

North Kingstown High School

THE FRESHMAN HANDBOOK

2020



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INTRODUCTION

The Freshman Handbook

TIP

There is no "fourth floor" and no "fourth floor pool", contrary to what upperclassmen may tell you.

Welcome, Freshmen, to North Kingstown High School. These next four years prepare you for college, and the real world soon after. Your high school career is crucial for your future success, so it is important that you work hard and do well, but also enjoy what life has to offer. As long as you take advantage of the many resources that are put in place for your success in this high school (like this booklet, for instance), your freshman year will feel less like mountain to climb, and more like an exciting journey.

DAILY SCHEDULE

The Freshman Handbook

7:00 - 7:10: Bus drop off

7:15: Parent Drop off

7:15: Bell rings, immediately after being dropped off, please head to your first period class where advisory will be

7:15 - 7:30: Advisory will take place to take attendance and get prepared for the day

Due to COVID-19, students will be in school on a rotation basis. The Full-In Person plan consists of students attending in-person every other day in A/B groups assigned by last names.

Group A: A-K

Group B: L-Z

Period	Class Time
Adv (period 1 teacher)	7:15-7:30
1	7:30-8:44
2	8:49-10:03
3 (snack)	10:08-11:31
4	11:36-12:50
Dismissal	12:50-1:00

TIP

Setting a habit of arriving to school early will help you stay out of trouble and give you a stress free morning.

THE FIRST DAY

The Freshman Handbook

TIP

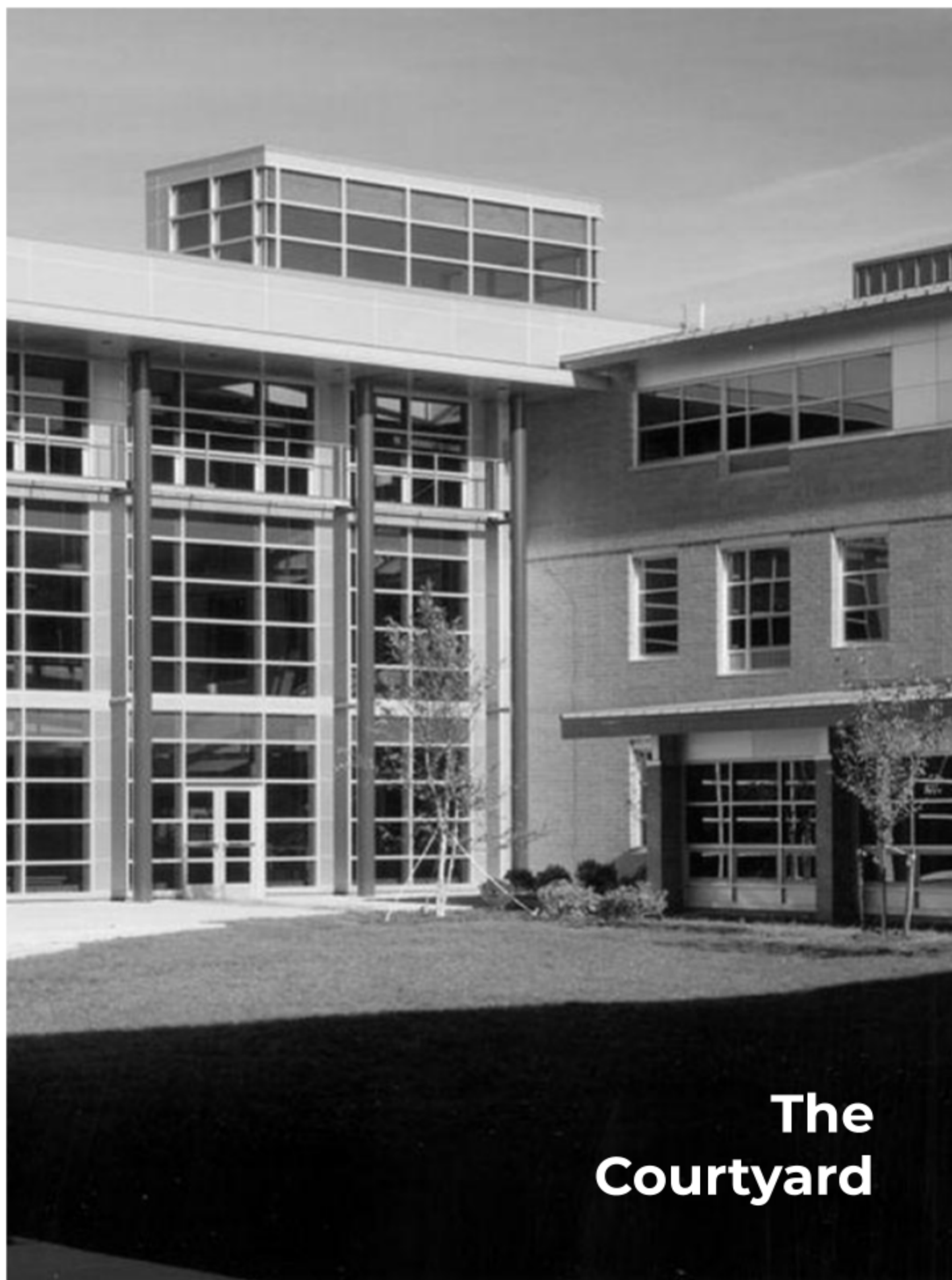
If you are late the first day to a class because you can not find it, do not worry, the teacher will understand.

North Kingstown High School may seem scary at first, but in reality, everyone is in the same boat. No matter who your classmates are, everyone will be nervous, so make the best of it! Be sure to make new friends or group up with the friends you already have, so you can all figure out where to sit at lunch and who is in whose classes.

Concepts to Remember

Teachers are always ready and willing to help you out, no matter what you are facing. Whether it be your workload, personal issues, time management, or simply if you are having trouble navigating around the school, there will always be a teacher to assist you with your problems. Also, teachers will often give you spare time on your first day while you try and figure out where your classes are.

Upperclassmen are unlikely to bother you, as they have their own classes to go to. However, it can be useful to make a few upperclassmen friends if you can, as they often know the most about the school.



The Courtyard

Backpacks and Lockers

The Freshman Handbook

This year, there will be no locker access and all lockers will be secured shut. Students will be permitted to use a backpack during the school day that must be kept on or near you at all times.

TIP

If your locker will not open, try asking your classmates or a teacher for assistance. Your advisor will have all your combinations.

PE UPDATE: PE lockers will not be used.

Students are asked to come ready to participate in PE by wearing the appropriate clothing (sneakers are required) to school. Sneakers can always be brought in a bag. If you need to change, ask your PE teacher.

For future reference, here is how to use a lock: Spin the dial at least three times to the right (clockwise), all the way around. This "clears" the lock of any previous numbers. If at any point in putting in your combination you mess up, do this again to start over. Now enter your combination. Turn the dial to the right and stop at your first number. Always start with a turn to the right! For your second number, turn the dial to the left, going past zero and your first number. Then stop at your second number. For your third number, turn the dial to the right and go directly to the last number. Leave your lock on this number. Always remember: right, left, right.

NAVIGATION

The Freshman Handbook

TIP

To keep proper social distance, hallways and staircases will be marked with the direction of the flow of traffic. Make sure to pay attention!

The school is large, but when it is broken down into individual pieces, it becomes much easier to traverse. These are the basic elements of the school's layout.

The building itself is essentially a square with a courtyard in the center, and a staircase in each of the four corners.

Odd numbered classrooms are on the side of the hallway facing out. Even numbered classrooms face the courtyard in the center of the building.

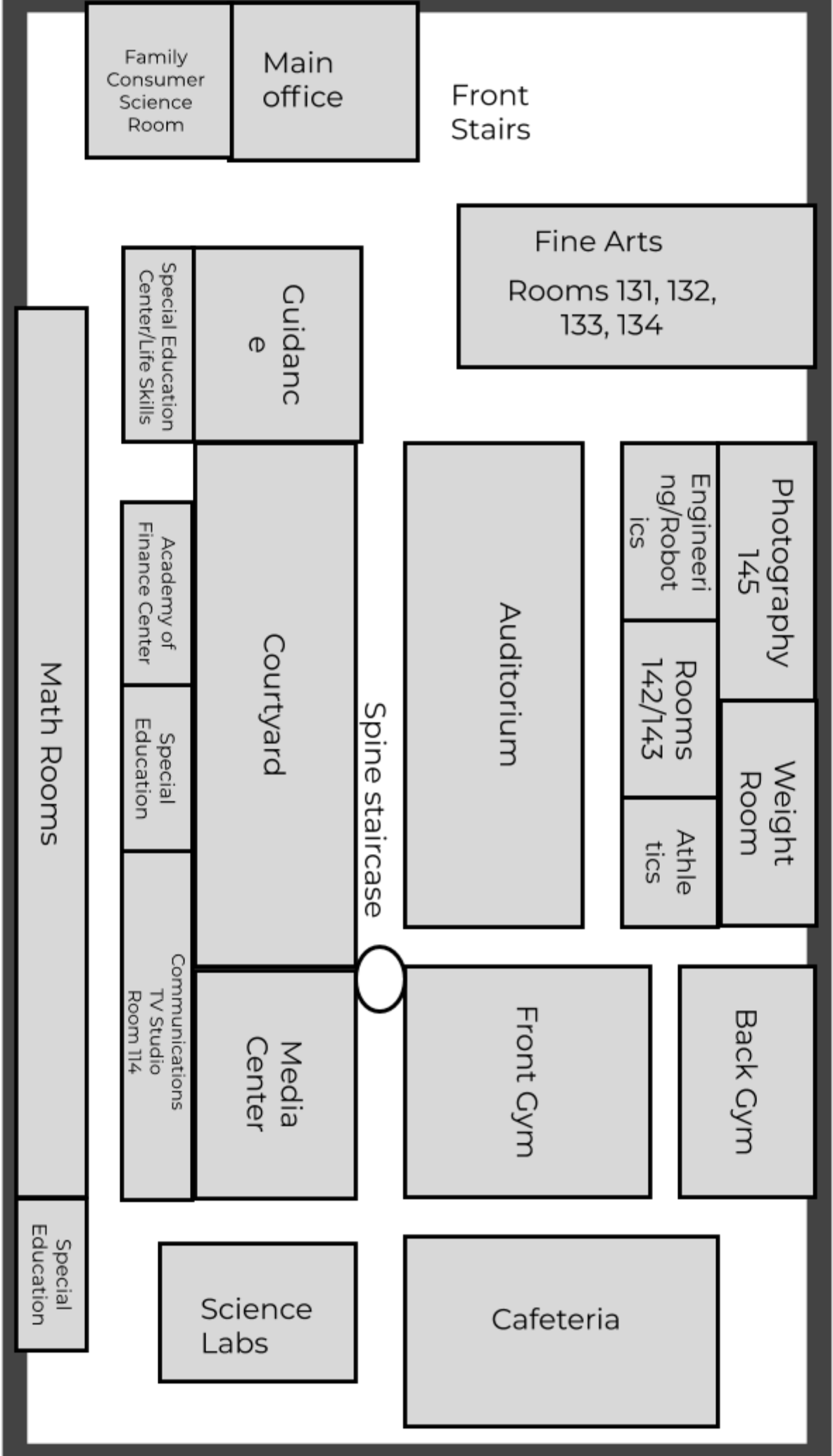
The art, engineering, and music hallway is next to the auditorium on the side of the main office. The health room is behind the auditorium

The nurse's office is in the hallway by the main office. The assistant principal's office is also in that hallway.

The Media Center (the library) is near the spiral staircase (often referred to as "The Spine"), and the back door. It is always open to students, and you are encouraged to take out books for free. There are also a number of computers you can use during free time.

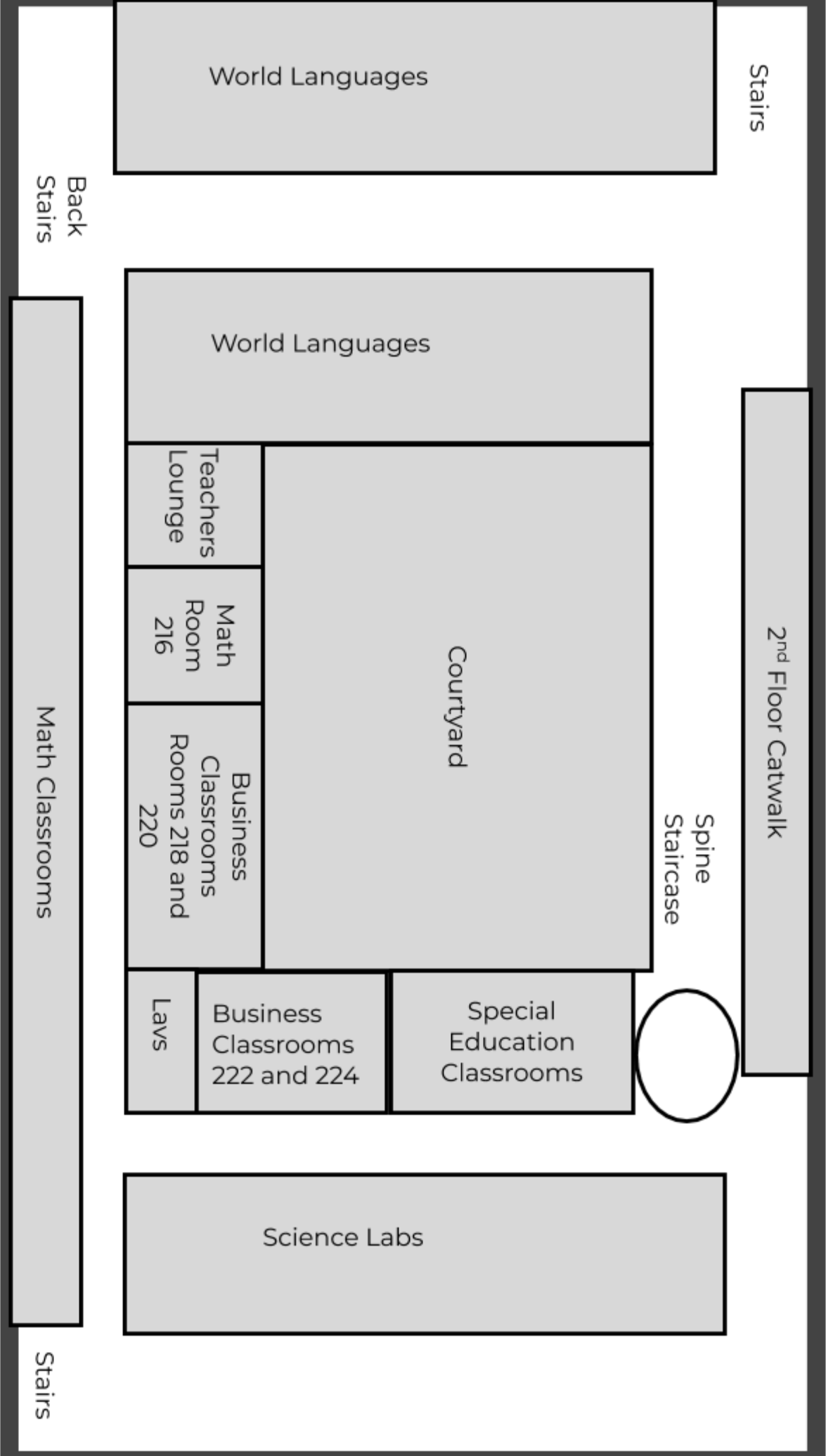
Provided by Mr. Gormley

1st Floor NKHS



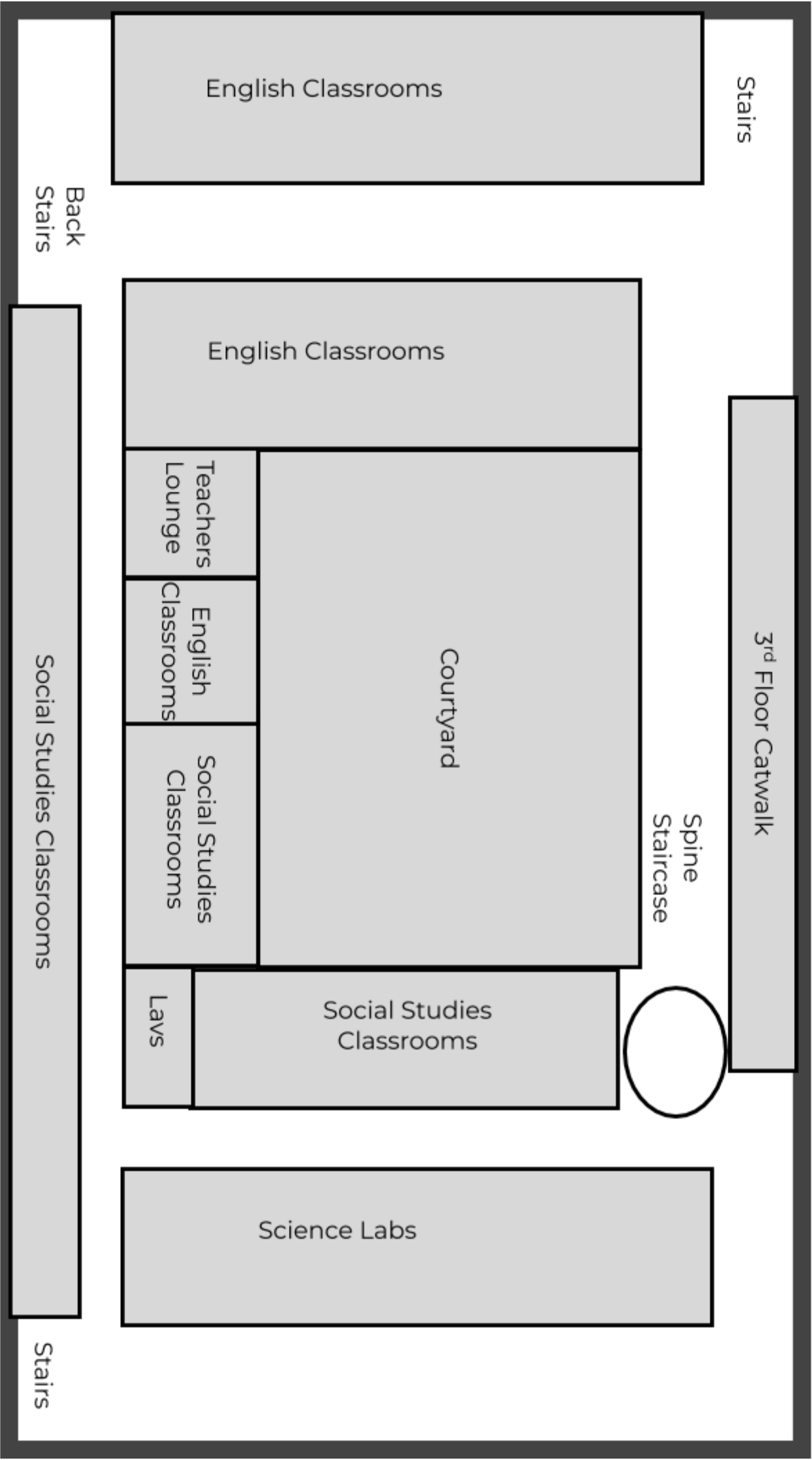
Provided by Mr. Gormley

2nd Floor NKHS



Provided by Mr. Cormley

3rd Floor NKHS



BUS MAP

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TIP

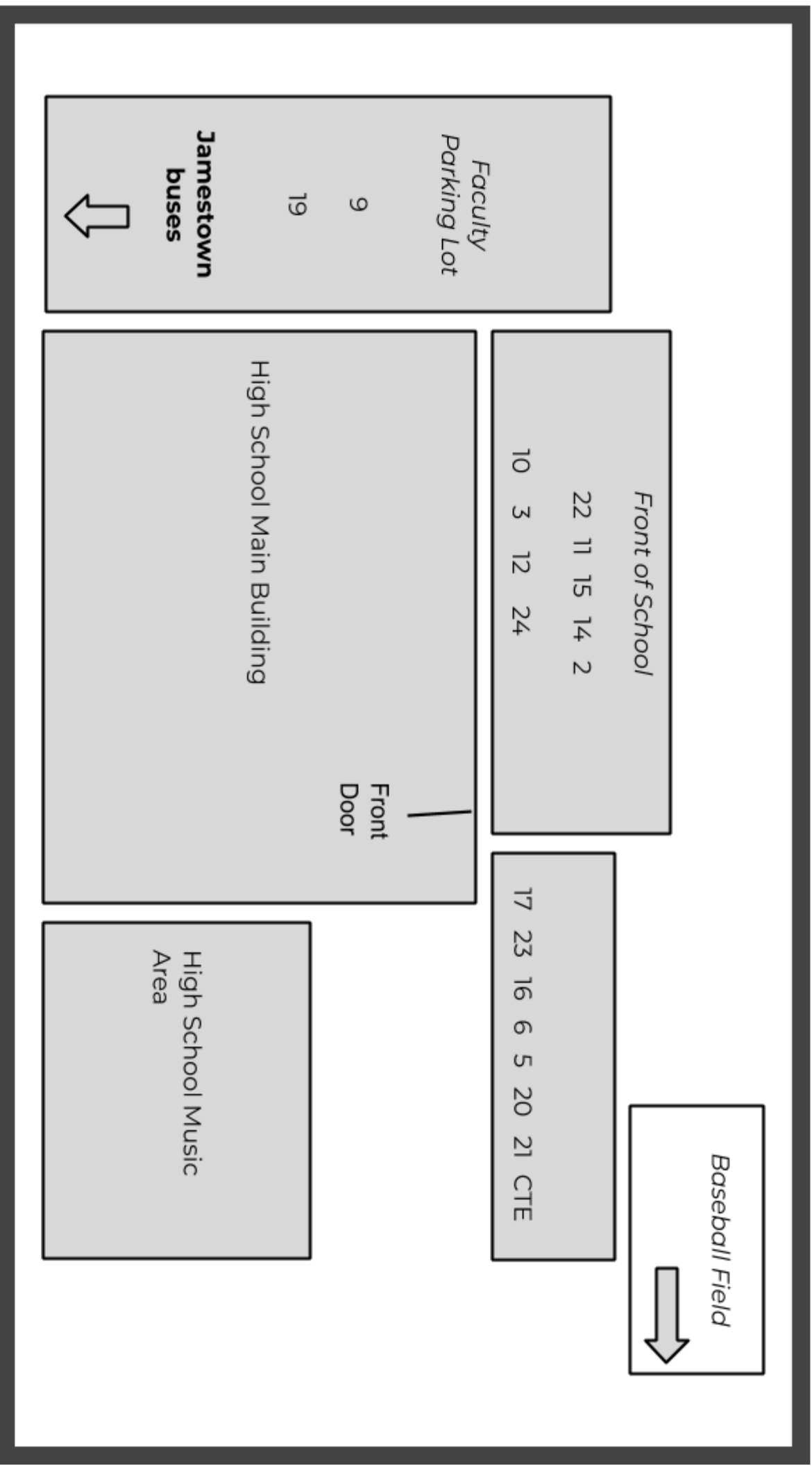
Not sure where to find your friends? Pick a spot to meet up with friends **before** the first day of school, like the Cafeteria or outside the Spine.

Just before 12:50 pm the buses begin to arrive at North Kingstown High School. They line up in the bus circle in the front of the building on Fairway Drive. (This is the same entrance you will be dropped off at in the morning.) Additionally, a few NK buses and all Jamestown buses line up parallel to the Annaquatucket side of the building.

The following page includes a visual display of how the buses will be arranged.

Note - Sometimes a bus number may change in line if it is out for repairs or if another bus arrives beforehand. After the first couple of days you will see that this map may not be entirely accurate.

Bus Map NKHS



CLUBS

The Freshman Handbook

Due to COVID, some clubs have been put on pause. Please reach out to teachers for further information on specific clubs.

TIP

Colleges will take into account the clubs you join. They look good on your resume and you will often make new friends.

The best way to get to know your fellow students is by getting involved in one (or several) of the many after school activities offered to the students here at North Kingstown High School. Whether you're looking to get involved in a sport, or to help out in your community, The high school most likely offers an extracurricular activity that fits your wants and needs.

Clubs:

<i>Academic Decathlon</i>	<i>Spanish National-</i>
<i>Anime Club</i>	<i>Honor Society</i>
<i>Art Club</i>	<i>Student-</i>
<i>Best Buddies</i>	<i>Government</i>
<i>Computer Club</i>	<i>VAASA</i>
<i>Drama Club</i>	
<i>Explorers Club</i>	
<i>Future Leaders in Business Club</i>	
<i>SAGA (Sexuality and Gender Awareness)</i>	
<i>German Club</i>	
<i>Interact Club</i>	
<i>Leadership Academy</i>	
<i>Math League</i>	
<i>Mock-Trial</i>	
<i>National Honor Society</i>	
<i>North Communications Club</i>	
<i>Portuguese Club</i>	
<i>Project Close-Up</i>	
<i>Robotics Club</i>	



"The Spine"

SPORTS

The Freshman Handbook

TIP

When going on and off fields remember to wear masks and stay socially distanced. Don't forget to sanitize before touching equipment!

Sports have always been a big part of North Kingstown High School. This year, there will be some changes due to Covid-19.. At the moment, most fall sports will be taking place and all winter and spring sports still remain undecided.

Fall Sports: :

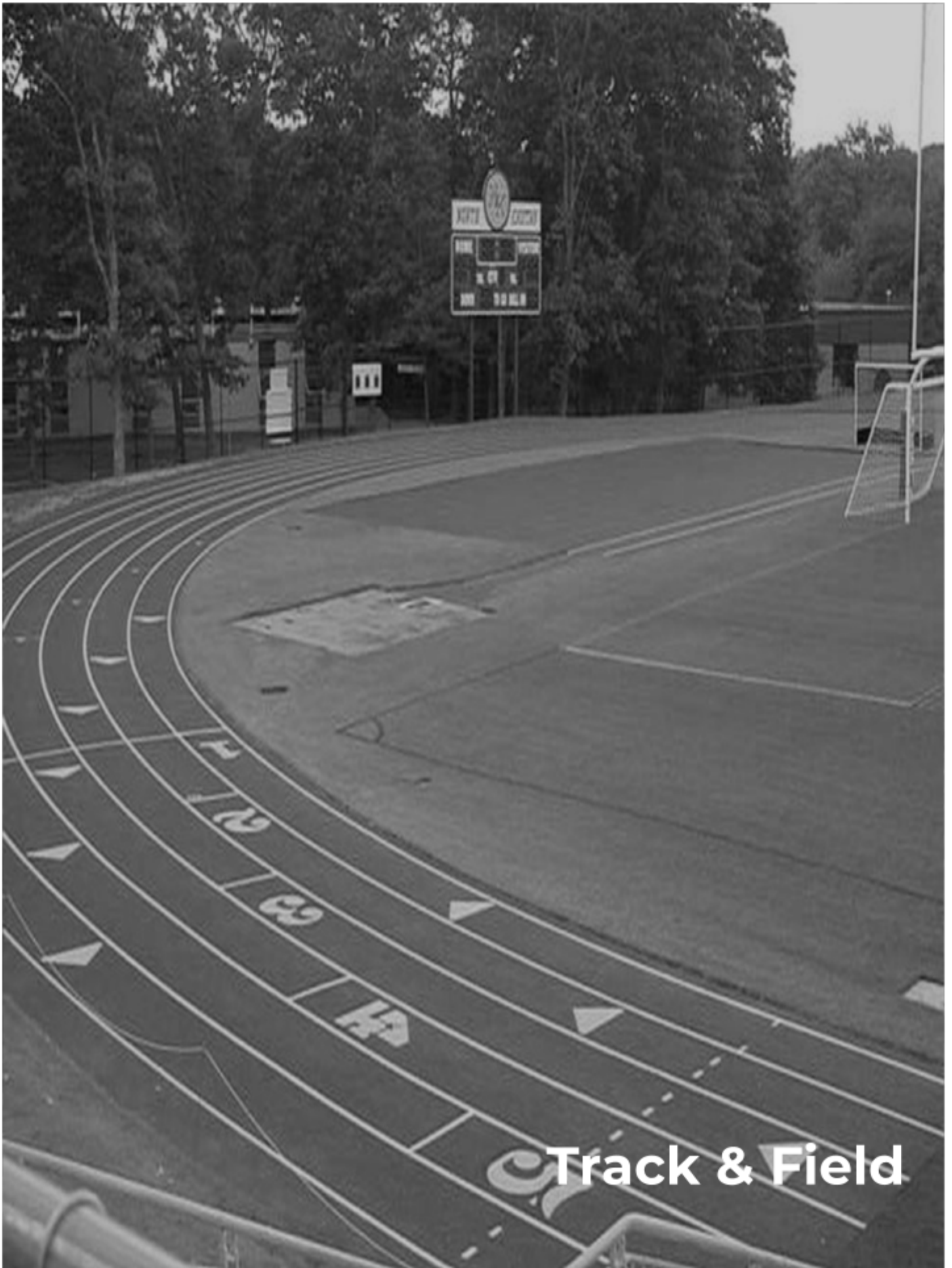
Boys Cross Country (Varsity, JV)
Boys Soccer (Varsity, JV)
Girls Cross Country (Varsity, JV)
Girls Tennis (Varsity, JV)
Girls Field Hockey (Varsity, JV)
Girls Soccer (Varsity, JV)

Fall Sports To Be Determined:

Girls Volleyball (Varsity, JV)
Unified Volleyball (Varsity, JV)
Football Cheerleading Squad

Sports To be Determined:

<i>Wrestling (Varsity, JV)</i>	<i>Boys Volleyball (Varsity, JV)</i>
<i>Gymnastics (Varsity, JV)</i>	<i>Boys Tennis (Varsity, JV)</i>
<i>Co-op Girls Ice Hockey (Varsity, JV)</i>	<i>Boys Indoor Track (Varsity, JV)</i>
<i>Co-ed Ice Hockey (Varsity, JV)</i>	<i>Girls Indoor Track (Varsity, JV)</i>
<i>Co-ed Swimming (Varsity, JV)</i>	<i>Co-ed Sailing (Varsity, JV)</i>
<i>Boys Baseball (Varsity, JV)</i>	<i>Unified Basketball (Varsity, JV)</i>
<i>Girls Softball (Varsity, JV)</i>	<i>Co-ed Golf (Varsity, JV)</i>
<i>Boys Volleyball (Varsity, JV)</i>	
<i>Boys Track & Field (Varsity, JV)</i>	
<i>Girls Track & Field (Varsity, JV)</i>	
<i>Boys Lacrosse (Varsity, JV)</i>	
<i>Girls Lacrosse (Varsity, JV)</i>	
<i>Football (Varsity, JV, Freshman)</i>	
<i>Girls Basketball (Varsity, JV)</i>	



Track & Field

TEACHERS

The Freshman Handbook

TIP

No matter what teachers you get, if you are respectful and do your work, your job as a student will get a whole lot easier.

Making a good first impression on your teachers is essential to having a good freshman year, so be sure to...

Introduce yourself when you come into the classroom for first period, or at the end of class.

Be responsible about being in class on time virtually on the days you are at home. Abide by the requests your teachers make regarding camera and microphone use on Google Meet and Zoom. If your teachers allow them, don't be a distraction. Even though you are not in the classroom, it is still very important that you pay attention to the lesson and participate when asked to.

Pay Attention! Teachers want students to make an effort to learn, and if they see you doing that in the first few classes you are bound to make a good impression on them.

Do NOT miss your first homework assignment (not that you should miss any). There is no better way to get on a teacher's bad side than to miss the first assignment they give you.

Be friendly and respectful. Your teachers will always be interested in getting new favorite students. Additionally, they're working extremely hard and doing their best to adapt to our current circumstances so you can have the best school experience possible.

Participate in class. Teachers rely on participation as part of their lessons, and by being active in the classroom you build your relationship with your teachers.

DISCIPLINE

The Freshman Handbook

TIP

Poor behavior, along with both absence and tardiness will result in a mark that is added to your permanent record, so abide by the rules.

It is your responsibility to make up work you miss when you are absent, not the responsibility of your teachers. Email your teachers assignments that are due the day of your absence, and contact the teacher to ask if there is any work you missed, especially if you are going to be out for an extended period of time. An unexcused absence can result in detention or an in school suspension (PASS).

Note - Vaping in and around school property is strictly prohibited, and will result in punishment. Seriously. Mr. Anderson even has a metal detector.

Detention - One hour in the cafeteria after school.

In School Suspension - Full day separated from the rest of the school population.

Social Suspension - Forbidden from participating in sports, social activities, and dances.

Out of School Suspension - Removal from school for a varied amount of time. This is the most serious penalty and may result in other actions.

MISCELLANEOUS

The Freshman Handbook

TIP

Unexcused absences, or any missed school time will be counted against on your overall quarterly count.

How to Create a Guidance Appointment

To make an appointment with your school counselor you must email your counselor with a request to meet. It is helpful to include what you would like to discuss in your meeting. Your school counselor will respond with a time to meet virtually during your at-home day. The meeting will most likely be during your PLT period or between 1:00 pm and 2:00 pm.

Signing In Late

Students who arrive late to school must sign in at the Student Services Office, the room one down from the main office.

Excused absences will not be added onto your overall quarterly tardy count, some of which are listed below.

1. School sponsored field trips.
2. Verified medical illness (notes due within 3 days of illness).
3. Verified family bereavement (notes due within 3 days of event).

COVID-19 SAFETY

1. **MASKS ARE REQUIRED:** Face masks must be worn throughout the day to ensure the safety of students and staff. Spare masks will be available if needed.
2. **SOCIAL DISTANCING:** Social distancing will be practiced in classrooms and is encouraged to continue in the hallways. This means keeping a distance of **6ft** from all other persons and following the designated hallway directions.
3. Students are strongly encouraged to **bring their own materials to class**, including pens and pencils, Sharing with other students is a safety risk.
4. **WASHING HANDS:** Please wash and sanitize your hands often to reduce to the risk of the virus spreading. Students are encouraged to bring a personal hand sanitizer.

Here is what you should take away from this, if nothing else :

You will make it. High School rocks! You may not think so now, but your High School career can be some of the most fun years of your life. Before you know it, you will be in your senior year!

If you ever need help, whether it is within the first week of school or in February, we hope you feel comfortable to ask the Leadership Academy students; it is what we are here for, and we would love to assist!