office and Support
Staff.....
. 4

Mission
Statement.....
..... 4

Washington High School Alma
Mater.....
..... 4

Message From Your ASB
President.....
..... 4

A Brief History of Washington High
School.....
..... 5

Washington High School Hall of
Fame.....
..... 5

School Pictures / Senior Portraits / Team
Photos.....
..... 5

Schoolloop.....
..... 5

Student
Life.....
..... 6

Interscholastic Sports at
WHS.....
..... 7

2021-2022 ASB Officers and
Advisor.....
..... 8

2021-2022 Class Officers and
 Advisors..... 8

List of Clubs for the 2021-2022 School
 Year..... 8

Graduation
 Requirements..... 12

College
 Requirements..... 13

School
 Policies..... 15

2021-2022 Washington High School Discipline
 Guidelines..... 19

Attendance..... 20

Confidential Counseling, Health Care, Crisis Hotlines & Websites for
 Teens..... 22

Meeting
 Schedule..... 23

SCHOOL BELL SCHEDULES:

MON/THURS/FRI

0 Period	7:30-8:24
1st Period	8:30-9:22
2nd Period	9:28-10:20

Brunch 10:20-10:26
Husky/Flex 10:32-11:04
3rd Period 11:10-12:02
4th Period 12:08-1:00
Lunch 1:00-1:30
5th Period 1:36-2:28
6th Period 2:34-3:26

TUES(ODD)/WED(EVEN)

0 Period 7:35-8:24
1st/2nd Period 8:30-10:03
Flex 10:15-10:54
3rd/4th Period 11:04-12:37
Lunch 12:37-1:11
5th/6th Period 1:17-2:50

MINIMUM DAYS

8/16, 10/25, 10/26, 10/27, 11/17, 2/9

0 Period 7:43-8:24
1st Period 8:30-9:09
2nd Period 9:15-9:54
3rd Period 10:00-10:39
Brunch 10:39-10:48
4th Period 10:54-11:33
5th Period 11:39-12:18
6th Period 12:24-1:03

FULL DAY ASSEMBLY

12/6, 3/20, 5/15

0 Period 7:35-8:24
1st Period 8:30-9:19
2nd Period 9:25-10:14
Brunch 10:14-10:18
Assembly 10:26-11:14
3rd Period 11:20-12:09

4th Period 12:15-1:04
Lunch 1:04-1:40
5th Period 1:46-2:35
6th Period 2:41-3:30

SEMESTER FINALS

12/20, 12/21, 12/22, 5/29, 5/30, 5/31

1/3/5 Periods 8:30-10:34
Brunch 10:34-10:44
2/4/6 Periods 10:50-12:54

DOUBLE BLOCK TESTING DAYS

1/2 Periods 8:30-10:22
Brunch 10:22-10:26
Husky/Flex 10:32-11:02
3/4 Periods 11:08-1:00
Lunch 1:00-1:32
5/6 Periods 1:38-3:30

ADMINISTRATION, COUNSELING, OFFICE AND SUPPORT STAFF

Principal: Robert Moran

Co-Administrators:

Attendance

Clerks:

Jeff Speckels

Students A–G:

Julie Johnson

Erica Donahue

Students H–N:

Irene Barroso

Jeff Alves

Students O–Z: Monique

Mendez

Account Clerk: Linda Dadnam

Secretary:

Registrar: Jennifer Hardy

Library Clerk:

Counselors:

School Resource

Officer: Michael Guilfooy

Students A – Fe: Jimmy Nguyen

Campus

Supervisor: Kathy Fetz & Gilbert Mendoza

Students Fi– L: Britney Stewart

Students M – Re: Andrea Madrinan

Students Ri – Z: Dolores Vera-Valdez

Transition:

Athletics Director: Regina

Quezada

College/Career Specialist: Maria Ponsen

Activities

Director: Michael Soltau

School Clerk: Suparna Dangi

MISSION STATEMENT

Washington High School embraces a philosophy of lifelong learning where students develop academic proficiency, emotional intelligence, and 21st century skills through participation in relevant learning experiences that lead to post-secondary success.

Schoolwide Learner Outcomes

HUSKY STRONG:

H- Hands on learning

U- Unified community

S- Safe space

K- Knowledge and skills

I- Interventions and supports

E- Engaging curriculum

S- Spirit and Husky pride

WASHINGTON HIGH SCHOOL ALMA MATER

by Dwight Thornberg

To thee our alma mater, our hearts will ere turn back.

We rally 'round the banner, the orange and the black.

The light of truth and knowledge, forever will prevail.

Oh, WASHINGTON, we love you, all hail, all hail!

Hey Huskies!

Welcome to the 2023-2024 school year! As we begin to settle back into the flow of school, we also want to embrace change by understanding our traditions and rebuilding them with purpose. We lost the meaning of many traditions due to the pandemic, but we are redefining those traditions to better serve the Washington community. And, we encourage you to redefine your traditions. ASB has many resources to help strengthen connections within our Washington community through clubs, sports, events, and focus groups; all can be found @huskycountry on instagram and washingtonasb.com. Please do not hesitate to reach out to any of us if you have any questions, comments, or concerns. We are very excited about what this year entails and look forward to creating new memories.

Tu-Anh Bui president@washingtonasb.com

Addy Hu vp@washingtonasb.com

David Jeon secretary@washingtonasb.com

Nina Rock treasurer@washingtonasb.com

#HuskyStrong

A BRIEF HISTORY OF WASHINGTON HIGH SCHOOL

The first high school classes in Washington Township began January 11, 1891 in the Masonic Hall on Peralta Boulevard with 22 students. The school was named Union High School District #2 and May Burdick became the first graduate in June, 1892. In March of 1893, the students moved into a new three-story building on Peralta Boulevard.

Tennis and baseball were popular sports, but the school organized a football team and played their first official game against the local Washington College on December 16, 1893. The high school won with a final score of 8-0. The first major play was the 1898 production of "As You Like It" in an improvised amphitheater in the Forest of Ardenwood in the Patterson Ranch Woods. Both boys' and girls' basketball teams were formed in 1907 and a track was built in front of the school in 1910. In 1914 the school name was changed to Washington High School District. Publication of the school newspaper, The Hatchet, also began that year when students decided it "could be used to bring untruth and

deceit to an end.” It wasn’t until 1923 that the first volume of the school yearbook, *The Washingtonian*, was published by the senior class. In 1923 twenty acres were purchased for \$20,000 at the present Fremont Boulevard location. Construction moved quickly and the new classically designed building was dedicated in August 1924. By 1926 the school enrollment had grown to 300 students. The original Memorial Grove was planted in 1932 to commemorate the bicentennial of George Washington.

The Washington high athletic teams had been called the “Huskers” or “Cornhuskers” for many years, but as the area changed from rural to suburban the name was changed to the “Huskies” and the Husky dog was chosen as the mascot. The school colors became orange and black. By 1958 the school had grown to over 2,900 students attending a triple staggered schedule. In the fall of 1959 Logan High school opened and was quickly followed in 1961 by the openings of Irvington High and Newark High. 1972 was a key year in Husky history as earthquake safety concerns led to the closure of the main building, and many students in the northern WHS attendance area left to begin attending the newly opened American High School.

After the passage of a school bond in the early 90’s, the main building and gyms were demolished to make way for new construction. Efforts of the Washington High School Alumni Foundation and its many members helped to save the original entrance archway of the main building and incorporate it into the design of the new building. With a design that reflects the original architecture, the new main building was dedicated on December 13, 1997, and it proudly represents the tradition and contributions that this institution and its graduates have made to the Fremont community.

(Accounts of some events taken from *Reflections: The Educational History of Fremont*, 1983)

WASHINGTON HIGH SCHOOL HALL OF FAME

The Washington High School Hall of Fame seeks to honor Washington Alumni that have exemplified the ideas of the school throughout their lives and have actively made a difference in their respective professions

and communities. They represent the richness of tradition that is at the very core of Washington High School. The sponsors of the Hall of Fame Dinner are the Washington High School Alumni Foundation and Dale Hardware.

SCHOOL PICTURES/SENIOR PORTRAITS/TEAM PHOTOS

School pictures (which includes I.D. pictures) will be taken by Studio 1 Photography on Maze Day. All students' pictures will be mailed to their homes instead of to their school. Team pictures will be allowed for pick-up in the student center. If you are unhappy with your picture or did not attend Maze Day, picture make-up days will be announced over the bulletin, but you must get your student ID on the first day of school at the front office. Seniors are required to take their senior portraits. In order to do this, you must schedule an appointment with Studio 1 Photography. Contact the studio at

customerservice@studio1experience.com or call. The address for Studio 1 Photography is 6515 Sierra Lane, Dublin, CA, 94568. If you would like more information, please visit their website:

www.studio1experience.com.

STUDENT LIFE

Husky Period: Every Monday students will go to their Husky Period, which acts as their advisory period with their third period teacher.

FLEX Period: Tuesday through Friday students will make appointments with one of their teachers in order to catch up on work, ask for help, make up tests/quizzes, or meet with their focus groups or clubs.

Appointments must be made with a teacher on their schedule unless it is for club or focus group purposes.

Student Identification: Washington students are required to carry the WHS photo identification (I.D.) card at all times when they are on campus and while they are attending school events. Students receive these cards at Maze or their first day of school in the Student Center.

Replacement photo I.D. cards may be purchased in the office for \$5. In addition, students who are enrolled in ROP classes must carry identification during school hours that verifies the student is enrolled in

that class (i.e. class schedule). Upon transferring from Washington High School, students must turn in their I.D. card to the office.

Lockers: Lockers will be assigned through the Student Center based on available space during Maze. Students must provide their own combination lock and indicate their lock combination to ASB. Locker use is a privilege provided for student convenience. Washington High School is not responsible for items lost or stolen from lockers, including school books, due to theft or vandalism. Lockers are school property and may be searched as needed for disciplinary, health or safety reasons - items found in lockers are considered the property of the student to whom the locker is assigned. Senior lockers are in the 40s and 50s wings. Juniors are in the main hallway and 60s, Sophomores are located in the 60s as well as upper and lower Eggers and Fremont buildings. Freshman lockers are located in the 20's wing. Students are not allowed to share lockers and the school is not responsible for any break-ins or loss of property or books. Students are encouraged to empty lockers during long breaks to minimize loss.

Yearbook: Yearbooks are available to purchase throughout the first semester and are part of the MAZE package. Students may purchase yearbooks separately for an additional cost.

Student Parking: Parking permits are \$20 each and can be purchased at MAZE. All parking spaces at WHS must have a visible Washington High issued placard visible on the dashboard. Unauthorized parking is subject to city codes and fines.

Library and Computer Lab: The Washington library and its staff provide a safe, comfortable environment with a wealth of resources for students' personal and academic enrichment. It is open daily from 8:00-4:00, with the exception of posted closures for mandatory monthly district meetings. To visit the library during instructional periods, students must have a pass from their instructor. Computers and printers are unavailable during the Husky/FLEX Period. Students may check out materials for 3 weeks, with renewal privileges available.

Tutoring: Tutoring opportunities on campus will be announced in the Daily Bulletin or students can ask their teacher or counselor about what

is available. Counselors can also provide students with access to the FUSD tutoring list for private credentialed tutors for hire.

College and Career Center: In the College and Career Center, students can obtain up-to-date and accurate information about their future career and educational plans. Programs and services include Career and College guidance and planning, college visits, College Night and parent information nights, scholarship and financial aid information, NCAA Clearinghouse and college athletic counseling, military/academy information, ROP, 6th grade science camp opportunities and more. The College and Career Center is located in room F243 and is open every day from 7:00 AM to 3:00 PM. Parents are encouraged to schedule appointments with the Career and College Specialist, Maria Ponsen, at mponsen@fusdk12.net. The College and Career center has an open door policy in which students and parents are always welcomed to stop by during the school day.

Counseling Office: Helping students have a positive experience in high school is the primary focus for school counseling. Students who need to discuss a personal matter or are experiencing a crisis, or would like help in planning their academic program to fit college or career goals can meet with their counselor. Counselors are available on a drop in basis before and after school, brunch and lunch. Students can also initiate a meeting with their counselor by signing in on the laptop, on the google form for your specific counselor clipboard (color coded by counselor) in the counseling office. Counselors will respond to their request as soon as possible. Students requiring immediate attention may come to the counseling office as needed.

School Resource Officer (SRO): The School Resource Officer is employed by the Fremont Police Department and Fremont Unified School District. The role of the SRO is to deal with all law enforcement related matters and criminal violations at school and school-related activities. The SRO also promotes prevention, intervention, open communication and understanding between Washington High School students and the Fremont Police Department.

School Rings/Caps and Gowns: Herff Jones, our school's vendor, comes to WHS on multiple occasions each year to take ring orders, senior orders for caps and gowns, and graduation announcements orders. Order forms are available in the Student Center. Visit <https://www.herffjones.com/> for further information.

Pictures: Our official school photographer is Studio One Photography. For information about ordering pictures, visit <http://s1portal.com/washington.html>.

Fundraising: In order for a group to initiate a fundraiser, they must fill out a Fundraising Form, available in the Student Center, and return for prior authorization. Upon the Leadership 2 class' and administrative approval, the group will be scheduled to begin fundraising activities. Monies raised in a given school year must be spent in that given year. If any money is unspent the club must turn in a budget at the end of the school to identify how it will be used. Once the fundraiser is completed, the money is to be turned into the Accounts Clerk for deposit in the club's account, within 3 days.

Student Activities Center: The Student Center, located near the cafeteria, is the information hub for students on campus. It is open before school, at lunch, and after school. It is closed Fridays after school. The office of the Student Activities Director is located in the Student Center.

Associated Student Body (ASB): Purchasing an ASB Card provides students with the opportunity to participate in a wide variety of ASB activities which include discounts on the Yearbook, Husky Planner, and ASB events. The cost of the ASB Card can be recouped by taking advantage of these discounts. Purchasing ASB Cards help fund a variety of ASB projects that benefit students. The ASB is comprised of three layers of government:

1. ASB President, Vice President, Treasurer, and Secretary
2. Class President, Vice President, and Treasurer
3. Appointed Commissions

INTERSCHOLASTIC SPORTS AT WHS

FALL	WINTER	SPRING
Cross Country Football Girls Tennis Girls Volleyball Boys Water Polo Girls Water Polo Cheerleading	Boys Basketball Girls Basketball Boys Soccer Girls Soccer Wrestling	Badminton Swimming Baseball Boys Tennis Boys Lacrosse Girls Lacrosse Golf Track Softball Boys Volleyball

A number of team sports represent Washington High School for competition within the Mission Valley Athletic League (MVAL).

Cheerleading: is in season from spring of the previous year through winter sports of the new school year. Tryouts are usually held in the April timeframe for the next school year. Cheerleading squad is considered a sport and is an optional activity. Students are responsible for the raising of funds to participate in this club with the sole financial responsibility of that club. District, athletic or ASB funds are not used to support this club. All students participating in school athletics and cheerleading must meet GPA eligibility requirements (minimum 2.0 GPA, no F grades) and must have all forms, including the medical release form, from the Sports Packet, submitted to the coach prior to participating in approved conditioning or tryouts. This packet is available in the attendance office or from the coaches. Students need to schedule a physical well in advance of any kind of participation. Students can check with the Athletic Director for the time, date and location of clinics held at WHS each school year for students in need of a physical.

Athletic Eligibility: In order to be able to participate in the Washington High School athletic program, students must meet the following academic eligibility requirements:

- **Minimum 2.0 GPA and no “F” grades.**

Academic Probation: 1.75—1.99 GPA and/or no more than one “F” for a limit of one quarter grading period based on the current and preceding quarters at the beginning of the eligibility activity, and the following quarter should the activity still be occurring.

- Academic Probation may not exceed more than one successive quarter; GPA must raise to 2.0 and no “F” grades. No two consecutive quarter F’s and or no two consecutive quarters with a GPA of 1.75—1.99.

Your last quarter grades affect your athletic eligibility.

2020-2021 ASB OFFICERS AND ADVISOR:

PRESIDENT	VP	TREASURER	SECRETARY	ADVISOR
Annie Bui	Addy Hu	Nina Rock	David Jeon	Mr. Soltau

2020-2021 CLASS OFFICERS AND ADVISORS:

CLASS	PRESIDENT	VP	TREASURE	ADVISORS
2024	Evan Dang	Trina Ta	Malissa Yasuda	Mr. Kim & Ms. Mitchell
2025	Saadhana Rajesh	Kaitlyn Opiana	Asees Aulakh	Ms. Thein & Mr. Bermudez
2026	Winnie Bui	Michael Peng	Kevin Hsieh	TBD
2027	TBD	TBD	TBD	TBD

Washington High School has over 50 unique clubs ranging in focus from academic to cultural to service to extracurricular. All clubs are approved in early September each year and their charter is valid for that school year plus the summer that follows. To create a club, students can fill out the club application form in the Student Center and submit to ASB for approval. The deadline for club applications for the school year is the end of the first semester.

Websites and Information for Post High School Planning: The following websites are also very useful to college prep students, particularly in the junior and senior year.

Colleges:

California State University..... csumentor.edu

University of California..... [ucop.edu/
pathways](http://ucop.edu/pathways)

California Colleges..... californiacolleges.edu

Athletics:

NCAA Clearinghouse..... ncaaclearinghouse.net

SAT / ACT Prep..... collegeboard.com or act.org

Financial Aid & Scholarship Search:

Free Student Aid Application..... fafsa.ed.gov

Fast Web..... fastweb.com

CollegeNet..... collegenet.com

Wired Scholar..... wiredscholar.com

WHS Website: Daily bulletins that include upcoming activities are posted on the website, as well as the names of all staff members listed by department. A link to this handbook is available and updates and corrections are made online to the School Calendar. Messages for staff can be left on voicemail by calling the main number at 505-7300. Staff members find email an effective way to communicate as well. The email address for each of them is the first initial of their first name followed by their full last name, and then @fusdk12.net (i.e., asmith@fusdk12.net).

Work Permits: Labor law requires that young people from age 13 to 17 must obtain a special work permit in order to be employed and must follow the law in terms of work conditions and time limits. To obtain a Work Permit, students must submit a completed application, photo ID and original Social Security card to the **Career Center**. Forms are available on our school website or in the Student Center. During the summer, work permits are available at the summer school site or district office. Work Permits run for an academic school year and must be renewed each school. No Work Permits are issued without verification of employment. Students that are 18 years of age or a graduated senior are not by law required to have a valid work permit. Requirements for Work Permits during the school year:

1. Meet GPA eligibility as outlined under School Policy: Eligibility
2. If a student receives two Truancy letters, an attendance contract is developed for the student by the administrator that will include revocation of the Work Permit if truancy persists.
3. No school suspensions.

When issued during the school year, Work Permits are valid for one year. Work Permits issued from Fremont Unified School District are only valid for the summer months, so students must reapply for a new permit from WHS at the beginning of the school year to continue working. Questions regarding work permits can be directed to the Work Experience Coordinator in the Student Center. Work permits can be turned into Mrs. Wittmer in the Student Center. Students must come with their original social security card and a form of ID in order to have the form completed.

GRADUATION REQUIREMENTS

FREMONT UNIFIED SCHOOL DISTRICT GRADUATION REQUIREMENTS		
SUBJECT	Units	
ENGLISH MAT	40	Must Pass English
MATHEMATICS	30	ALGEBRA 1 REQUIRED Passing grade in
Senior High		
SOCIAL SCIENCE	30	
SCIENCE	20	
PHYSICAL EDUCATION	20	
FINE ARTS/WORLD LANG	10	
HEALTH	5	
		*SERVICE HOURS
hours (10 hours per year		
ELECTIVES: attendance in FUSD)	75	
TOTAL UNITS:	230	
units = 1 semester course		
units = 1 year course		

Additional Credits Toward Graduation: Students who have failed required courses or need elective credit, or are missing credits due to other circumstances can attend Summer School and/or Fremont Adult School. Students can also arrange for certain Independent Study

programs for credit, but must obtain prior written approval from their counselor and administrator before enrolling in the class. Students who have previously failed classes will be given the Summer School registration form for priority registration. Fremont Adult School offers courses each quarter; fall, winter, spring and summer. Students must be 16 to attend Adult School concurrently and must meet with their counselor or administrator to complete required paperwork and selection of the correct courses prior to registering at the Adult School. Attendance policies for both are very strict and allow for very few absences regardless of the excuse. Students taking courses outside of Fremont Unified School District must have prior written approval through the Counseling Office to earn credit.

Repeating Courses: Students repeating sequential courses who earned a passing grade (D or higher) the first time taken will not receive credit. The student's counselor must be consulted before repeating courses. Grade improvement is applied to D's and F's only.

Report Cards and Progress Reports: Report cards are issued quarterly and at the end of each semester. Nine week quarter grades are progress indicators and are used to determine activity eligibility, while semester grades (16 weeks) at the halfway point and at the end of the school year are final grades that are used in the Grade Point Average calculation. Progress Reports are issued midway between quarters to students who are performing poorly in a class and also can indicate satisfactory class performance. Parents can contact the teacher directly for further clarification. Units are earned at the end of each semester for passing grades. All courses earn five units per class period, per semester. Variable unit courses are available through ROP, Adult School

Service Hours Requirement: Either community service, service learning activities, or a combination of both, fulfill the 40 hour graduation requirement (or 10 service hours per year of high school attendance in Fremont Unified). Students can learn more about these opportunities from teachers or the Service Learning Coordinator. Both Community Service and Service Learning hours must be documented on Community Service Hour Forms and turned into the designated box

when completed. Students are advised to make a copy of the form for their own records prior to turning it in. The form must be signed by a representative of the organization or the teacher involved. Hours earned and approved will be documented on each student's transcript. After a student has completed 40 hours of service, they are encouraged to continue volunteer work; however, additional hours will not be documented by the school's service learning coordinator. It is the responsibility of each student to self-record their service hours after they have completed 40 hours of service.

Any community service hours earned in the summer must be turned in by the end of the first quarter of that year. Freshmen cannot start earning community service hours until the first day of school. Any community service project over ten hours must be accompanied with a signed letter from the head of the organization explaining what the student did as verification. Community service hours cannot be earned during the school day. *Hours are not needed for the 2020-2021 school year due to distance learning and COVID restrictions.*

Community Service: Students may volunteer at organizations or work in other volunteer activities that serve the needs of the greater community. However, it must be approved by the Service Learning Coordinator in advance. Internships at for-profit businesses, family chores and babysitting do not qualify. Secular work, like feeding the homeless, providing childcare for a community function or building houses may be awarded service hours. Religious service or service with explicit religious principles (i.e., Sunday school) will not count due to the separation of church and state affecting public schools.

Service Learning: projects are created by teachers and are tied to course curriculum and are then eligible for service hours.

Community College Coursework: Students have the opportunity to take some courses at community colleges provided that they maintain a 2.0 GPA and no F's. More information about this area of study can be obtained from the counselors and Ohlone College's website and Counseling staff. Students must obtain prior authorization for these

classes to count for WHS credit prior to enrolling in the class (consult your counselor).

COLLEGE REQUIREMENTS

COMMUNITY COLLEGE ADMISSION REQUIREMENTS:

Any of the following:

- Age 18
- High School Graduate
- Passed the GED

Application process: Seniors interested in attending Ohlone College will be given priority registration if they attend Ohlone orientation meetings at WHS and complete the required Math and English Placement Tests by the date specified in the daily bulletin sometime early in the second semester.

CALIFORNIA STATE UNIVERSITY AND UNIVERSITY OF CALIFORNIA ADMISSION REQUIREMENTS:

~All courses from a-g list with minimum grade of "C"~*

UC Recommends

English

Math (Algebra, Geometry, Algebra 2)

4 years

Lab Science (Living Earth, Chemistry of Earth Systems)

2 years

3 years

World Language

3 years

U.S. History, Government, Social Science

Visual and Performing Arts

College Prep Elective

UC minimum a-g (college prep courses) weighted GPA from 10th & 11th a-g course list and weighted courses for WHS available online at ucop.edu

*a-g denotes college prep courses and is designated "a-g" in FUSD High School Catalog

Advanced Placement (AP) and Honors Classes: WHS offers both AP and Honors classes. Students who meet the prerequisites stated in the district's high school course catalog may request to be placed in Honors courses. Students who are currently enrolled in Honors courses and wish to continue in that subject area must maintain "C's" or higher in that course. AP courses are open to any highly motivated student who meets the prerequisites for the course. Students need to be mindful that AP courses are rigorous college courses taught at the high school level. AP and Honors courses are not required for college entrance; college prep courses on the a-g list meet college requirements (see chart above). However, students who take AP and Honors courses are more competitive in the college application process.

CEEB Code for WHS: 050972

Differential Weighting of Grades: The FUSD transcript does not report weighted grade point averages; however, prospective colleges refigure students' GPAs to include differential weighting. UC and CSU have defined a number of advanced courses offered at WHS that receive an extra point added by the colleges to the GPA when a student earns an A, B or C. Students are limited to 8 semester weighted grades from the list. Most of these courses are taken during the junior and senior year, with the common exception of Honors Chemistry. This list can be accessed on the web at www.ucop.edu/doorways, then select a-g Course Lists and enter Washington High School. All of the WHS a-g approved courses are listed and those that are weighted are indicated with a star. Private colleges vary in their definition of course weighting so students must contact prospective colleges to obtain this information.

Financial Aid and Scholarships: All seniors are encouraged to apply for financial aid to help with college costs. Students apply for federal aid through the Free Application for Student Aid or FAFSA, which must be completed by both the student and parent beginning in January. It is

preferred that the FAFSA be completed online at fafsa.ed.gov. The first step is to apply at that website for a PIN (Personal Identification Number) at the beginning of January. The FAFSA is based on need while the Cal Grant is based on both need and GPA, and the Cal Grant awarded to qualifying California students attending college within California. The FAFSA must be filed before the Cal Grant can be awarded and both are due by March 2. Each senior's name and GPA information will be automatically submitted for Cal Grant provided that they have completed and have on file the Cal Grant Release form in the Career Center, which asks for the senior's Social Security number. The criteria for scholarships vary greatly and seniors should pursue those most appropriate. Visit the College/Career Center for more information. Do not pay for a service that promises to find financial aid and scholarships for students when you can receive free information in the College/Career Center.

Grade Prerequisites: Students who wish to enroll in a college-prep sequential course must earn a grade of "C" in the prior course unless stated otherwise in the FUSD Course Catalog. Grades of "D" in college prep course do not meet university entrance requirements. It is strongly recommended that students with "D" or "F" grades enroll in summer school to meet the next course prerequisite and complete the required college entrance requirement of C's or higher in all college prep courses.

PSAT: The PSAT is the official preliminary standardized college admissions test that takes place in October of each year and is offered to sophomore students and the only qualifying test for the National Merit Scholarship program for juniors. Juniors register and pay the fee a number of weeks prior to the test. If possible, all Sophomores will take this test at WHS on Wednesday, October 16th. The test is given here on campus. This year the Primary PSAT/NMSQT Test Day will be Wednesday, October 16th, and the Saturday Test Day will be October 19th.

SAT and ACT College Entrance Tests: Students planning to apply to University of California (UC), California State University (CSU) or

Private Colleges or ACT by November (preferably October) of their senior year. It is recommended that college prep students take the SAT or ACT in the spring of their junior year and again in the fall of their senior year. Students can view the tests available, test dates and locations, and register online for the SAT at collegeboard.com or ACT at act.org. Registration materials are also available in the College and Career Center. The CEEB code for WHS, which is required for registration, is **050972**.

UC and CSU applications: UC application may be submitted online from November 1- November 30, and the CSU application may be submitted online from October 1- November 30. Seniors should begin the application process early. The application can be saved on the web while they complete the process. It is strongly recommended that students submit their online applications well in advance of the November 30 deadline to avoid complications during heavy usage of these websites.

CSU Application Website: csumentor.edu

UC: universityofcalifornia.edu/apply

SCHOOL POLICIES

Complaint Process: If a student and/or parent have a complaint about a school employee or program, these procedures must be followed:

1. Complainant should attempt to discuss and resolve the problem informally directly with the staff member.
2. If this informal discussion does not resolve the problem to the satisfaction of both parties, the complainant should make an appointment with his/her assistant principal for resolution.
3. If both parties are still not satisfied, the matter will be referred to the principal.

All steps in the complaint resolution process will remain strictly confidential

Appearance in the Media: Because the district and school personnel may not always be able to intervene, it is recommended that parents who object to student's being filmed or photographed, instruct their children not to allow themselves to be filmed or photographed. Second, if you do not want your child to appear in a video or news photo/article, please write a brief note to your school principal requesting that your student not appear.

Bullying: The Fremont Unified School District is committed to providing all students with a safe educational environment. Bullying is defined as any on-going, severe or pervasive, physical or verbal act, including communication made by electronic means, which causes a reasonable person to experience substantial interference with a student's ability to participate in or benefit from school services, activities or privileges. Bullying and harassment of students by students, school employees, volunteers and visitors will not be tolerated.

Computer Use: Washington High School recognizes that computers are used to support learning and to enhance instruction. School computers are available for student use in most classrooms at designated times and also in the computer lab located in the library, as well as in the Student Center. School computer use is a privilege and must be used in a

responsible, efficient, ethical and legal manner. Any unacceptable behavior is just cause for suspension of network privileges and computer access, school suspension and/or school expulsion, at the discretion of the administration.

Dances: All students must present their current photo I.D. card for admission to school dances. All school debts must be cleared with the school Accounts Clerk prior to purchasing a dance ticket. Students must attend 4 periods on the day of a dance (or the day before if the dance is on a Saturday). Students attending dances must agree to follow the dance policy which states that no inappropriate dancing is allowed that includes vulgar or overtly sexual dancing. Should this occur, the student will be removed from the dance and the parent shall be contacted. The Homecoming and Spring Fling are open to all WHS students. Prom tickets (Junior/Senior) must be purchased by a member of the sponsoring class and is a formal event. Homecoming and Spring Fling are held on campus while the Prom is held off site at a location chosen by the class officers. Guests of WHS students are permitted at Prom. Guests of WHS students must complete a Guest Pass by following the procedures below:

1. Guest must be a high school freshman to a maximum of 20 years old.
2. Guest Pass forms are available at the attendance window or Student Center and must be completed and returned at least 2 school days before the day of the dance.
3. Guest must attach a copy of current picture I.D. to form.
4. The Assistant Principal (and the S.R.O. for non-FUSD guests) verify and sign the form.
5. The Guest Pass must be picked up from the attendance window the day before the dance.
6. The WHS student and their guest must bring both the Guest Pass and current photo I.D to the dance.

Dress Code: Students are to dress appropriately on campus and at all school activities. Students are expected to dress in a manner conducive

to the advancement of their education and dress in a manner that is not disruptive nor a safety hazard to others. The Governing Board sanctions the required dress code to assure the safety and health for all students and staff.

1. Shoes must be worn. No thongs, sandals or shoes without a heel strap may be worn while students are participating in physical education classes/activities.
2. Pupils must wear shirts/blouses. Tank tops, off-the-shoulder or short blouses/shirts or short blouses/shirts which show the torso, stomach, or midriff are not allowed. Clothing which reveals the torso, such as see-through or fishnet fabrics, halter-tops, muscle shirts, tube tops, spaghetti strapped clothing (except at formal events), off-the-shoulder or low-cut tops are prohibited. Pupils may not wear short shorts (daisy dukes) or mini-skirts that are higher than mid-thigh. Undergarments must not be worn over outer clothing and undergarments are not to be visible. The torso and buttocks must be covered completely.
3. The Governing Board has determined that the wearing of gang-related clothing on school premises or at school-sponsored activities poses a danger to students and disrupts instruction. Students may not wear, possess, use, distribute, or display any clothing, jewelry, emblem, badge, symbol, colored bandanna, or sash that represents or evidences membership or affiliation with any gang. Clothing which has been deemed by local law enforcement or other experts to be gang-related is prohibited, such as: hair nets, bandanas, or shower caps; gang-associated red or blue belts and jackets; T-shirts with creased sleeves, or creased down the front; and split pant cuffs, red or blue shoe laces, and solid red or blue oversized T-shirts unless it includes school insignia/logo. Students are prohibited from wearing colors, artifacts or display gestures which represent or condone affiliation/membership with any gang. These restrictions are subject to periodic review. Upon consultation with local law enforcement agencies, or other experts, additional rules which restrict gang-

associated dress may be instituted by the school principal at any time with notice to students and parents.

4. Students may only wear hats at school with their school insignia/ logo (E.C. 35185.5). This applies to all secondary schools. Students who violate this Board Policy will have their hats confiscated, and returned to the student at the discretion of administration.
5. Students may not wear any clothing, jewelry, emblem, badge, symbol or other insignia that:
 - A. Advocates or encourages the use or abuse of drugs, tobacco or alcohol.
 - B. Expresses or advocates prejudice, harassment or discrimination against people based on race, ethnicity, gender, religion, national origin or sexual orientation.
 - C. Advocates or encourages illegal activity.
6. Sunglasses may only be worn outdoors (indoors only with a doctor's written medical permission).
7. Taps and heel plates that may damage school property may not be worn.
8. Other inappropriate clothing accessories or body markings, determined by the school administration to be a deterrent to safety or to detract from the educational process are prohibited.
9. Chains, spikes on jackets/ pants or other potentially dangerous objects may not be worn on school sites (E.C.48900)

Dress Code addendum: No pajamas or camisoles can be visible, nor can students wear slippers or blankets to school. Attire cannot display sexual content, drugs, alcohol or profanity in words or images.

Dress Code Violation Consequences:

1st Offense: Dress change, parent notification

2nd Offense: Dress change, parent notification and either detention or suspension. Referral to SRO as needed

3rd Offense: Dress change, parent notification and possible suspension/ expulsion for defiance of school authority/ school rules.

Electronic Devices: Students are allowed to use electronic devices before school, during passing periods, during lunch and after school . **All other times, including but not limited to class time, cell phones and other electronics must be completely turned off in all modes. Students who use cell phones or other electronics during class time or whose devices go off in class, shall be subject to progressive discipline.** Progressive discipline may include confiscating the device, parent pick up, parent/ student contract, loss of privilege to carry the device or more severe disciplinary action. (AR 5114.11) Students bring electronic devices on campus at their own risk. WHS is not responsible for call charges, lost, stolen or damaged electronic devices or accessories.

Eligibility for Sports, Student Activities and Work Permits: In order to receive a work permit or participate in sports, cheerleading, after school performing arts productions and other sustained school related activities, students must meet academic eligibility standards. When representing Washington High School in any capacity, the student is subject to all rules of the school and community. Failure to do so may result in disciplinary action.

Emergency Procedures:

Evacuation:When the evacuation alarm sounds, all students are to follow the evacuation route from their location, posted in each classroom, and walk to TAK stadium. Students report to their current class period teacher at the designated location on the track.

Lockdown/ Shelter in Place: A lockdown is the confinement of people inside secured rooms for safety measures and is ordered by law enforcement or the principal. It is used when a serious threat exists to the campus that requires students, personnel, and visitors to remain in a locked facility for safety until the police department deems the situation safe.

Parents: Per FUSD and Fremont Police Department, parents who have questions when these types of incidents should check the school/ district website for information, rather than come to the school site for safety reasons.

Homework Policy:

The Board of Education believes that homework is any activity assigned which is primarily accomplished outside of regular classroom time to advance student learning of the standards in each curricular area and that has a definite relationship to the student's instructional program, and that supports and enriches class work. Homework is an integral part of the educational program of the students in the Fremont Unified School District and should be assigned on a regular basis. Parent-supported homework should help students become self-directed self-disciplined and independent learners, thus improving their immediate learning as well as their long-term academic achievement as per FUSD AR 6154.

High School: 9th through 12th grade homework is based on the rigor of the student's course schedule. Average homework time is between 70 to 120 minutes per evening, or 280-480 minutes per week.

Each teacher shall communicate the homework plan for his/her classes to parents and students through class newsletters, syllabus and on the classroom web page. Teachers shall ask parents/guardians to be supportive of the homework plan to strengthen the educational link between home and school.

1. Homework plans are based on the following:
 - a) Homework is any of the following:
 - I. An extension of daily assignments not completed in class
 - II. Studying for upcoming quizzes/ tests
 - III. Specific assignments given
 - IV. Long-term projects such as reports, projects and research papers
 - V. Practice with activities and materials already covered in class
 - VI. Reading assignments
 - b) Homework is used to determine part of the student's grade.

c) Homework assignments extend learning for students and are not used as punishment.

2. Homework Responsibilities

a) Make-up homework is accepted for excused absences only.

b) Excused absences only pertain to the following: personal illness or injury; medical, dental, optometry or chiropractic appointments; jury duty (court appearance is not excused); immediate family member funeral, lack of immunization (maximum 5 days)

c) Students are responsible for completing and turning in homework when due.

d) Parents are responsible for providing a quiet time and place for homework.

e) Parents are encouraged to monitor and assist students as needed.

3. Special Needs Students

a) Resource students may receive a homework assignment with accommodations.. The RSP teacher may assist the RSP student in completing their homework as necessary and appropriate.

b) Intervention, 504 and EL students may receive homework assignment accommodations as necessary and appropriate.

Loitering: As required by law, students must maintain a 1000 foot clearance from any school they do not attend during the school day, including one hour before and after school, unless a planned activity has been approved by administration and students have been granted individual permission.

Open Campus Policy: Students are permitted to leave the school campus during lunch. Those who choose to drive vehicles or ride as passengers need to be especially careful while driving around the campus and in the surrounding community, and aware of the time limits of the lunch period. During this time, they may not visit other schools. Students must be on time to their class after lunch to avoid a tardy.

Parking and Parking Permits: Parking in the Washington High lot is a privilege given to seniors in good standing based on a lottery of the

available spaces. In order to obtain a parking permit, seniors must pay a \$10 fee per semester, possess a driver's license and provide current vehicle registration information and proof of insurance. Parking spaces are assigned.

Schedule Changes: With administrative approval, students may drop and then add a course 3 weeks into each semester, and students may drop and add a different level of a same subject course 5 weeks into each semester. The principal may adjust student courses at any time if, by their analysis, the student is improperly placed. Maximum class size requirements and prerequisite requirements restrict add/drop proposals.

School Debts: Any school items, such as textbooks, athletic equipment, etc., that are checked out to a student and are lost or damaged, must be paid for by that student. Students are encouraged to use book covers to protect textbooks. Debts must be cleared with the Accounts Clerk before students are allowed to participate in certain school events including graduation.

Search and Seizures: A student may be searched if school personnel have reasonable suspicion that he/she has engaged or is engaging in a prohibited activity. School administrators must have reasonable suspicion that a student has or is violating a rule or law. Facts are based upon credible, reliable information received from others, suspicious conduct, intoxicated appearance of a student, etc. As school officials, both SRO's and administrators have the right to search automobiles, lockers and students. If a student is found to be in violation of law or school policy, disciplinary action will follow.

Sexual Harassment: Students who feel aggrieved because of conduct that may constitute sexual harassment should directly inform the person engaging in such conduct that such conduct is offensive, unwelcome and must stop. If the student does not feel comfortable doing this or is unable to do so, he/she should proceed directly to the next step. If the offensive behavior does not stop, students alleging sexual harassment shall make their concerns known to their principal, or other certificated staff member on site. If the harassment is reported

to the administrator, or certificated staff member, he/she shall investigate and report the findings to the principal. Where investigation confirms the allegations, prompt corrective action will be taken after consultation with either the FUSD Director of Student Support Services or the Assistant Superintendent of Human Resources.

FREMONT UNIFIED SCHOOL DISTRICT HAS ZERO TOLERANCE FOR SEXUAL HARASSMENT

Fremont Unified School District is a Tobacco Free Zone for everyone. Students possession or use of tobacco, any products containing tobacco, nicotine products, including but not limited to cigarettes, e-cigarettes, cigars, and smoke tobacco, or possession of any tobacco product or related paraphernalia during the school day on or off campus, or at any school-sponsored activity or athletic event is considered a violation of Education Code 48900 H, Penal Code 308, and Board Policies 5147.1 and 3515.3.

In support of district, and state policies, Washington has an established Tobacco Use Prevention Education (TUPE) program, funded and coordinated through the Alameda County Office of Education. Washington utilizes professionally trained staff and peer educators to develop, deliver, and monitor tobacco use prevention education through in-class offerings, community based activities, and virtual methods and outreach.

2023-2024 WASHINGTON HIGH SCHOOL
DISCIPLINE GUIDELINES

This chart is a guideline for most discipline situations. The administrator may utilize discretion when making the final decision.

BEHAVIOR	1ST OFFENSE	2ND OFFENSE	3RD OFFENSE
Alcohol/Drugs, EC48900CD	5 day suspension, Police contact SALE OF ALCOHOL/DRUGS - THE PRINCIPAL WILL RECOMMEND EXPULSION		
Assault/Battery	5-day suspension, Contact Police, Move to Expel THE PRINCIPAL WILL RECOMMEND EXPULSION CASES OF SERIOUS INJURY		
Bullying/ Harassment, EC48900D	Sat. School/ Suspension	1-3 Day Suspension	Progressive Discipline
Engaging in an act of bullying, including but not limited to bullying by means of an electronic act, directed toward another pupil or school personnel			
Cheating *Plagiarism, accessory benefit oneself (level 1) (K	F on assignment & Sat Detention Teacher notifies parent & office	F on assign, 1 day Suspension	F on assign, 2 day Suspension

(level 1) (K)		4th time/yr F in class & Suspension	
*Involving others (i.e. for profit, theft of test/grade book, etc.)	F on assignment and considered 2nd Offense		
	Sat. Guidance or 1-5 day suspension and may be dropped from class with an F		
Defiance, EC48900K	SRC	Saturday School/ Suspension	Behavior contract and/or 1-5 day suspension
Dress Code Confiscate item	Change Clothing Return at end of day	Saturday detention Parent pick up item	Suspension (defiance)
Drug Paraphernalia EC48900J Offering for sale or possession of	Suspension 1-5 Days	Progressive Discipline	
Electronic Devices EC48900L	May be used before/after school and at lunch/passing period. Use prohibited during class time.		
Confiscate	Return at end of day	Parent pick up	Progressive Discipline
Fighting, EC48900 Caused or attempt to inflict physical injury	1-5 day suspension/	5 day suspension	Progressive Discipline
Forgery	Saturday School & Parent Contact	Suspension 1-3 Days	

HATE CRIMES, EC48900.3

Caused or attempting cause or participate in an act of hate violence not limited to posting or circulating demeaning jokes, leaflets, or defacing, removing or destroying posted materials, distributing or group literature and posters, using bigoted insults, taunts, or slurs. THE PRINCIPAL WILL RECOMMEND SUSPENSION OR EXPULSION

Inappropriate Technology Use	Restrict Use and Parent Contact	Progressive Discipline	
Obscenity/ Profanity, EC48900.1	Saturday School or Suspension	Suspension 1-3 Days	Progressive Discipline
Off Campus/ Loitering in Parking Lot	Admin discretion		
BEHAVIOR	1ST OFFENSE	2ND OFFENSE	3RD OFFENSE
Parking/Driving Violation: Students are forbidden to park in the staff lot, fire or traffic lane or any of the areas accessed by service entrances (behind cafeteria, gym, TAK). Vehicles parked in these areas will be subject to ticketing/ towing/school			
Physical/Verbal Abuse of Staff, EC48944	Suspension/Expulsion		
Sexual Harassment, EC48900.2: A pupil in grades 4-12 may be suspended and recommended for expulsion for committing sexual harassment.			
TARDIES/CUTS:			
Tardies	1 hour After school Detention	Saturday detention if PM not covered	In house SRC if not covered
Cuts	Saturday detention	Saturday detention	In house SRC if not covered

Theft, EC48900E/G/L Extortion, robbery, intimidation (including Behavior contract/Resti Involvement/Suspension 3-5 Days accessory/accomplice, posses ROBBERY AND EXTORTION WILL RESULT IN THE PRINCIPAL RE EXPULSION			
Tobacco Possession or Use of	Saturday School & call home	1-3 day suspensio	5 day suspensi
Vandalism, EC 48900F	Suspension 1-5 days/Restitution/Police Involvement		
Weapons, EC 48900B	5 days Suspension/Police Contact/PRINCIPAL WILL RECOMMEND EXPULSION		

Visitors: Adult visitors must report to the front/attendance office to sign in and obtain a Visitor's Pass. The pass must be worn by all visitors on campus. Student visitors are not allowed on campus at any time.

ATTENDANCE

Absences: The parent or guardian should call the school at 505-7300 the day of the absence or earlier, if possible. Report the student's name, grade, date(s), duration and the reason for the absence. Twenty-four (24) hour voicemail is available. If no contact is made, our Automatic Attendance Dialer will call your home that afternoon or evening to advise you that your student was marked absent by his/her teacher(s). Upon receiving the call, either call the school to report the absence, or send your student to school with a valid written excuse including your student's first and last name, grade level, date(s) of the absence, the reason and the parent/guardian signature. If the absences are excessive, a doctor's note will be required. Both "all day" and "individual period" absences must be cleared via a phone call or written note within two (2) days of the student's absence.

Assignment Make-up: Teachers must allow students to make up tests and assignments missed during excused absences or approved field trips. Teachers may provide make-up work for unexcused absences/

tardies, truancies or suspensions. Check with individual teachers for make-up work policies.

Attendance Requirements for Participation in Extra and Co-Curricular Activities and Athletics: Students must attend school 4 periods on the day of any school activity that the student wants to participate in, which include but are not limited to dances, performances and athletic contests. If the school activity occurs on the weekend, students must attend school 4 periods of the day preceding the activity.

Daytime Youth Protection Ordinance Sec. 3-16200: In the City of Fremont, it is unlawful for a minor under the age of 18, who is subject to compulsory education, to be in public places outside of school when school is in session. Exceptions include, when student is accompanied by parent/caregiver or parent/ caregiver requires student's assistance with their medical condition, emergency errand directed by parent/ caregiver, medical appointment or employment authorized during school day, open campus lunch period and authorized student absence per California Education Code. Penalties for violations require student to pay \$75 for first offense, \$150 for second offense and \$250 for three or more offenses, in addition to substantial court fees.

Independent Study:

The Governing Board authorizes independent study as an optional alternative instructional strategy by which students in grades K-12 education may reach curriculum objectives and fulfill graduation requirements. Independent Study also provides students an option to keep up with their studies when the student will not be able to attend school for various non-medical reasons for five (5) or more school days. In addition, Independent Study may be used for the reasons below:

1. To provide opportunities for the pursuit of special or unique educational interests on an independent, school-supervised basis.
2. To provide outlets for students with special assignments extending the content of regular course of instruction.

3. To provide volunteer community service activities that support and strengthen student achievement.
4. The Administrative Rules and Regulations to be used shall be approved by the Superintendent / designee.

The district's independent study option shall be substantially equivalent in quality and quantity to classroom instruction, thus enabling students enrolled in Independent Study to complete the district's adopted course of study within the customary time frame.

Independent Study: Independent Study is offered to FUSD students who plan to be away from school from a minimum of 5 to a maximum of 10 consecutive school days. Independent Study contracts will not be issued the first 20 days and the last 20 days of the school year.

Independent study contracts can only be issued one time per year, not to exceed a maximum of 3 contracts in grades 1-12. Students whose achievement is below grade level in English and /or Math, based on multiple measures, are not eligible. This form of study is only offered to special education students when their IEP specifically provides for such participation. Students who have not successfully completed a previous Independent Study agreement are not eligible for any subsequent Independent Study agreements. To initiate an Independent Study contract, the parent / student must request this form of study at least 10 days prior to the absence. If eligible, the student must meet with each teacher to develop an Independent Study agreement which must be submitted to the attendance clerk a minimum of 5 days prior to the start date. Students will be given the equivalent of 50 minutes of work per period per day. All assigned work must be completed before the student is scheduled to return to class; no exceptions. When the completed contract is submitted to the attendance clerk and approved by the principal, the absences are then cleared. Additional information about Independent Study can be found in the FUSD Parent Handbook and Notice of Rights.

Off Grounds: The student presents a valid written excuse to the attendance clerk BEFORE SCHOOL and picks up an OFF GROUND

pass during brunch or lunch prior to departure. The student shows the pass to the teacher of the class, then reports to the appropriate attendance window to sign the off-grounds roster. If the student returns to school on the same day, he/she reports to the attendance clerk to obtain a pass to class. If a student leaves the campus without an off-grounds pass, it is considered a cut for the classes missed and disciplinary action will be taken. The parent/guardian cannot excuse a student after the fact if he/she leaves the campus without an off-grounds pass.

Student Health: When a student becomes ill or is injured at school the student must report to the attendance clerk who will telephone an authorized person from the Emergency Card to take the student off campus. When a parent or another responsible party cannot be reached, an ambulance may be called at administrative discretion. Ambulance charges are the parent's responsibility. All medications for students, including both prescription and nonprescription, are kept in the office accompanied by a permission form, which outlines specific handling of the medication and is signed by the parent and student's physician. **BE SURE THAT EMERGENCY CARD INFORMATION IS CURRENT.** Report any change in address or home/work phone numbers to the office as required by law.

Truancy & Tardies: Section 48260 of the Education Code reads: Any student subject to compulsory full-time education or the compulsory continuation education who is absent from school without valid excuse 3 full days in 1 school year or tardy or absent for more than any 30 minute period during the school day without a valid excuse on three occasions in one school year, or any combination thereof, is a truant and shall be reported to the attendance supervisor or to the superintendent of the school district.

If a parent/guardian excuses their student's tardy, the student reports to their attendance clerk for a pass to class. Thirty minutes late to class is considered an absence. Students who leave campus during lunch accept the responsibility to return on time. Excuses are not acceptable for tardies from lunch. Students who are tardy after lunch should

report directly to their attendance clerk where an after school detention will be assigned. Student cuts will result in a Saturday detention. A series of letters are issued, in order of severity, to parents of students who are truant. The initial letter is a warning based on three single period absences and if the truancy persists with any continued single period absences, letters 2, 3 and 4 will be issued, which outline the consequences. Parent and student will be required to meet with their assistant principal and sign an attendance contract. If this is not successful in addressing the truancy, a referral will be made to the School Attendance Review Board (SARB) at the district office. Student and parent are then required to meet with school officials to create a plan to improve school attendance. Referrals to the Alameda County District Attorney's office can result from SARB hearings. Senior cut days, senior flings, etc. are not school-sponsored events and will not count as excused absences under state laws. Students with unexcused absences/tardies or truancy do not have the right to make up missed assignments/ tests. Missing classes greatly affect grades and graduation.

**CONFIDENTIAL COUNSELING, HEALTH CARE, CRISIS
HOTLINES & WEBSITES FOR TEENS**

The resources below offer confidential assistance to teens. For more confidential concerns, contact your high school counselor.

RESOURCE	PHONE	WEBSITE
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24 Hour Hotlines & Teen Websites: Counseling support, suicide prevention, & referral

Alameda Co. Teen Crisis Support Services	877-923-0700	
California Youth Crisis Line	800-843-5200	youthcrisisline.org
Runaway Hotline	1-800-RUNAWAY	1800runaway.org
Palo Alto Medical Foundation		www.pamf.org/teen
Teen Central Information and Advice		teencentral.net

Teen Health Clinics: Birth control, STD testing & treatment, pregnancy testing, LGBT support

Tri City Health Clinic: Teen City Clinic	510-770-8130	Tri-cityhealth.org/services/teen_clinic.php
Planned Parenthood	800-967-PLAN	plannedparenthood.org
Kaiser-Permanente Teen Clinic	510-248-3600	kp.org

Counseling Services: Teen/family counseling, teen group counseling

Fremont Youth & Family Services	510-574-2100	fremont.gov/Community/Parents/YFS
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Drug and Alcohol Abuse: Teen support groups for drug/alcohol abuse problems

Second Chance, Inc.	510-792-HELP	secondchanceinc.org
Kaiser-Permanente Medical Center	510-795-3000	kp.org

AlaTeen Support group for teens with family member abusing drugs/alcohol	510-276-2270	ncwsa.org
Teen Dating Violence:		
Love is Respect	866-331-9474	http://loveisrespect.org
SAVE-Shelter Against Violent Encounters	510-794-6055	save-dv.org
Bay Area Women Against Rape Crisis Line	510-845-RAPE	
Smoking Cessation:		
Smoke Free Teen	800-QUITNOW	http://teen.smokefree.gov/
Smokeless Tobacco		http://kidshealth.org/en/teens/smokeless.html
LGBT Sexual Orientation Support:		
Billy DeFrank LGBT Youth Space Hotline	888-247-7717	www.defrankcenter.org
The Trevor Project	866-488-1336	thetrevorproject.org

RESOURCE	PHONE	WEBSITE
Teen Anxiety and Depression		
Anxiety: Information and Support		http://www.youth.anxietybc.com/

Teen Depression : Information and		http://www.helpguide.org/articles/depression/teenagers-guide-to-depression.htm
Teen Self Injury		
Self Injury Information and Support		www.helpguide.org/articles/anxiety/cutting-and-self-harm.htm
SAFE Alternatives : Self Abuse Finally	800-DONTCUT	
Shelter/Food Bank:		
Alameda County Community Food Bank	800-870-FOOD	accfb.org
Tri City Volunteers Food & clothing resources	510-493-4583	tri-cityvolunteers.org
Centerville Presbyterian Church Meal program & Th 4-6pm	510-793-3594	
Abode Services	510-657-7409	tricityhomeless.org
Second Chance, Inc. Emergency Shelter	510-792-HELP	secondchanceinc.org

Local Teen Activities:		
Fremont Teen Center	510-494- 4876	fremont.gov/teens
Public Transportation: Bay Area:		
511	511	ww.511.org

MEETING SCHEDULE

WHO?	WHEN?	WHERE?
Boosters Club	Second Monday of every month	Student Center
PTSA	First Thursday of every month	Library
Alumni Meeting	Second Tuesday of every month	Student Center

Focus Groups: Various focus groups meet during Husky Period and the emphasis of the groups can change every year.

