



Seattle Lutheran

H I G H S C H O O L

Student Handbook 2018-2019

Seattle Lutheran High School provides a Christ-centered and student-focused environment that equips young people in their educational and spiritual journeys to be servant-leaders in the world.

The core values of Seattle Lutheran High School are:

Christ-Centered

Student-Focused

Community-Oriented

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FACULTY AND STAFF DIRECTORY

ADMINISTRATION

Dave Meyer	Executive Director
Rachel Bigliardi	Admissions Director
Jeanne Davis.....	Attendance/Finance Office Support
Glenn Hoogerhyde.....	Athletic Director
Jennifer Lulow	Office Manager
Jack Menashe '99	Dean of Student Services
Shirley Vradenburgh	Registrar and College Counseling

INSTRUCTIONAL STAFF

Andrew Burza.....	Fitness
Tim Caudle.....	Social Studies, AP Psychology
Shan Candelario	Student Services
Tami Clark.....	Senior Service Projects & Task Management
Jen Foster.....	Social Studies and English
Thad Franklin.....	Band
Ben Gomes.....	On-Line courses
Alan Hardwick.....	Geometry, Advanced Algebra & Pre-Calculus
Jessica Hoogerhyde.....	Science/Fitness
Shannon Howard.....	Science
Dane Loeliger.....	Pre-Algebra, Algebra
Jack Menashe '99.....	Theology, Fitness
Jeff Norton	Art, Yearbook, Woodshop, Robotics
Stacy Robertson	Math
David Sleighter	Theology
Christer Sonheim.....	History, Health, Theology and Fitness
Adriana Velez.....	Spanish I, II, III and IV
Nicole White.....	Discovery & Task Management
Peter Wilson.....	Newspaper, English 9, AP English 12, US History
Meredith Zandi.....	English 11, Drama

Procedure for contacting staff Email the teacher/staff member using the first letter of the person's first name and the entire last name, with @seattlelutheran.org. Send a note in an addressed envelope with your student. Call the school office at 206.937.7722 and leave a message with your day and evening phone numbers.

Standard 1

Students engage in a Christian accredited high school program leading to graduation and preparation for the future.

Academic-Achievement Recognition We recognize students for outstanding academic achievement while attending Seattle Lutheran High School as follows (GPA, grade-point average):

Dean's List	3.50 - 4.00 GPA
Honor Roll.....	3.20 - 3.49
Honorable Mention	3.00 - 3.19

We present Department Awards to students at Awards Night at the end of each semester. The faculty selects a student at each grade level, based on their outstanding achievement in the subject area. Parents are invited to attend award ceremonies.

Each athletic season the Washington Interscholastic Activity Association (WIAA) recognizes students with team academic-achievement awards based on each team's average GPA:

Outstanding Team Award	3.41 - 4.00
Distinguished Team Award.....	3.00 - 3.40

Awards are presented at the Athletic Awards Night after each season.

Graduation Honors Honors are granted to seniors who have achieved a 3.20 cumulative GPA or above during their high-school career. The Valedictorian is the student with the highest GPA in the class. The Salutatorian is the student with the second highest GPA. Members of the National Honor Society receive honor cords to wear at the graduation ceremony. Additional honors are as follows:

Summa Cum Laude	3.80 - 4.00
Magna Cum Laude.....	3.50 - 3.79
Cum Laude	3.20 - 3.49

College Guidance To ensure that every student reaches his or her highest calling, the high school is committed to providing guidance and resources to all its students. Every student and family receives an account on the Naviance network to explore personal interests, aptitudes and learning styles as well as college and career choices. Freshmen concentrate on discovering their strengths and understanding their learning styles; Sophomores focus on career exploration; and Juniors and Seniors actively pursue college applications. The high school sees this process as a partnership with parents and guardians, and encourages families to attend College Night in September. Families of Seniors are particularly encouraged to attend the Federal Student Aid (FAFSA) training, held in December.

College Visits We promote college visits for our students and take time during the year to visit schools. Individual visits should be done during normal high school holiday periods whenever possible.

Grade-Advancement Requirements An unmet GPA requirement may be satisfied by retaking the class, taking an approved class outside of Seattle Lutheran High School, or an equivalent class as approved by the Executive Director.

Mathematics and Foreign Language Students must earn a 1.70 GPA or higher in the second semester of a math or foreign language class in order to advance to the next level of study.

Grading Seattle Lutheran High School uses a 4-point and letter grading scale, as follows:

A.....	4.0
A-	3.70 - 3.99
B+.....	3.30 - 3.69
B	3.00 - 3.29
B-.....	2.70 - 2.99
C+.....	2.30 - 2.69
C	2.00 - 2.29
C-.....	1.70 - 1.99
D+.....	1.30 - 1.69
D.....	1.00 - 1.29
D-	0.70 - 0.99
F	0.00 - 0.69

Incomplete (I) If a student has not completed the requirements for the course, because of illness or other serious circumstances, he or she will receive an I -Incomplete. An I is the same as an F. The student has two weeks from the end of the current semester in which to remove an I.

Pass/Fail Seniors may choose, during the first week of a semester, to take one class on a pass/fail basis. Students participating in a sport for physical-education credit will receive pass/fail credit.

Credit Credit for successful completion of classes is given each semester. Completion of two semesters of a regular class earns 1.0 high-school credit, or 0.5 credit per semester.

Grade-Point Average The cumulative grade-point average, GPA, is computed on the basis of semester grades in all classes.

Advanced Placement (AP) is a program created by the College Board which offers college-level curriculum and exams to high school students. Many colleges grant placement and course credit to students who obtain high scores on the exams. AP curriculum is created by a panel of college-level educators in a variety of subjects; AP subjects taught in high schools are audited by the College Board to ensure they satisfy the AP curricula.

SLHS offers the following AP courses; Psychology, US History, Studio Art, English 12, and Calculus AB.

Graduation. Seattle Lutheran High School follows a college-preparatory curriculum. Students earning a diploma participate in graduation ceremonies. Students who have met all but 1.0 credit or less of their requirements and have a plan and completion date for attaining them, will be allowed to participate in graduation ceremonies and may receive their diploma when their work is complete.

Credits required for graduation are:

English	4
Mathematics	3*
Social Studies	4
Senior Project	0.5
Science	2.5*
Religion	2
Occupational Education	1
Physical Education	2
Fine Arts	1
International Language	2*
Electives	2
Community Service	1.5

*One additional year is recommended for college admission.

Schoology www.schoology.com is our learning management system which helps teachers, students and parents communicate online. Class content, assignments, grades and other student information are kept up to date on secure individual accounts. Student access codes are given to students directly by teachers. Parent access codes are provided in September by email to parents.

Standard 2

Students take pride in their work.

Homework, missing work and make-up work

Homework is an integral part of the school program and each teacher may give homework to advance the academic progress of students. Each student is required to complete and turn in homework assignments on the due date as assigned by the teacher.

In general, the assigned homework load in grades 9 and 10 averages 1-1/2 to 2 hours per school night. Students in grades 11 and 12 have a heavier homework load depending on their academic courses.

Homework may be found on www.schoology.com

Repeated failure to complete and submit assigned homework may result in failure of a class or the student's dismissal from the school. Parents should communicate with teachers when they learn their student is having serious challenges with school work.

Students are expected to make up missed work due to absence. It is the responsibility of the student to contact each teacher immediately upon return to class after an absence to receive the assignments missed. This requirement includes school-related absences. If an expected prolonged absence (two days or more) is due to illness the parent should contact the school office early in the day to insure that teachers are notified to provide assignments and appropriate materials to pick up from school.

Late Work Policy

Guidelines are as follow: 1 day late = 10% reduction; 2 days late = 20% reduction; 3 days late = 30% reduction; 4 days late = 40% reduction; 5 days late = 50% reduction; 6+ days late= no credit given

If you are sick, you get as many days as you were sick to complete your work.

Report Cards

Grades that are recorded on the student's official transcript and with which the cumulative grade-point average is calculated are given at the end of the first and second semesters of the school year. First and third quarter grades indicate performance and are not part of the permanent record. Questions about academic progress should be directed first to the classroom teacher.

Teachers maintain an open grade book on Schoology and grades are posted regularly. Students and parents are responsible for keeping themselves informed and up-to-date on academic progress in each class. Access codes for Schoology are sent out from SLHS, please call the school office if you have questions.

Transcripts

A transcript is an official copy of a student's academic record and has the official seal of Seattle Lutheran High School. Requests for a current student's transcript must include the parent's signature to authorize its release except for seniors applying to college. If financial obligations to the school have not been satisfied, the school withholds release of the transcript. Request forms are available on the website.

Standard 3

Students respect the teaching and learning process.

Our teachers have specific standards in the classroom and if a student is disruptive, the following actions will be put into place.

Step 1:

Teacher send student out of the room to the office and notifies the office

Teacher will notify the parents

Student will miss class and will not have opportunity to make up classwork for the day.

Step 2:

Teacher sends student out for the second time to office and notifies the office.

Teacher will notify the parents

Office will notify parents to pick up or release the student to go home with parent permission

Student will leave for the day

Student will miss all remaining classes and not have the opportunity to make up classwork in any course missed for the day.

Step 3:

Teacher sends student out for the third time to office and notifies the office

Teacher and office will notify parents (together)

Student will be removed from school for three days.

Student will not have an opportunity to make up classwork in any days missed.

Student will complete at least five hours of community service to return to school.

Personal plan will be implemented with Dean, Teacher, and Principal.

Daily work missed is not accepted, tests and projects missed should be produced the day of return.

Academic Dishonesty

Academic Dishonesty, or cheating, undermines the process of teaching and learning and is a serious breach of standards. In all cases of academic dishonesty including but not limited to homework, test or quiz, or writing assignment, the teacher in whose class the student's infraction occurs will document and report the infraction to the Executive Director, and notify the student's parents of the infraction. The student and teacher will work out consequences appropriate to the dishonesty or cheating in question. Possible consequences include, but are not limited to, receiving a grade of 0%, suspension or expulsion.

Suspension

Suspension is the temporary removal of a student from classes and/or school.

In-house suspension

A short-term suspension during which the student reports to a designated area of the school and receives assignments from classroom teachers on which he or she works during normal school hours. The student may not participate in extra-curricular activities.

Short-term suspension

A suspension of one to ten days during which a student is not allowed on campus or at school functions. A short-term suspension may be an unexcused absence.

Long-term suspension

Removal of the student from school for serious misconduct. The length of a long-term suspension is usually for one semester and /or the rest of the school year. A student may apply for readmission to SLHS at the end of the suspension period, if stated conditions are met.

Expulsion

Expulsion is the permanent removal of a student from the school. Expulsion results from: disciplinary violation of a serious nature, an accumulated number of behavioral infractions that have continued despite corrective measures or violation of a stated condition of disciplinary or academic probation. A student who has been placed on long-term suspension or who has been expelled from the high school for disciplinary reasons is not allowed to return to campus or to attend school activities.

Standard 4

Students dress for success while expressing themselves.

High school is a time to transition from adolescence to adulthood. The way you dress and behave are outward expressions of who you are and what you value. Every Saint is expected to have high standards of personal appearance; this demonstrates respect for your peers, teachers, staff and, most importantly, yourself. Appropriate dress contributes to making wise decisions, respecting others, building self-esteem and sensitivity to others. It is important to learn and practice habits and skills required for your future success; dress appropriately for school every day.

Clothing is to be in good repair; it is to be neat and clean without holes, tears or frays. Pants are to be worn at the waist with cuffs off the floor.

Please do not wear clothing that distracts others, disrupts the educational process or disrespects the common standards of decency.

Examples of Unacceptable Dress

- Torn / frayed clothing
- Sleepwear
- Sweat pants / athletic wear *
- Sagging pants and/or pants worn low enough to reveal underwear
- Tops that bare shoulders, cleavage or midriffs
- Shirts/Clothing/Accessories with inappropriate pictures, slogans, writing, names of weapons, bars, alcohol or lounges
- Plain white undershirts
- Short skirts/dresses/shorts (shorter than fingertip length)
- Sunglasses (indoors)

*The only exception is for athletic team members on game days and School Pride Fridays.

Enforcement

Students improperly dressed or groomed may be sent home or given school-issued clothing to wear. Time missed from class will be an unexcused absence. Continued violations of the dress code will be considered a serious matter, and further disciplinary action may be taken.

If in doubt about an item's appropriateness, bring it to the Executive Director or Dean of Students for approval.

Standard 5 **Students treat others with respect.**

School Environment

Seattle Lutheran High School is committed to providing a Godly, safe, and civil educational environment for all students, employees, volunteers and patrons. The school's core values, Christ Centered, Student Focused, and Community Oriented are key components of how we treat one another.

SLHS Non-discrimination policy

Seattle Lutheran High School admits students of any race, color, national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, or national or ethnic origin in administration of its educational policies, admissions policies, and scholarship programs, athletic and other school-administered programs.

SLHS Harassment/Bullying Policy

An atmosphere of mutual respect and physical and emotional safety is essential for the highest quality education. Conduct, comments, or gestures that create an intimidating, hostile, or offensive environment can be considered harassment, and are contrary to the philosophy of Seattle Lutheran High School. Hazing and "initiations" by individuals or groups are prohibited. The school urges all members of its community to report incidents of harassment promptly to a member of the staff, such as a teacher, or administrator. Serious or repeated harassment will result in suspension and possible expulsion.

The following behaviors are not tolerated and are grounds for disciplinary action including suspension or expulsion: swearing, fighting, hazing, sexual harassment, bullying, name calling, violence.

Standard 6

We are God's temples and respect our bodies by making healthy choices.

Avoid being in an environment or situation where drugs, alcohol or other unhealthy behaviors are present.

Illness

If you become ill during the school day, report to the school office and your parent/guardian will be contacted. If you are ill before school, please stay at home for the day and call the school office by 9:00 am to report your absence.

Medication

Authorized school personnel will store and administer medications (prescription or over the counter) only when a written request from the parent/guardian and/or physician is on file in the school office. The school may not dispense any medication without written request from parent/guardian and/or physician.

Substance Abuse

Illegal Use, Sale and/or Possession of Alcoholic Beverages. Any student who uses, sells and/or possesses alcohol violates school policy. Possession is not only physical possession, but also constructive possession. Constructive possession is when a student is at a location, such as a party, where drugs are present, and makes no effort to leave that location immediately.

Illegal Use, Sale, and/or Possession of Illegal Drugs or Controlled Substances. A student who uses, sells and/or possesses illegal drugs (RCW 69.41) or controlled substances (RCW 69.50) violates school policy. Possession is not only physical possession, but also constructive possession. Constructive possession is when a student is at a location, such as a party, where drugs are present, and makes no effort to leave that location immediately.

Possible consequences for student's possession, use or sale of alcohol, drugs or other controlled substances include, but are not limited to, suspension or expulsion. Disciplinary action is at the discretion of the Executive Director.

Standard 7

Safety for students, visitors and all staff is everyone's responsibility.

Emergency Procedures

Fire drills are conducted monthly. Teachers instruct the students at the beginning of the year as to where to go during a fire drill. Emergency procedures are also in place for lockdowns, earthquakes and other events.

Snow, Weather, and Emergency Procedures

In the event of an unscheduled school closing, such as for snow, check the front page of the school website, www.seattlelutheran.org, for late-start or school-closure instructions. TV stations KOMO, KING 5, and KIRO also have information.

Vandalism

A student who abuses school property in any way, whether deliberately or accidentally, must pay all repair and/or clean-up costs as determined by the Executive Director.

Weapons

The Board of Directors of the high school insists that students, staff, parents, and patrons should be safe on the high-school premises and at all school activities. Therefore, it is a violation of high-school policy and Washington State law for any person to carry any firearm, dangerous weapon, or other object capable of producing bodily harm on to school premises school-provided transportation, or other facilities being used for school activities.

Students who violate this policy are subject to school discipline. Violations of these standards are subject to a case-by-case consequence by the Executive Director. School officials will notify the appropriate law-enforcement agency when necessary as an appropriate consequence for violating this standard.

Standard 8

Being a student is work for which there are job requirements.

Absences/Tardies

The school day begins promptly at 8:45am. Examples of excused absences are: illness, medical/dental needs, bereavement, and an emergency. Parents should explain the nature of a student absence by email, phone call or hand written note to the main office within two days of an absence.

Excuses such as, oversleeping, late night, or staying home to work on assignments are not considered excused absences. A pattern of unexcused absences may result in grade reduction, and/or loss of credit for a course. Regular class attendance positively affects student achievement. When students are absent from class, they miss valuable learning experiences and information that cannot be captured through homework alone. A student may not receive full credit for a course in which s/he has exceeded 15 absences per semester, whether excused or unexcused. This includes absences for medical appointments and illnesses. School-related absences such as games, field trips, etc. are not included. Parents will be notified after five absences. After 10 absences both student and parent will sign an attendance contract if a student is in jeopardy of losing credit in one or more classes. If a student exceeds 15 absences, the student may petition for credit if they believe there are extenuating circumstances that merit review. The student initiates this process by writing a letter of petition and explanation of circumstances to the Dean of Students and/or Principal for review. Valid reasons for petition include illness and family emergencies.

Each student has ample time to get to all classes on time. Students are expected to be in the classroom, prepared for class when the bell rings. A tardy is defined as arriving up to 10 minutes late to class. Any late arrival to school or to a class in the middle of the day requires the student to sign in at the main office.

On the fifth excused or unexcused tardy/absence, the parent will be notified. If a student accumulates ten excused or unexcused tardies/absences in a semester, s/he will be put on an attendance contract. If a student receives 15 excused or unexcused tardies/absences, grades will drop in class or lose credit for class. Students are expected to be punctual both to school and to classes.

Planned Absence Vacations during school time are strongly discouraged. When an absence is anticipated, the parent is asked to notify the office in advance. Students must bring a signed note verifying the absence and must complete a Planned Absence form, found on the website, at least three days in advance of the absence.

Early Dismissal to be dismissed early, the school must receive an email or signed note explaining the early dismissal from the student's parent/guardian. Students leaving early must sign out in the school office. Students who leave school must have approval from parent prior to leaving school otherwise they are considered truant and their absence is unexcused.

Closed Campus

Seattle Lutheran High School has a closed-campus policy; all students are required to remain on campus, in the building or the patio area, from time of arrival until excused at the end of the school day. A student may not leave campus before the end of their last class of the day. Off campus privileges are granted to Seniors for lunch.

Guests and Visitors

Parents, guardians, friends, volunteers and those with business in the school must report to the office to sign in when entering and sign out leaving the building.

Student Guests

A student wanting to bring a guest to school must sign in the main office.

Co-Curricular Activities

A student must attend a minimum of four out of six class periods in order to attend or participate in any after-school activity including dances and athletic or dramatic practice and events.

Eligibility for Co-Curricular Activities – Please refer to the Activity and Athletic Handbook for specifics

A student must maintain a minimum grade-point average (GPA) of 2.0 to be eligible for co-curricular participation (athletics, student council, drama, and other activities). Grades are reviewed each week and are used to calculate the GPA for eligibility. Students with any "F" grades are to refer to specific activities policy. Incomplete grades are dealt with on an individual basis until the incomplete grade is changed.

Dances

If guests are allowed at a dance, the host student must obtain and get appropriate signatures on a guest pass, found on the website, three days before the event. A student is not permitted to return to a dance after leaving. Students may request music; however, songs played at dances will reflect that Seattle Lutheran High School is a Christian school. Music will not promote activities or ideas that are contrary to standards developed by the student body and the leadership of the school.

Freedom of Student Expression

Freedom of expression is vital to the educational process at school. The right of free speech and expression may not be used to disrupt education or interfere with the rights of others at our school. Distribution of materials to families or students must be approved by the Dean of Students.

Lockers

Lockers are the responsibility of each student. The school reserves the right to inspect lockers and personal property to ensure compliance with school policies. Reasonable suspicion is not required.

Lost and Found

Lost-and-found is located in the Dean of Students office. The school is not responsible for replacing lost items from lockers or school areas.

Standard 9

Leadership roles allow students to develop into responsible citizens.

Student Council

The Student Council is comprised of students who are school and class representatives elected in the spring preceding the school year in which they will serve. They attend Council meetings, report actions of the Council to their classes and bring student ideas, questions and opinions to the attention of the Council. All Council members are expected to serve on committees and to attend all Student Council-sponsored events.

Events such as retreats, Chapels, school dances and service projects, to name a few, are planned and promoted by the Student Council.

Four Student Council executive officers are elected annually by the entire student body in the spring preceding the school year in which they serve. The President and Vice-President are members of the junior or senior class.

Ambassador Program

Seattle Lutheran High School uses a Student Ambassador program which allows students to assume leadership roles. Criteria for the program:

- An ambassador is a leader and a representative of Seattle Lutheran High School.
- An Ambassador has immediate influence on prospective students and families.
- An Ambassador is expected to know the history of SLHS and to be present at events throughout the year including but not limited to Open House, Community Night and school visits to 8th graders at neighboring schools.
- An Ambassador may be pulled out of class at a moment's notice to briefly talk to a visiting parent or student and should be prepared to do so at any time.
- An Ambassador serves as room host, quietly greeting anyone who may visit the room and explaining the educational process in that room.
- An Ambassador conducts tours for prospective students and mentors two or three incoming freshmen for the new school year.

Application and recommendation forms for this program are available in the Admission office.

Standard 10

Students use technology in a positive productive manner.

Teachers determine when technology is appropriate to teaching and learning.

Electronic devices are used for school purposes.

The school does not accept responsibility for lost or stolen electronic devices.

Cell phones may be used for personal use during break and lunch.

Seattle Lutheran High School uses an electronic-communications network to enhance students' educational opportunities. With its access to information, students are able to research and communicate in new ways with their peers, teachers and the global community.

SOCIAL MEDIA GUIDELINES AND POLICIES

"Those who guard their mouths and their tongues keep themselves from calamity." Proverbs 21:23

Participation in activities or athletics at Seattle Lutheran High School is a distinct privilege. Students are held to the highest standard of conduct and sportsmanship. SLHS student participants are expected to reflect Christian character while representing Christ, SLHS and themselves, whether on or off campus.

Students who choose to make use of social media must exercise extreme caution and be fully aware that coaches, school administrators, counselors, college admissions officers, future employers, the local media and even child predators access social media in order to view personal information online. Inappropriate, threatening, and/or offensive use of social media in any form (e.g. posts, tweets, texts, comments, etc.) may be cause for suspension or expulsion from athletic teams and may result in further disciplinary actions from SLHS administration.

Examples of inappropriate, threatening and/or offensive behaviors may include, but are not limited to, the following;

- Unsportsmanlike, derogatory, sarcastic, demeaning, and/or threatening content directed to any individual, group, school, etc.
- Vulgar language, inappropriate comments, and/or harassment content directed to any individual, group, school, etc.
- Photos, videos, comments, or postings displaying or suggesting the use of alcohol, drugs, tobacco, and/or contraband
- Photos, videos, comments, or postings that are of a provocative, suggestive or sexual nature.

It is Seattle Lutheran High School's intent to educate and protect our student participants from the danger of social media. Parental support and involvement in monitoring student use of social media is expected. By signing below, you affirm that you understand the SLHS School Social Media Guidelines for student athletes and will not take part in, condone, support or encourage inappropriate activities online.

Inappropriate student use of technology may have serious consequences for all students. Inappropriate use includes, but is not limited to, harassment of any kind, unauthorized use of school name/logo/branding, offensive communication and safety threats.

Respect for Property

Seattle Lutheran is a safe campus where everyone's property is to be respected. Valuable items should be left at home. A student's personal items should be kept in his or her assigned locker.

Telephone use

Parents may call the office if they need to get an emergency message to their student. Emergency messages will be delivered immediately. Students may use the office phone when needed during break or lunch.

Work permits

Work permits may be left at the office for the Executive Director's signature. If a student is not doing satisfactory class work, the work permit may not be signed. During high school years, a student's emphasis should be on education.

Student Driving

Students who drive to school must complete a vehicle registration form, found on the website at <http://www.seattlelutheran.org/student-life/student-information-forms/> within a week of their beginning to drive to school. Students may park in the school's lot or on the city street.

Students are not permitted to drive or sit in their vehicles during the school day.

Please remember that Washington State law requires that for the first six months after receiving a drivers' license, no passenger under the age of 20 may ride with a new driver, unless the passenger is an immediate family member. After that, no more than three passengers under age 20 may be with the driver unless they are members of the immediate family.



Criteria for Selecting Literary Works

Selection

Literature selection begins with a teacher recommendation to the English Department. The following criteria will be considered for the adoption of literature:

1. The literature develops and challenges reading comprehension skills and literary analysis skills including vocabulary, plot, theme, literary devices, etc.
2. It is at the appropriate reading level.
3. The literature has a “high standing” among literary critics.
4. The literature is relevant.
5. The literature challenges the reader’s understanding of life.
6. The literature has the capacity to inform moral development.
7. The literature inspires discussion of the role of God in our lives.
8. The literature evokes critical thought and discussion.

The criteria for approving literature is a guide to provide students with learning opportunities that prepare them well for the next level in their education and ultimately for life. Seattle Lutheran High School recognizes that there may be differing opinions regarding the content of literature; therefore, we have reviewed and updated our process as it relates to this topic.

Notification of Literature Selected

Parents will be notified of the literature selection for the upcoming year in each teachers’ syllabus, which can be accessed on Schoology. If literature is adopted that may be considered “mature in theme,” parents will be informed via email of the content of the literature as well as the instructional objectives at the beginning of the semester in which the work will be taught, or two months prior to teaching the work, whichever is longer.

Parent Feedback

Included with the notification of a “mature in theme” literature selection will be a “Request for Reconsideration of a Book” form. This form is designed to provide a platform for parents to give constructive feedback on literature selection that can be reviewed by the respective teacher, English Department, and school administration. After the notification is distributed, reconsideration forms will be accepted for 30 days. Through input from parents, Seattle Lutheran High School will re-evaluate and make a final determination if the criteria established for literature selection have been met.

Alternative Assignments

A parent may request a meeting with the teacher and the school administrator to discuss an alternative assignment to literature that they may find inappropriate. A different option will be provided by the respective teacher upon the approval of an alternative assignment granted by the building administrator.



Parent Request for Reconsideration of a Book

Author:

Title:

Request Initiated by:

Complaint Represents self organization/group _____

1. Did you read the entire book? Yes No

 If not, what parts?

2. To what in the book do you object? (Please be specific: cite page numbers, quotations, etc.)

3. What do you feel might be the result of reading this book?

4. For what age group would you recommend this book?

5. Is there anything beneficial about this book?

6. What do you believe is the theme of this book?

7. What would you like the school to do about this book?

 ___do not assign or recommend it to my child

 ___submit to the Book Selection Committee for reevaluation and request a withdrawal from all students

8. In its place, what book of equal literary quality would you recommend that would convey as valuable a picture and perspective of our civilization?



SEATTLE LUTHERAN HIGH SCHOOL ATHLETIC HANDBOOK

*"Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things."
Philippians 4:8*

To participate as a member of a Seattle Lutheran activities or athletic teams represents Seattle Lutheran, is both a privilege and an opportunity. Enrollment does not guarantee the right to participate. A definite commitment on the part of students and parents is required for participation in interscholastic activities.

Core Values:

"C"	Commitment
"H"	Humility
"R"	Respect
"I"	Intensity
"S"	Sacrifice
"T"	Teamwork

PRIVILEGE OF PARTICIPATION

*"... they urgently pleaded with us for the privilege of sharing in this service to the Lord's people"
2nd Corinthians 8:4*

1. Seattle Lutheran High School is a Christian school. As such, participants have the privilege of representing their school, as well as their Lord and the Christian faith.
2. Participants will experience the joy of physical activity, competition, and development of individual and team skills
3. Participants will develop sportsmanship and leadership skills.
4. Participants will travel with the team, visit other schools and communities, meet fellow athletes and interact with other individuals.
5. Participants can work to towards earning a school letter and wearing the school letter jacket with pride and distinction.

COMMITMENT

“Commit your work to the Lord, and your plans will be established.” Proverbs 16:3

To be a Student in Saints activities that represent Seattle Lutheran requires commitment, character, and a willingness to model a Christian lifestyle. Students must remember that they represent the School not only in public performances, but also at all times. Consequently, Students must be ready to make the following commitments:

1. Must exhibit Christian character and represent Seattle Lutheran in a Christian manner.
2. Must be able to demonstrate self-control and good sportsmanship.
3. Must refrain from obscene, vulgar, sexist, racist, bullying, or other non-Christian language or actions.
4. Must be ready to show effort, cooperation, respect and support of team members and coaches.
5. Are expected to attend all practices and games/performances. And inform your captains and coaches in a timely manner, if you cannot attend.
6. Are expected to avoid and not participate in activities for minors where alcohol and/or drugs (and smoking of tobacco or other products) are present or used. Whether actually involved in usage or not, participants who are found to be present at such activities may be subject to similar consequences as someone that has used.
7. Participants in an activity at Seattle Lutheran High School must make a commitment to completely abstain from the use of alcohol, tobacco of any kind, and illegal drugs. This also includes the possession of above.

VIOLATIONS OF COMMITMENT

It is a privilege to represent Seattle Lutheran High School in any activity. Students must consider all of the preceding factors at the beginning of the fall season, to determine that they are ready to participate under this agreement. All students should do so in the spirit of trust and with a sense of truly belonging to and representing the community of Seattle Lutheran High School.

Furthermore, by signing this document, you and your parent and/or guardian understand that the failure to adhere to these policies and guidelines may result in consequences that include suspension, permanent expulsion from participation, and/or further disciplinary actions from SLHS administration.

- 1st Violation of #6 or #7
 - Will result in a suspension of 1/2 the season (determined by the # of games in season). A suspension may run into the next season that the participant participates in if violation occurs at the end of a season. In order to fulfill the suspension, the participant must participate and positively contribute to all team functions and practices.
- 2nd Violation #6 or #7
 - Participant will be suspended for 1 season. Suspension can run into the next season that participant participates in.
- 3rd Violation #6 or #7
 - Participant will be permanently suspended all athletics at SLHS.

PARENTAL/ GUARDIAN ROLE

“Show yourself in all respects to be a model of good works, and in your teaching show integrity, dignity, and sound speech that cannot be condemned, so that an opponent may be put to shame, having nothing evil to say about us.” Titus 2:7-8

Parents' actions greatly contribute to the character development and success of their student athlete. *It is Seattle Lutheran's endeavor to join with parents to support their student on and off the field of competition.*

All parents who participate in Seattle Lutheran activities/athletics:

1. Will understand the student comes first.
2. Will refrain from coaching their child or other players during games and practices.
3. Will respect the officials and their authority during games and will never question, discuss or confront coaches at the game field, and will take time to speak to coaches at an agreed upon time and place.
4. Will remember that student athletes participate to have fun and that the game is for youth, not adults.
5. Will help teach their child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his or her performance.
6. Will demand that their child treat other players, coaches, officials, and spectators with respect regardless of race, creed, color, sex or ability.
7. Will promote the emotional and physical wellbeing of the student athletes ahead of any personal desire I may have for my own child to win.
8. Will not encourage any behaviors or practices that would endanger the health and wellbeing of the student athletes.
9. Will be a positive role model for their child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players' coaches, officials, and spectators at every game, practice or sporting event.
- 10.** Will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.

Parents or guests in violation of the code of conduct may be dismissed, suspended, or permanently expelled from future athletic contests.

SOCIAL MEDIA GUIDELINES AND POLICIES

“Those who guard their mouths and their tongues keep themselves from calamity.” Proverbs 21:23

Participation in activities or athletics at Seattle Lutheran High School is a distinct privilege. Student athletes are held to the highest standard of sportsmanship and conduct. SLHS student participants are expected to reflect Christian character while representing Christ, SLHS and themselves, whether on or off-campus.

Student-participants who choose to make use of social media must exercise extreme caution and be fully aware that coaches, school administrators, counselors, college admissions officers, future employers, the local media and even child predators access social media in order to view personal information online. Inappropriate, threatening, and/or offensive use of social media in any form (e.g. posts, tweets, texts, comments, etc.) may be cause for suspension or expulsion from athletic teams and may also result in further disciplinary actions from SLHS administration.

Examples of inappropriate, threatening and/or offensive behaviors may include, but are not limited to, the following:

- Unsportsmanlike, derogatory, sarcastic, demeaning, and/or threatening content directed to any individual, group, school, etc.
- Vulgar language, inappropriate comments, and/or harassment content directed to any individual, group, school, etc.
- Photos, videos, comments, or postings displaying or suggesting the use of alcohol, drugs, tobacco, and/or contraband
- Photos, videos, comments, or postings that are of a provocative, suggestive or sexual nature.

It is Seattle Lutheran High School's intent to educate and protect our student participants from the danger of social media. Parental support and involvement in monitoring student use of social media is expected. By signing below, you affirm that you understand the SLHS School Social Media Guidelines for student athletes and will not take part in, condone, support, or encourage inappropriate activities online.

CONCUSSION INFORMATION SHEET

O Lord my God, I called to you for help and you healed me. Psalm 30:2

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms of concussion may include one or more of the following:

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

Signs observed by teammates, parents and coaches may include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a

period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

and

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:
<http://www.cdc.gov/ConcussionInYouthSports/>

SUDDEN CARDIAC ARREST INFORMATION

O Lord my God, I called to you for help and you healed me. Psalm 30:2

What is sudden cardiac arrest? *Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year. SCA is also the leading cause of sudden death in young athletes during sports*

What causes sudden cardiac arrest? *SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult.*

SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called “commotio cordis”).

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

How to prevent and treat sudden cardiac arrest? Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gasping). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED).

AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!



Seattle Lutheran HIGH SCHOOL

AGREEMENT AND COMMITMENT

Seattle Lutheran High School believes participation in athletics and activities improve physical fitness, coordination and self-discipline while giving students valuable opportunities to learn important social and life skills.

With this in mind, it is important that we do as much as possible to create and maintain an enjoyable and safe environment. As a parent/guardian or student, you play a vital role in protecting participants and helping them get the best from sports and activities.

Player and parental education in this area is crucial which is the reason for the Concussion Management and Sudden Cardiac Arrest Awareness information. Refer to it regularly.

This form must be signed annually by the parent/guardian and student prior to participation in Seattle Lutheran High School athletics and activities. If you have questions regarding any of the information provided in the pamphlet, please contact David Sleighter, Athletic Director.

I HAVE RECEIVED, READ AND UNDERSTAND THE INFORMATION PRESENTED IN THE CONCUSSION RECOGNITION AND SUDDEN CARDIAC ARREST AWARENESS INFORMATION.

I HAVE READ AND UNDERSTAND THE PRECEDING ATHLETIC AGREEMENT AND HEREBY DECLARE MY INTENT TO PARTICIPATE IN ATHLETICS AT SEATTLE LUTHERAN HIGH SCHOOL, AND I COMMIT MYSELF TO THE PRINCIPLES AND POLICIES AS STATED IN THIS ATHLETIC HANDBOOK.

PRINTED Name of Student/Participant

Signature of Student/Participant

Date

PRINTED Name of Parent/Guardian

Parent/Guardian Signature

Date

NOTE: Parent/Guardian – Please sign this Agreement as indication of your understanding and support of your Student’s adherence to this Agreement as well as confirmation you have read “The Role of Parents in Athletics,” “Sudden Cardiac Arrest Information,” and “Concussion Information.”

This Agreement must be signed and submitted prior to participating in athletics at SLHS.