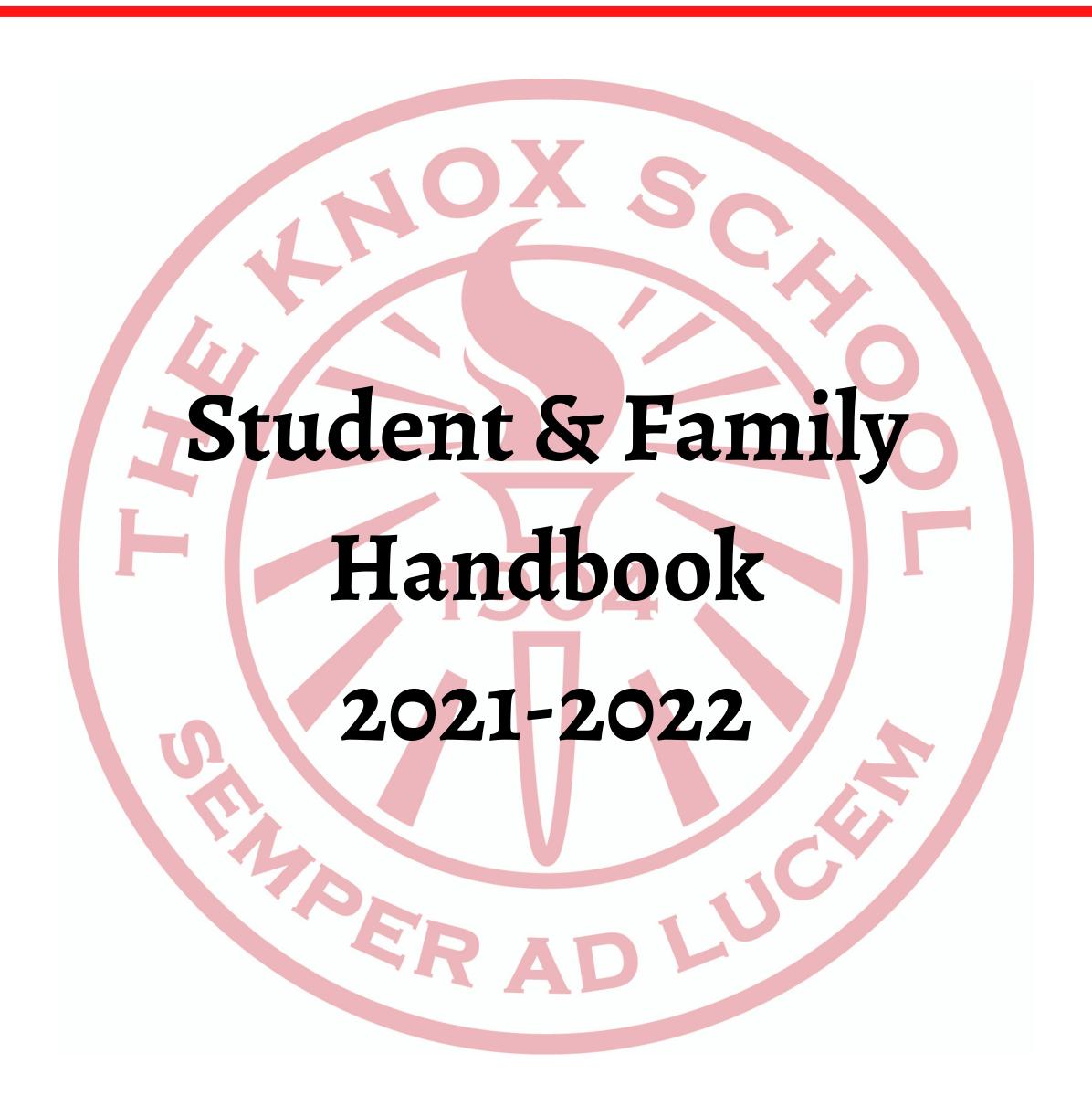
# The Knox School

Long Island, New York



541 Long Beach Rd.
St. James, New York, 11780
(631) 686-1600
www.knoxschool.org



# Greetings from the Head of School

Dear Knox Family Members:

Founded in 1904 by Mary Alice Knox, The Knox School is the oldest and most established private school in Long Island, New York. Today, Knox is a co-educational boarding and day school for grades 6-12, where the total well-being of every student is our top priority.

**At Knox, everyone cares for you and knows your name.** Small class sizes allow students to receive the individual attention they deserve when investing in a private school education. Our dedicated teachers strive to know students beyond the walls of the classroom, and serve as dorm parents, advisors, coaches, and mentors.

At Knox, every student's potential is unlocked and maximized. Knox offers the highest levels of academic, artistic and athletic programming. Advanced Placement is available in all disciplines, along with dual-enrollment classes for college credit. Our STEM lab is a gathering place for students to explore technology, computer science, and engineering, even after school hours. AP Studio Art Portfolio Development classes are taught by Knox educators who are also college professors, ensuring that students receive the highest levels of instruction and expertise. Athletics are part of students' daily routines to promote both physical and mental health after an intense day of coursework. Sports include rowing, tennis, soccer, volleyball, softball, badminton, cross country and basketball. Knox also offers a well-established Equestrian program led by a master trainer. Whether you are an aspiring engineer or equestrian, artist or actor, designer or performer, mathematician or writer, a Knox education unlocks every student's potential and prepares them for success after high school.

This handbook has been designed to serve as a guide to Knox life for students and their families. Please use it as a reference if you have questions about any aspect of our program, including arts and athletics, dress code, code of conduct or other facets of the day or boarding experience at Knox.

Our website (www.knoxschool.org) is also a valuable source of information. As always, if you have further questions or need additional guidance, we are available to speak to you personally and can be reached by email or phone. Contact information can be found under the Staff Directory at the end of this document or on the website.

Knox's ideologies and long-standing traditions have transformed our students for 117 years. We welcome you to our school community and look forward to a rewarding and fulfilling year!

Semper ad Lucem,
Virginia Riccardi
M.A., Columbia University, Teachers College
B.A., Stony Brook University



# Table of Contents

This handbook outlines the standards required by The Knox School. The content is subject to change at the discretion of the Administration.

Knox Mission & Core Values1
Academic Program2
Academic Resources6
Athletics & Physical Education8
Elite Athlete or Performer Policy9
Grooming & Dress Code10
Daily Schedule12
Attendance Policies12
Inclement Weather Procedures14
Conduct Policies
Technology18
Health, Wellness and Safety21
For Day Students24
For Boarders26
For All Students33
For Parents35
Important Contacts36
Academic Integrity Contract37
Concussion Protocols41
Links to Important Forms46



# Mission and Core Values

#### Mission

To provide the opportunity for capable students to excel within a liberal arts program infused with artistic and athletic pursuits, in preparation for higher education at selective colleges and universities.

# Purpose

To inspire in each student a love of learning and the desire to continually develop the skills necessary to lead happy, confident, and successful lives in a complex and changing world.

# **Philosophy**

A diverse student body within a traditional structured, and familial atmosphere will experience academic, intellectual, and character development while celebrating individual strengths and talents.

#### **Core Values**

The Core Values of The Knox School establish the foundation of a positive and trusting standard of conduct for students, teachers, staff, administrators, and parents. These values additionally provide an ethical compass for the entire Knox community to promote an environment of understanding, reason, honor, and confidence.

**Respect:** Acting with fairness, courtesy, timeliness, and sensitivity to individuals and to the community.

**Responsibility:** Acting in accordance with what is right even in the absence of authority and being accountable for one's behavior.

**Integrity:** Adhering consistently in word and deed to principles of truth, honesty, trustworthiness, and sincerity.

**Courage:** Demonstrating the internal strength to act, venture, or persevere in the face of difficulty.

**Kindness:** Acting with consideration, compassion, and empathy for others.

**Scholarship:** Building a foundation of knowledge and skills that allows for development of the intellect through openness of thought and freedom of inquiry.



# The Academic Program

# College Preparatory Diploma Requirements

	4 Credits plus 1 credit for a Graduate Capstone Project
Math	3 Credits Algebra I and above
Science	3 Lab Science Credits
History	
World Languages*	
Visual Arts	1 Credit
Performing Arts	1 Credit
	1 Credit
lacktriangle	2 Credits
Electives	3 Credits
Service Learning	1 Credit
Total Credits	27 Academic Credits

<sup>\*</sup>May be exempt with appropriate documentation

Small class sizes, a challenging core curriculum and highly personalized instruction by caring and skilled teachers enable Knox students to develop the knowledge and confidence necessary to gain admission to and find success in selective colleges and universities. At Knox, learning extends beyond the classroom with numerous opportunities for further intellectual stimulation and cultural enrichment.

The Middle School serves students in grades six through eight and is a "cell phone free" student body. Students turn their cell-phones in to a secure space when they arrive at school and retrieve their phones at the end of the day. Day students may elect to leave their cell phones at home. Boarders may leave their cell phones in their dorm rooms during the school day.

The Middle School curriculum is designed to provide a solid foundation in both content and skills for a smooth transition into the Upper School College Preparatory Program. Some Middle School students may be eligible to pursue Upper School credit in Math, Science, and World Languages. The study of World Languages begins in grades 6 and 7, where students study one trimester each of French, Spanish and Chinese, helping them choose a level I language course in grade eight. The appropriate use of technology and developing effective organizational and study skills are stressed across the Middle School curriculum as are writing, research and study skills. The academic day ends at 2:50 p.m. and enrichment, a study skills lab, and study hall runs until 5 p.m. when buses arrive for day students.

The Upper School serves students in grades nine through twelve and provides a core curriculum of challenging, college preparatory classes, Advanced Placement courses and a generous complement of electives in all departments. Knox is committed to offering classroom instruction that is both engaging and challenging and encourages students to go "above and beyond" in their quest for academic growth and success. To accomplish this goal, cell-phones are stored in an over-the-door, hanging pocket system during the class period to minimize distractions. Honors credits are available in most areas of study and highly qualified Upper School students may work with the faculty to develop an independent study that is aligned with his or her future college goals. Upper School students also have access to dual-enrollment classes for college credit.

Students must accumulate a minimum of 27 Upper School credits according to stated distributions to meet requirements for graduation. This includes one Visual Art credit, and one Performing Art credit and 3 credits for Electives. All students are expected to take a minimum of six classes per semester. At the beginning of each semester, there will be an add/drop period of five days. The Dean of Academics must approve all schedule changes. Knox follows a semester system with exams or project-based assessments at the end of each term. A full credit is granted for each one-year course. Credit will be granted for courses taken at other institutions with the approval of the Dean of Academics.

English and History must be taken and passed each year according to a student's grade level. Credit for a World Language not offered at The Knox School will be assessed on an individual basis.

Students for whom English is their second language must meet The Knox School's English Proficiency requirements by earning an IBT TOEFL score of 92 (minimum of 23 in each subtest) to place out of ENL. Exit from the program after Expanding ENL II is not guaranteed if a yearly average of "B" is not maintained.

All students must participate in after school activities. To meet New York State Physical Education requirements, students must complete a minimum of two credits of physical education classes with at least two seasons of after school competitive sports for each year they are enrolled in Upper School.

# Diploma with Distinction

A diploma with distinction may be earned when the student's overall GPA is "90" or above while pursuing two or more honors and/or Advanced Placement courses during senior year and 4 AP courses overall.

#### **Advanced Placement and Honors**

Students applying for enrollment into an Advanced Placement course must have a minimum average of "A-" in previous relevant coursework. PSAT scores and/or other achievement exam scores may also be considered. The student's formal request will be reviewed by the Advanced Placement Committee, which is composed of the Dean of Academics, the department chairs, and the respective Advanced Placement teachers.

Once approved, the student must complete all course requirements and expectations, including an in-depth summer assignment. Failure to do so may result in being asked to withdraw from the Advanced Placement course.

Our Academic Program is College Preparatory and as such, all classes are taught at an accelerated pace; however Honors credit may be earned on an individual basis by students willing to pursue a more challenging syllabus and assessment process. Students desiring Honors credit must go through an approval process with the Dean of Academics.

Honors students are required to meet the expectations of the Honors syllabus. Honors must be declared prior to, or before the end of the add/drop period of the first semester of a course and is a year-long commitment.

Honors students are assessed at mid-semester and at the end of each term. Three quality points for the Honors Program will be added in the calculation of the student's GPA at the end of each semester. Honors credit may not be available in every class, and not every student who applies to the Honors track will be accepted.

# Online Courses/Independent Study

In very rare cases, qualified Upper School students may be granted permission to take an online course through an accredited online academic institution with approval from the Dean of Academics. Students must supply the Dean of Academics access to their online supervising teacher with periodic updates on their progress.

All grades earned through online courses will become part of the student's permanent Knox School transcript.

#### **End-of-Term Assessments**

Student assessment takes many forms at The Knox School. All students will be assigned some form of assessment at the end of each semester, to be completed the last week in the classroom and at times, outside the classroom. A more detailed schedule will be released by the Dean of Academics two weeks prior to the assessment dates. Students may not take exams or turn in assessments earlier or later than the time scheduled by The Knox School. If a student leaves early for break and misses his/her term assessment, he/she will receive a zero for the assessment.

# **Academic Integrity**

It is expected that all students will follow The Knox School's Core Values of Respect, Responsibility, Integrity, Courage, Kindness and Scholarship. For additional details, please see our Academic Integrity Policy located in our course catalogue and in this handbook.

# Letter Grade System

A+ 97- 100	B+ 87-89	C+ 77-79	D+ 67-69
A 94-96	B 84-86	C 74-76	D 65-66
A- 90-93	B-80-83	C-70-73	F below
65			

\*P Pass \*F Fail \*I Incomplete

An Incomplete is given only with permission from the Dean of Academics when there are special circumstances such as an extended excused absence related to illness, injury, or incapacitation. All work required to remove an Incomplete must be submitted within two weeks after the close of the grading period to avoid a failing grade.

# **Effort Grade System**

1- Excellent 2- Good 3- Fair 4-Poor

To promote a strong work ethic in our students and encourage active learning, specific numerical values are assigned to describe the level of effort students put forth in their classes.

To achieve a "1" or "Excellent" students must...

- Have perfect attendance and have no tardiness in each semester unless they are medically excused with the proper documentation, they are absent due to a college visit, or they are classified as an elite athlete or performer.
- Complete all homework assignments, writing assignments, projects, quizzes, and exams.
- Participate significantly in class discussions and debates while also encouraging their peers to do so.
- Meet with their teachers or peer tutor(s) for extra help when necessary.
- Always put forth 100% to reach their highest potential.
- Adhere to The School's Core Values in the classroom.

**Note**: Teachers will assign effort grades below "1" at their discretion upon review of deviations from the above requirements.

# **Evaluation of Academic Performance /Reports to Parents**

Knox follows a two semester system, and students are assessed on a 100-point scale. Like most of the nation's independent schools, Knox does not rank its students. Grade Point Average (GPA) is based upon all Upper School courses taken at The Knox School according to the following system of weighting: Advanced Placement equals four additional quality points, Honors equals three additional quality points. Quality points are added in the calculation of the student's overall GPA, not the individual course grade. Student scholastic reports with teacher comments are posted to Blackbaud and sent via Blackbaud at the end of each semester.

<sup>\*</sup>Not calculated into student's average or GPA

# **Academic Recognition**

Honor Rolls are published at the end of each semester to recognize students who have demonstrated exceptional achievement and/or effort in academics. These criteria may also be used throughout the year to determine Honors Study Privileges.

**High Academic Honors** is earned by students who have no course grade below an A- (90) and all effort grades of "2" or above.

**Academic Honors** is earned by students who have no course grade below a B- (80) and no effort grade below a "2."

**High Effort Honors** is earned by students who have all effort grades of "1" and no course grade below a C (74)

\*Students who receive less than a C- on any final exam are not eligible for academic recognition awards.

\*\*Students who commit plagiarism or engage in academic dishonesty are not eligible for academic recognition.

# Academic Warning and Probation; Athletic/Activity Probation

Students who consistently show poor academic effort and/or achievement are placed on *Academic Warning* or *Probation*. Students will be subject to appropriate actions and restrictions. Review occurs throughout each semester. Students place on academic probation may be subject to loss of financial awards dismissal or non-renewal of contract.

### **Academic Warning**

- Students earning a grade below C- (70) in two courses for one semester.
- Students earning a grade below C- (70) in a single specific course for two semesters.

#### **Academic Probation**

- Students earn a semester grade below D (65).
- Students earn a semester grade below C- in three or more classes.
- Students on Academic Warning in the preceding term do not demonstrate improved effort and achievement.
- Students on academic probation will be at risk of losing financial awards.

# **Athletic and Activity Probation**

- Students earn a grade below D+ (69) in one or more classes.
- Students will be required to forfeit practices and games/performances and must report to afternoon study hall.
- Students must earn a C- or above to be taken off Athletic or Activity Probation.

# Repeating Courses and Promotion to the Next Grade Level

Students who have failed a course must repeat the course at Knox unless a passing grade has been earned in a summer school program approved by the Dean of Academics. Students who have passed a course but desire to establish a stronger foundation in that course of study, may choose to repeat the course at Knox during the following year; however, no student may receive more than one (1) credit for the same course.

Students who have earned a failing grade in English or History for the the school year will not be promoted to the next grade level until the course has been successfully completed with a grade of C-or above in a summer school program approved by The Knox School. In addition, juniors who fail one or more courses (other than English or History) that are needed to meet requirements for graduation may be required to repeat these courses in summer school to be promoted to senior year.



# Academic Resources

#### **BOOST**

The BOOST Department offers programs and support services designed to provide capable students with the foundation and skills necessary to develop their abilities and reach their personal goals for academic success and college admission.

Students are enrolled upon recommendation of current documentation and/or parental request. BOOST classes are taught either individually or in a small (no more than 3 students) group setting by qualified learning specialists. BOOST classes meet during one period of the student's schedule. See our website for BOOST fees and course descriptions.

The Knox School works closely with Smithtown School District to provide necessary services, when possible, according to specific IEP or 504 plans. These services typically include: speech, counseling, resource room, and occupational therapy. Other services may be available upon request and need. Since services are provided through Smithtown School District, not all services may be available each year.

# **Evening Study**

The goal for all Knox students is for them to become independent and self-directed learners. To achieve success at The Knox School, it is expected that all Upper School students, whether they live on campus or at home, will spend no less than two hours, Sunday through Thursday, outside of the School day involved in academic preparation. Middle School students are expected to adhere to an hour and fifteen minute schedule of evening study. Formal Upper School study hours on campus are 8:00 p.m. to 10:00 p.m.; Middle School study hours are 7:45 until 9:00 p.m.

# Using the Services of Outside Tutors and Test Proctors on Campus

Boarding students who wish to acquire the services of an outside tutor after school hours must receive approval from the Dean of Academics.

On occasion, a student may also require an outside proctor for an online exam or other special testing. It is School policy that all tutors/proctors provide proof of a clear background check before gaining approval to serve students on campus. In addition, all tutors must sign a hold-harmless agreement with The School. The cost of a background check will be paid by the parent. Payment for tutoring/proctoring services must be contracted directly between the tutor/proctor or the service and the student's parent or guardian. The Knox School bears no financial responsibility for such services and/or their results.

# Library and Media Services

The library is a quiet place to work and study. Its resources include a wide range of media forms from paper books, e-books and on-line computer workstations to research databases used in college, such as JSTOR. The Library is open during the academic day and Monday through Thursday evenings during Study Hours unless announced otherwise. Students who fail to uphold the trust placed in them regarding the fair use of library materials may face a fine, loss of library privileges, and/or other disciplinary consequences.

# The English as a New Language (ENL) Content Area Program

In support of the School's Mission, we offer comprehensive English as a New Language Program (ENL). Our program includes six levels of English language learning. The goals of the ENL program are to build upon the English skills of the students to help them reach proficiency in reading, writing, listening and speaking in English. The courses will offer opportunities to practice skills through a hands-on, interactive approach. Most colleges and universities look for a minimum TOEFL score of 100.

To ensure their success at The Knox School and beyond, some students may need additional ENL support through ENL content area classes such as:

ENL English, ENL History, and ENL Science. These students will be placed in our Level 2 program. Students enrolled in these courses will earn credit in the respective content area. The content area curriculum is modified to meet the needs of English Language Learners. Students who have not made sufficient progress in building English Proficiency should continue their ENL studies in the United States during the summer months.

# **Ordering Textbooks**

Textbooks for academic courses may be purchased online via Amazon, unless your instructor provides other information on acquiring your texts (i.e., digital or ebooks). Students residing in Suffolk County may acquire books at no charge through BOCES. Some titles may not be available through BOCES and will need to be purchased. All books for English classes (novels and non-fiction), will be purchased by the English Department and student PI accounts will be charged.

# **College Counseling**

The College Counseling program begins in ninth grade and continues through graduation. Students begin by creating a MaiaLearning account which is a comprehensive, web-based program that provides college and career planning solutions to optimize student success throughout application process. Through MaiaLearning's Family Connection module, parents can stay abreast of the student's application progress. During their junior year, students work with the college counselor and their parents to define and clarify student goals, identify appropriate colleges and universities for application, and receive guidance through the college application process. For additional information, contact the College Counseling Office at 631-686-1600 ext. 415.

# **Transcripts**

The School complies with U.S. Department of Education regulations regarding maintenance of and access to students' educational records, as set out in the Family Educational Rights and Privacy Act (FERPA). Students' formal educational records are maintained under secure conditions.

Each transcript includes all courses taken, grades received, and credits earned. Official transcripts are sent directly to educational institutions or agencies, only. Transcripts must be requested in writing, at least ten days in advance, by the student or by the student's parents or guardians if the student is under the age of 18. End-of-year transcripts for students transferring to other schools may take up to fifteen days after report cards are released. At times interim transcripts may be sent but it is preferred that requests be submitted at the end of a semester or after final grades. For students who graduate, their final transcripts are sent to the college they will be attending at the end of the academic year free of charge. However, there is a \$10.00-\$25.00 fee per Official Transcript request after a student graduates from The Knox School. Students requiring an Apostille certifying their academic work at Knox should expect to incur costs associated with verifying and certifying the documents by the State of New York. This process, usually concluded at the end of the academic year, may take several weeks. Transcripts will not be released to colleges, summer programs, or other high schools for students whose accounts have not been cleared through the business office.



# Athletics and Physical Education

The Knox School is a member of the Private School Athletic Association, the New York State Association of Independent Schools Athletic Association, and New York State High School Federation. All students, coaches and parents are expected to uphold The School's Core Values a while participating in all school athletic activities, both on and off campus.

# Requirements

All Upper School students must participate in approved after-school activities with a minimum of two seasons devoted to competitive athletics. In cases of illness or injury, written medical information from a doctor should be forwarded to the Director of Health & Wellness and to the appropriate coach or faculty sponsor. Being absent from athletics or activities without prior permission will be considered an unexcused absence. Students with five or more unexcused absences in a semester may risk losing credit for that term.

Please note that an athletic uniform in the school colors – Red and White - is required for all students. PI accounts will be charged for a Knox Sports Package. This package includes all the pieces of the uniform that are mandatory for all after school sports and activities.

Athletic Practice Attendance – During sports seasons, there will be practices and games that will take place outside of the academic day (8:00 a.m. to 5:00 p.m.). These practices and games may occur in the evening and on weekends. It is expected that families will support their child's athletic pursuits.

# **Respecting Privacy Rights**

The Core Values of The Knox School are Respect, Responsibility, Integrity, Courage, Kindness and Scholarship. Furthermore, our school's written philosophy inspires us to maintain a diverse student body with a supportive atmosphere that celebrates each student's individuality.

In accordance with our Core Values and our philosophy, and in light of the changing times and recent state and federal guidelines, The Knox School has instituted changes to its locker rooms that maximize the privacy rights of all students, regardless of sexual orientation or gender identification. The female and male locker rooms for the Upper School include multiple private changing areas. Any student who wishes to have increased privacy while changing will be permitted to use these areas on a voluntary basis.

Any students or parents who have questions regarding this procedure should feel free to contact the Head of School. As always, our primary goal is to educate every student in a safe and supportive atmosphere.

<sup>\*</sup> Some athletic activities may require an extra fee.



# Elite Athlete / Performer Policy

An Elite Athlete / Performer is defined as a student-athlete who competes through a recognized organization in a specific sport or performance activity throughout the academic year. The Knox School supports these students to ensure that they do not miss out on important learning experiences in the classroom. As all Knox students will be held to the same high academic standards, we realize that our elite athletes and performers may need extra support to meet academic expectations. At the same time, we expect these students to become independent learners and to acquire self-advocacy skills, both of which will be very important to their overall success. Only the Director of Athletics can approve Elite status after a formal application process and with all of the proper documentation.

# Elite Athletes/Performers are expected to:

- Submit an "Off-campus Physical Education Program" form at the beginning and end of every season that they are not participating in after school sports at Knox signed by their coach/trainer/instructor. This form documents that the student has completed a minimum of 9 hours of physical activity per week. In so doing, they are in compliance with New York State Education Department policy.
- Sit for all term exams during the scheduled exam period. Minor adjustments may be made to allow for early departure for an event or late return from an event if only one exam day is impacted by the athlete's exam schedule.
- Work to the best of their ability in all of their classes, engaging actively in all classroom activities and completing all assigned work and make-up work in a timely manner.
- Act as self-advocates, asking their teachers in class and via email for missed classwork, consulting the Portal and other online sources for homework assignments, and setting up extra-help sessions with their teachers as necessary.
- Meet all academic and behavioral standards set for all Knox students. Elite Athletes/Performers are expected to serve as role models for other students; those who are on academic or disciplinary probation risk losing their Elite Athlete/Performer status.



# Grooming and Dress Code

Physical appearance plays a vital part in students' everyday lives at Knox and beyond. All students should be well-groomed during the academic day. Students and parents alike must remember that all clothing should be in the image of neatness, modesty and good taste. All clothes should be in good repair, neat and clean, and properly fitted. Skirt/kilt lengths are to be no more than three inches above the knee. Additionally, pants are to be worn at waist level with a belt. If a faculty member judges a student's attire as inappropriate, the student may be required to change into appropriate Knox attire.

# **Uniform Requirements**

The Knox School prides itself on the tradition of school uniforms. Everything you need to look your best at Knox on a daily basis can be purchased through Flynn O'Hara and Land's End. The School tie is the only item that must be purchased through The Knox School.

\*\*It is important to obtain precise measurements for blazers and skirts/kilts.

Flynn O'Hara 516-221-3006 www.flynnohara.com School Code: NY061

#### On the Bottom

- ·Khaki or Gray Twill Pants
- ·BLACK PANTS ARE FOR SENIORS ONLY!
- ·Black socks
- ·Black belt
- ·Blackwatch Plaid Kilt
- ·Black knee socks or black tights
- ·Black shoes (no open toes or open backs; no sneakers or sneaker-styled shoes; no white rubber soles)
- ·Winter footwear: black dress boots/ankle boots (black rain and snow boots may be worn during inclement weather)
- ·Khaki shorts (Beginning of School until October 15, and April 15 until the end of exams; must be knee-length; may be worn without socks and dark-colored "boat shoes" similar to Sperry's brand).

# On the Top

- ·Knox short-sleeved polo Beginning of School until October 15, and April 15 until the end of exams (also available in The Falcon's Nest)
- ·Pastel-colored Oxford dress shirt with Knox School tie (tie available in Falcon's Nest only)
- ·Pastel-colored Oxford blouse
- ·Knit turtleneck and sweater (options for cold weather)

#### **Blazers**

·Grades 6-11 - Navy blazer, preferably two ·Seniors and PG's - If a student identifies as he, him, they, them or theirs, Red blazer, preferably two; if a student identifies as she, her, they, them

or theirs, Cream blazer, preferably two.

### **Uniform Violations**

Any Boarder who is out of uniform will be sent back to his or her dorm to change, which results in missing valuable class time. If a second uniform violation occurs, and a Boarding student cannot show that he or she has all pieces of The Knox School uniform, his or her PI account will be charged and the pieces will be ordered.

Day students will receive one warning. A second violation will result in a phone call home to either pick up the student, or bring his or her uniform to the School. After the third time, Day students' PI accounts will be charged and the pieces will either be obtained immediately from the Falcon's Nest or be ordered by the Office of Student Care and Compliance.

#### **Knox Formal Attire**

Formal Attire is worn on special occasions such as family-style dinner and other formal meals, and trips to the theatre, opera or musicals. Other occasions are specified throughout the year:

- Suit or sports coat, dress slacks, shirt, tie and appropriate shoes and socks
- A dress or skirt with a blouse or dress pant suit and appropriate shoes
- Knox School uniform with blazer

# **Ceremony Attire**

#### **Commencement Attire for Seniors**

- Students will wear a red or white cap and gown depending on the students' team.
- If student identifies as he, him, they, them, theirs: short sleeved button down shirt, tie, dress slacks and dress shoes (under cap and gown)
- If student identifies as she, her, they, them, theirs: appropriate length summer dress (under cap and gown)

# Commencement Attire for Non- Graduating Students

• If student identifies as he, him, they, them or theirs: Navy school blazer, white or pastel collared button-down shirt, school tie, uniform pants with belt, dark dress shoes and dark socks

• If student identifies as she, her, they, them or theirs: Solid pastel (light shades of color) dress, and white dress shoes

# Moving-Up Attire for Eighth Grade Students

- If student identifies as he, him, they, them, theirs: Blue school blazer, white collared button-down shirt, Knox School tie, white pants with belt, dark dress shoes and dark socks
- If student identifies as she, her, they, them, theirs: Solid white knee/calf- length dress, and white dress shoes

# **Appropriate Dress-Down Day Attire**

Occasionally, students may be approved to hold a "Dress-Down Day" to fundraise. During these days, appropriate dress is still expected. This includes:

- No ripped jeans
- No shorts that are too revealing
- No leggings
- No offensive or inappropriate T-shirts
- No cut off or skin-revealing blouses
- Knox hoodies are allowed to be worn inside
   ON DRESS DOWN DAYS ONLY



# Daily Schedule

Monday	Tuesday	Wednesday	Thursday	"A" Friday	"E" Friday
8:00 am- 9:10 am	8:00 am- 9:10 am	8:00 am- 9:10 am	8:00 am- 9:10 am	8:00 am- 9:10 am	8:00 am- 9:10 am
A Period	E Period	A Period	E Period	A Period	E Period
9:15 am- 10:25 am	9:15 am- 10:25 am	9:15 am- 10:25 am	9:15 am- 10:25 am	9:15 am- 10:25 am	9:15 am- 10:25 am
B Period	F Period	B Period	F Period	B Period	F Period
10:30 am- 11:25 am	10:30 am- 11:25 am	10:30 am- 11:25 am	10:30 am- 11:25 am	10:30 am- 11:25 am	10:30 am- 11:25 am
All School Meeting	cl l	All School Meeting	cl l	All School Meeting	All School Meeting
Advisory or Class Meetings	Clubs	Mandatory Extra Help	Clubs	Student Council & Extra Help	Student Council & Extra Help
11:30 am- 12:20 pm	11:30 am- 12:20 pm	11:30 am- 12:20 pm	11:30 am- 12:20 pm	11:30 am- 12:20 pm	11:30 am- 12:20 pm
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:25 pm- 1:35 pm	12:25 pm- 1:35 pm	12:25 pm- 1:35 pm	12:25 pm- 1:35 pm	12:25 pm- 1:35 pm	12:25 pm- 1:35 pm
C Period	G Period	C Period	G Period	C Period	G Period
1:40 pm- 2:50 pm	1:40 pm- 2:50 pm	1:40 pm- 2:50 pm	1:40 pm- 2:50 pm	1:40 pm- 2:50 pm	1:40 pm- 2:50 pm
D Period	H Period	D Period	H Period	D Period	H Period
3:10 pm- 5:00 pm	3:10 pm- 5:00 pm	3:10 pm- 5:00 pm	3:10 pm- 5:00 pm	3:10 pm- 5:00 pm	3:10 pm- 5:00 pm
After School/ Sports	After School/ Sports	After School/ Sports	After School/ Sports	After School/ Sports	After School/ Sports

<sup>\*</sup>Concluding times for athletics may vary due to games, extended practices and bus schedules.

# Attendance

#### **Absences**

If a student will be absent, parents should call the Main Office no later than 8:00 a.m. at (631) 686-1600 to report the absence. Students are excused only for illness and must have a note upon return. Any illness longer than two days requires a doctor's note. Students will not be excused for breaks, leaving early or returning late from school breaks, visits to other schools, or any other reason. There will be no exceptions to this rule. If a student has an unexcused absence, the student will receive "zeros" on all work missed. This includes term exams and class participation grades.

Excessive unexcused absences may result in a referral to the school Social Worker and/or the student may be placed on a Behavioral Probation Plan until or unless there is consistent improvement in attendance.

# **Absences for College Visits**

Seniors are allowed to miss five days of classes prior to May 1 for the purpose of visiting colleges and universities. In the spring, juniors may miss two days of classes, and visits must be scheduled before May 1st.

Formal written requests for approval of college visits must be received by the College Counseling office at least a week in advance of the visit and should be submitted before final travel arrangements are made. Students must be prepared to complete all work they miss during college visits and will be asked to provide proof of the visit.

#### **Excessive Absences**

Chronic absence is defined as missing nineteen or more days in a school year or an average of two days a month. Once a student has ten absences, he or she will receive an attendance warning letter. More than nineteen absences will place the student on attendance probation and possible Academic Probation. If a student misses an academic commitment as a result of tardiness, he/she will receive a "zero" for any work missed. Excessive, unexcused absences will result in disciplinary action or possible dismissal from The School.

#### **Tardiness**

It is imperative that students arrive to school and classes on time. If a student arrives late to school, he/she must sign in at the main office. Tardiness will result in a loss of participation credit for the class.

#### Signing In/Out

Any student who arrives after 8:00 a.m. must sign in at the front office. Tardy arrivals that are not accompanied by a doctor's note are unexcused.

Any student who is departing campus earlier than 5:00 p.m. must be signed out at the front office by a parent or approved guardian and the reason must be provided.

If a student is being picked up by a parent/guardian at the end of the school day, the student must be signed out at the gym. If a student is being picked up instead of going on the bus, notice must be given to the Office of Student Care and Compliance.

### **Testing**

Every effort should be made to schedule any testing (TOEFL, SAT, ACT, Road Test, etc.), during the weekend. If this is not possible, prior permission must be obtained at least a week in advance and only once a year from the Dean of Academics. Failure to follow this policy will result in an unexcused absence and zeros for the day.

# Passport, Visa and I20 Absences

If an absence should be necessary to attend to legal concerns regarding passports, visas, green cards, etc., an email should be submitted to the Dean of Academics regarding the specific dates and provisions that must be made. Documents showing proof of the upcoming appointments should be submitted with the email. The student must also submit proof upon return that the absence was entirely related to documentation and only lasted as long as needed to complete the necessary paperwork.



# Inclement Weather

The safety and well-being of students and staff is our top priority. Before deciding to close school due to extreme winter weather conditions, The Head of School consults with a variety of experts and school districts both inside and outside of the Smithtown area, and continually monitors the forecast from the National Weather Service in order to make the best decision for students, staff and families. Additionally, delayed start times may occur depending on the circumstance.

### **Cold Day Closing**

Closing due to extreme temperature or wind chill.

# School will be canceled if the forecast for 6 a.m. the following morning shows:

- ·Wind Chill is below -40 degrees Fahrenheit OR
- ·Air Temperature is below -25 degrees Fahrenheit
- Decisions will be made by 6:30 p.m. the night before a cancellation.

Notification will be sent directly to families via Blackbaud and the Remind App.

Notification will be posted to New 12 Long Island.

Notification will be posted on The Knox School website.

#### Cancellations include:

- ·Classes and programs for all grades 6-12
- ·After-school programs and extra-curriculars
- ·Field trips
- ·School events
- ·Athletics-posted on:

knoxschool.myschoolapp.com

www.knoxschool.org.

·Family Engagement activities (Parent Association meetings, open Dorms, conferences, etc.)

Meetings and activities held at Knox by outside organizations (tutoring, etc.) Contact the organizer with questions.

# **Early Dismissal**

Canceling school and after-school activities mid-day due to weather conditions that are expected to worsen throughout the school day. Families will be notified in "real time" via Blackbaud or the Remind App.

# **Snow Day Closing**

Closing due to snow or hazardous conditions.

School will be canceled if heavy snow and/or icy conditions make it extremely hazardous or impossible for school buses to travel their routes and for employees to get to work safely. Every attempt will be made to make the decision and begin notifications between5 and 5:30 a.m. the morning of the cancellation.

Notification will be sent directly to families via Blackbaud and the Remind App. Notification will be posted to New 12 Long Island. Notification will be posted on The Knox School website.

#### Cancellations include:

- ·Classes and programs for all grades 6-12
- ·After-school programs and extra-curriculars
- ·Field trips
- ·School events
- ·Athletics-posted on:

knoxschool.myschoolapp.com

www.knoxschool.org.

·Family Engagement activities (Parent Association meetings, open Dorms, conferences, etc.)

Meetings and activities held at Knox by outside organizations (tutoring, etc.) Contact the organizer with questions

# **Delayed Start of School**

Delaying school due to weather conditions that are expected in the early morning hours. Families will be notified via Blackbaud or the Remind App and via the Notification Procedures outlined above.



# **Conduct Policies**

At The Knox School, there is a general expectation that students will practice all our Core Values of Respect, Responsibility, Integrity, Courage, Kindness and Scholarship every day, even in the face of social pressure. Living by these Core Values fosters an environment at Knox that is receptive and welcoming of all students. Minor violations of student conduct will be handled by teachers and the Dean Team. If there are repeated infractions, or if a student violates a major school rule, the Head of School may be called upon to review the situation and to recommend consequences. The Core Values apply at all times both on and off campus, when school is in or out of session, as long as the student is enrolled at Knox. The School is also obligated to acknowledge and support all applicable laws and ordinances of local, county, and state agencies and governments with regards to student behavior both on and off campus.

# **Uniform Policy**

All students are expected to comply with uniform policies during the school day with the exception of dress down days. Any Boarder who is out of uniform will be sent back to his or her dorm to change, which results in missing valuable class time. If a second uniform violation occurs, and a Boarding student cannot show that he or she has all pieces of The Knox School uniform, his or her PI account will be charged and the pieces will be ordered.

Day students will receive one warning. A second violation will result in a phone call home to either pick up the student, or bring his or her uniform to the School. After the third time, Day students' PI accounts will be charged and the pieces will either be obtained immediately from the Falcon's Nest or be ordered by the Office of Student Care and Compliance.

Any non-uniform item worn because of inclement weather must be removed when entering any campus building during the academic day. This includes all hoodies, including Knox athletic wear.

# **Attendance and Tardies**

All teachers are required to track tardiness in Blackbaud for every student that is late for class without a pass from a faculty member or administrator. Tardy reports will be run regularly by the Main Office. Excessive tardiness will be referred to the School Social Worker

Any unexcused absence from a class or after school program will result in a zero for the day. Absence from Community Period and Assemblies is also considered an unexcused absence. A letter will be sent home for repeated absences; students will be subject to a loss of credit depending on the amount of days absent, and may also need to repeat courses.

### **Absences from Academic and School Commitments**

Students are expected to be on time for various community commitments such as classes, assemblies, athletics, activities, meals, and other school obligations. All absences are recorded as part of the student's permanent record and will be listed on his/her academic transcript. Day student parents are expected to contact the Main Office by 8:30 a.m. the day of any absence. Students may not be excused early or allowed to return late from scheduled vacations, nor will they be excused from classes for family vacations.

# Sign-Out

The School is responsible for knowing the whereabouts of students at all times. It is important that communication regarding sign- out is honest and accurate. Once a day student has arrived on campus, he or she is expected to remain on campus until the conclusion of after-school activities unless given permission to sign-out. If a student must leave school early for any reason, he or she must sign out at the Main Office before leaving campus. Boarding students must follow all sign-out procedures outlined on pages 26-32.

### **Safety**

Endangering the safety of others or yourself by harmful or threatening behaviors is taken seriously at The Knox School. Included are verbal or physical altercations such as fighting, sexual misconduct and cyber-bullying. Violating the personal space of others may be included if deemed excessive and intended to create a hostile environment. While these types of cases are rare at Knox, they will be handled swiftly and seriously.

### School Boundaries and Out-Of-Bounds Areas

Students are expected to remain on The Knox School campus at all times unless officially signed-out. Students are not allowed in wooded areas or on Long Beach Road. Day students may enter boarding student residences after the school day ends at 5:10 p.m. and only with the permission and presence of the Dorm Parent on Duty.

#### Fire Hazards

The possession or use of matches, lighters, candles, incense, or any item associated with combustion is prohibited. Small appliances and hair dryers must be unplugged when not in use. Fire alarms should be reserved for actual emergencies, and students are expected to exercise good judgment before using pull- stations. Any act which may endanger life and property, such as misusing fire extinguishers or disconnecting a smoke detector, is prohibited.

### Prescribed and Over-the-Counter Medication

The misuse of over-the-counter medication, or prescription drugs is prohibited and will result in dismissal from The Knox School. Compliance with prescribed medication is an important safety measure. See page 22 of this handbook for further information about medication.

#### Theft and Vandalism

Intentionally taking or destroying someone else's property violates School policy and State law. Any student who finds property on campus that is not his or hers is expected to return it to its rightful owner or to the main office. At any time while enrolled, a student may be asked to submit to a general search by the Dean of Students, Director of Student Life, AOD or other designated administrator to determine the presence of inappropriate items or stolen property. Theft includes borrowing items without permission. Items stolen on campus will be investigated by the local authorities; criminal actions will be prosecuted and the student will be dismissed from school. Students who are caught stealing or who refuse to submit to a search will be considered acknowledging guilt and will result in immediate dismissal from The Knox School.

#### Substance Abuse

The Knox School has a zero tolerance policy for use of drugs or controlled substances; using or being in possession of such substances will result in immediate dismissal from The Knox School. Student use of alcohol, tobacco and e-cigarette products are strictly prohibited on campus. Purchasing, selling, distributing, acting under the influence of, possessing or using such will result in disciplinary action or possible dismissal from The School. Students who are suspected of any infraction of this policy will be subject to a general search by the Dean Team, Director of Student Life, AOD or other administrator. Suspected students may be subject to testing for illegal or controlled substances at any time. Refusal to submit to testing will be taken as an acknowledgement of a positive result and will result in immediate dismissal from The Knox School.

### Weapons

Items deemed as weapons or items that may be harmful if misused are strictly prohibited. Likewise the distribution/possession/use of firearms, knives, any type of blade, fireworks, ammunition or associated items is grounds for expulsion.

# Hazing, Bullying, Intimidation, or Harassment

The Knox School follows New York State's rules and regulations regarding Hazing and Bullying and prides itself on its diversity. The Knox School's Core Values promote respect for the culture, ethnic origin, national origin, disability, religion, sexual orientation, and gender of all members of The Knox School community. The Knox School will not tolerate behavior that undermines the self-esteem of others. Behavior such as unwelcome physical advances, unwarranted verbal remarks, derogatory statements discriminatory comments about a specific individual, or a group of individuals is unacceptable, and may result in dismissal from The Knox School.

Harassment is a form of discrimination. Every student of The Knox School has the right to a learning environment free from harassing behavior, hazing or bullying. At the same time, every student has the responsibility to do his or her part to maintain a school free of such behaviors. While such instances on campus are rare, if you see something, say something.



# Technology Policies

The Knox School provides technology resources for students' purposes. Through technology, our school community has an endless flow of information, taking our students beyond the classroom and providing tremendous opportunities for enhancing the learning process.

All students are encouraged to bring laptops and personal computers in their dorm rooms to support their academic success. The use of personal and school computers remains a privilege that can be taken away by any member of The Knox School Faculty at any time. All confiscations will be handed over to the Dean of Students. Students have access to school computers in the STEM Lab and the library. Student computer use on campus is restricted to completing coursework. The use of a computer or the Internet for entertainment is not permitted in the library, neither on a student's personal computer nor a school computer. The Knox School maintains a primary computer network and workstations as well as an open wireless network to provide students with a host of resources at Knox and from the Internet.

# Responsibilities

As a student, you may have access to The Knox School Network and the Internet. Designated workstations are provided for students in the Library. You are expected to use these resources in a mature, ethical, legal and responsible manner. Access to The Knox School Network is a privilege and not a right.

# Connectivity to Faculty and Staff

Students have the opportunity to connect with faculty and staff whenever needed for academic or residential life purposes. In doing so, students MUST only utilize their Knox School email. Communication through personal emails or social media accounts will not be recognized. It is inappropriate and unacceptable for any Knox student to reach out to any employee of The School via social media or by personal and/or cell phone. Students who are caught participating in such behaviors will be subject to disciplinary action.

### Privacy

The Knox School has the right to monitor usage of The Knox School Network and may review any communications deemed necessary.

sers of the network should have no reasonable expectation of privacy concerning any materials transferred over or stored within email, on the Knox School Network or on workstations. The network is routinely monitored and maintenance is performed on a regular basis.

# Unacceptable Use of The Knox School Network

- Tampering with School workstations; such as disconnecting wires, removing or relocating workstations, disassembling components
- Intentional use of invasive software, such as viruses, worms, Trojan Horses and other malicious software
- Interfering with the operation of the network. This includes: hacking, cracking, probing, attempts to gain access to the network servers and equipment, utilizing excessive amounts of bandwidth, and setting up network equipment (i.e., routers and access points) on the network without permission
- Involvement in any activity prohibited by law

- Interfering with other students' use of the network or equipment
- Transferring, utilizing or storing materials in violation of copyright laws or license agreements
- Plagiarizing work found on the Internet
- Tampering with computers or equipment belonging to other people
- Using the network for students' financial or personal gain
- Attempting to log-on to the network as the system administrator
- Sharing passwords, using another student's password or attempting to access someone else's password
- Using another person's account
- Creating, transferring or using any text, image, movie or sound recording that contains pornography, profanity, vulgarity, obscenity or language that offends or degrades others
- Sending or forwarding chain type letters, hate mail, anonymous or threatening messages
- Use of a web-camera, microphone or smartphone to record or take pictures of individuals which could be considered inappropriate, illicit, sexually explicit or embarrassing to anyone in any way
- Participating or engaging in personal attacks, harassing anothier person, or post private information of another person
- Posting personal contact information about yourself or others (phone number, address, etc.)
- Meeting with someone you met online without parent permission
- Misusing school-issued email accounts

# Violations of the Acceptable Use Policy

Access to The Knox School Network is a privilege and not a right. Technological social misconduct is considered a violation of school rules, and students run the risk of loss of access to the Internet and confiscation of computer equipment.

The Knox School reserves the right to confiscate all personal cell phones, tablets, laptops or other devices for review when there is suspicion of policy violation in all disciplinary cases. Serious infractions which include cyber bullying, hazing and or illegal activity are considered major violations and disciplinary action or expulsion is at the discretion of The Knox School.

# **Social Media Policy**

Students use social media as a way to connect with others, share educational resources, create educational content, and enhance the classroom experience and network within and outside the school community.

- Use good judgment and act responsibly, in accordance with the Knox Core Values
- ·Know and follow The Knox School's Technology Acceptable Use Policy
- Know that all information you share is public information
- Use appropriate language, communication and digital images
- Act in a way that is expected of our community members, to enhance your reputation, the reputation of others and The Knox School
- If you make a mistake, fix it quickly and apologize if necessary
- Post images with care; respect brand, trademark and copyright laws

#### Social Media Tools

The software that drives social media changes rapidly. Remember: once you have posted something, college admission offices, future employers and anyone else may see the information or images posted years later. Examples include, but are not limited to: Facebook, LinkedIn, You Tube, Vimeo, Instagram, Tiktok, WeChat, WhatsApp, Prezi, Slideshare, Wikis, Google Docs, Blogging, etc.

### Cell Phones, Tablets and MP3 Players

Students are permitted to have and use cell phones and related electronic devices under the following guidelines.

# Monday-Friday

• Students may use cell phones and receive calls, at lunch, during free periods, and after the conclusion of afternoon commitments such as sports or activities until their next school commitment. Cell phones are not to be used during classes or sports, in the dining room, during evening study, meetings, or after lights out

### Saturday and Sunday

• Cell phones may be used throughout the day, except for meals and Sunday evening study hours, until lights out

At no time are music listening devices allowed during academic classes, in between classes, meals or evening study. Headphones are not allowed during the school day between the hours of 8:00 a.m. and 5:00 p.m. Students that wish to use headphones while studying must receive permission from the Dorm Parent. Students may also use these devices during travel time on off-campus excursions. Students must understand that these devices may only be used during the time of travel and must be put away when arriving at a destination. It is understood that while such devices provide opportunities for entertainment, they detract from socializing with peers and enjoying school activities fully.

The administration, faculty, and staff reserve the right to immediately confiscate any cell phone, music listening devices or other regulated items seen during the times in which these policies are in effect, whether or not a student is calling, receiving a message, or listening to music.



# Health, Wellness, and Safety

New York State law PROHIBITS smoking and vaping ANYWHERE on The Knox School Campus.

A team of medical professionals provides Knox students with comprehensive health care at the Health & Wellness Center, located on the first floor of the Mezzanine House. The Center is staffed by Registered Nurses, a Licensed Clinical Social Worker (LCSW), Certified Athletic Trainers and a Certified Pediatric Nurse Practitioner. The 5-bed health center maintains Registered Nurses on duty Monday through Friday from 7 a.m. to 7 p.m. A Registered Nurse is accessible and on call every night and on weekends when school is in session.

The Certified Pediatric Nurse Practitioner is frequently on campus as needed and provides routine well visits, sick visits, vaccinations, referrals, prescriptions, and consultations. The Certified Pediatric Nurse Practitioner treats students on a feefor-service basis and will bill to the students' health insurance. If your insurance is part of an HMO or another group that requires referrals, you will be required to obtain an insurance referral from your child's primary care physician. Alternatively, you can pay for the nurse practitioner's services upfront if your child's insurance is not accepted. The nursing staff will determine if a student requires an evaluation from our Certified Pediatric Nurse Practitioner and will schedule an appointment.

The Health & Wellness Center is well equipped to provide routine medical care for a majority of wellness needs, illnesses and injuries. In general, students should go to the Health & Wellness Center during their free time, such as before school, after school, during lunch or study hall periods. Students should not miss classes unless symptoms interfere with the student's ability to function and participate in class. If a student is too ill to attend class, activities or athletics, the student must be in the Health & Wellness Center. No student is permitted to return to his or her dorm for medical reasons during school hours.

Should your child require health services outside the scope of our Certified Pediatric Nurse Practitioner – such as dental or orthodontic care, mental health, vision care, or other medical specialties – our staff will assist in the scheduling and transportation. Students requiring emergency care will be transported to local hospitals or urgent care centers. There are four hospitals within 5 to 10 miles of our campus (Stony Brook University Hospital, St. Catherine's of Siena, St. Charles Hospital and Mather Hospital).

Stony Brook University Hospital is a Level 1 Trauma Center.

# Required Health and Medical Forms

All students are required to have annual physical examinations by a licensed health care provider. Immunization records must be submitted in compliance with New York State requirements. The Health & Wellness Center employs Magnus Health to manage students' health records, emergency information and health forms. Magnus Health is an online and electronic student medical record system. Parents/guardians are required to submit all health records using their student's Magnus Health Portal. Parents/guardians will receive instructions to set up their student's Magnus Health Portal upon registering their child for the next school year. All health forms are required to be updated annually.

# Seasonal Sports Medical Updates

Prior to start of our winter and spring sport seasons, parents/guardians will be required to complete an online medical update survey on behalf of their child. This update is in addition to the required annual physical and is in accordance with New York State Department of Education guidelines regarding interscholastic sports. Students will not be able to participate on a sport team if this update is not completed.

# Prescription and Non-prescription Medication

All medications (prescription, non- prescription, over-the-counter) must be stored at the Health & Wellness Center and administered by the Health & Wellness Center's nurses. All boarding students and students requiring medication day any administration during school hours must bring their prescriptions and physician instructions to the Health & Wellness Center for review by the medical staff. The Knox School reserves the right to deny the delegation of non-FDA approved medications, those prescribed by a physician outside the United States, and/or those medications that may exceed the maximum daily dose recommended by the FDA. prescription Medications, both and prescription, may not be kept in student dorm rooms. Exceptions to this are students who have received written permission from their physicians to self-carry or self-administer, such as epi-pens, inhalers, etc. Written permission must be submitted to the Health& Wellness Center.

All medications must be brought to the Health & Wellness Center by the student's parent or guardian in the original pharmacy packaging with the prescription label in place and written in English. Medications may not be sent to the students directly.

It is the student's responsibility to arrive at the Health & Wellness Center at the prescribed times to receive his or her medication. If a student fails to take his or her medication or does not arrive at the prescribed time(s), the student will be considered non-compliant and parents/guardians will be notified.

Parents/guardians are responsible obtain prescription refill orders from their child's physician. The Health & Wellness Center requests that all new prescriptions and refills be submitted to Spages Pharmacy in St. James, (631)584-6460. Parents/guardians will be notified when their child's medication quantity is running low. If the child's physician will not be renewing or refilling the student's medication orders, it is required that the Health & Wellness Center receive written notification in a timely fashion from the physician.

Medications brought to the Health& Wellness Center will not be dispensed nor sent home when the student is off-campus during school vacation breaks or holidays. Parents/guardians are asked to maintain an appropriate supply of the student's medications at home for these time periods.

If the student is off-campus for a school-sponsored trip, appropriate arrangements for the medication administration will be made. The Health & Wellness Center is fully stocked with, and may administer routine, over-the-counter medications for conditions prescribed by our Certified Pediatric Nurse Practitioner. This would include medication for pain, fever, colds, gastrointestinal discomfort, and allergies. Parents/guardians must complete the consent forms prior to the student receiving any treatment and/or over-the- counter medications. Consent forms can be found in each student's Magnus Health Portal.

# Illness or Injury During the School Day

Day and boarding students who become ill during the school day should report to the Health & Wellness Center after obtaining a pass from their current teacher or coach. Under no circumstance should the student contact their parent or guardian to arrange pick up. All ill or injured students must be assessed and evaluated by the Health & Wellness Center's medical staff. If it is determined by the medical staff that the student is too ill to complete the school day, the faculty and staff will be notified regarding the student's plan for the day. The Health & Wellness medical staff will contact day student parents in the event their child is ill and needs to be picked up. Only the Health & Wellness medical staff can release a student due to illness. Students who are released for medical illness or injury must be signed out at the Health & Wellness Center and at the Main Office.

# Illness or Injury after Hours and Weekends

Students who become ill or injured after the Health & Wellness Center closes or on the weekends should report to a dorm parent, supervising adult or the Administrator on Duty (AOD). The AOD will contact the on-call RN. 911 will be called in an emergency.

# Medical Related Absences and Returning to School

All absences should be reported to the Main Office by 8:00 a.m. each morning. Students that have missed more than two days of school due to injury or illness must provide medical documentation to the Health & Wellness Center upon their return. Before returning to school, students must be free of any fever, vomiting or diarrhea for a minimum of 24 hours. Additionally, if a student has been prescribed medication for a contagious illness such as strep throat, that student must not return to school until he/she has been on the medication for 24 hours or as advised by his or her physician.

# **Overnight Stays**

A boarding student may be admitted to stay overnight in the Health & Wellness Center if it is deemed the student is contagious or too ill to return to his or her dorm. The student will be cared for and supervised by a Health & Wellness Center Registered Nurse.

# Required Student Health Insurance

All students must have appropriate health insurance coverage. International students are required to purchase health insurance through The Knox School. This health insurance policy provides coverage for accident and illness expenses in addition to wellness care. Domestic students are encouraged to maintain a health insurance plan that is widely accepted in New York.

# Mental Health Support

School Social Workers bring unique knowledge and skills to the school community. They are trained mental health professionals who can assist with mental health concerns, behavioral concerns, positive behavior support, academic and classroom support. They are trained to handle crisis situations and provide interventions.

There is a Social Worker available on campus during the school day to provide brief counseling services to help students navigate any challenges they may be facing during the school year. The social worker provides support and services to ALL students to enhance their social-emotional well being, allowing them to improve their academic performance and reach their full potential. The social worker coordinates closely with teachers, administrators and parents to help identify and remove any obstacles that students may face which are preventing them from being successful. The social worker collaborates with the Health & Wellness Center to provide students and parents with community resources for mental health services such as emergency and/or routine psychiatric care and mental health counseling.



# For Day Students

Day students and their families are a very important and integral part of the Knox community. As such, The School offers day students the opportunity to participate in any supplemental and boarding activities and events. Knox is a stronger community because of the diversity of its population, and we strongly encourage our day students to make themselves a part of our weekend activities.

# Day Students Are an Integral Part of Our Evening and Weekend Community

Day students are encouraged to participate in evening and weekend activities and stay overnight when necessary. Overnight permission forms can be downloaded from our website and must be submitted to the Director of Student Care and Compliance by 12 noon on the day before the overnight. The Knox School reserves the right to deny an overnight stay at any time. Since the Knox administration serves "in loco parentis" for any child on the Knox campus, it is critical that students and parents communicate their intentions prior to staying over.

Day students are expected to meet the same expectations and adhere to the same guidelines as the five and seven day boarding students when remaining on campus beyond traditional day student times. Thus, it is important for day students to read and be familiar with the Boarding Program section of the Handbook. Please see Appendix E for the Day Student Overnight Form. This form must be signed by students and parents, and submitted to the Office of Student Life before a student's first overnight stay. No exceptions.

The Knox School weekend activities offer wonderful opportunities to enrich the lives of all students, Boarding and Day. Student Life at Knox seeks to provide exciting adventures and opportunities for all students both on and off campus. Students may choose to attend a variety of outings and should dress in a style appropriate to that activity.

One of the great benefits of the Knox community is that students get to meet and make friends with people from all over the world. Day students and five day boarders are encouraged to invite other Knox school friends for day or overnight weekend visits. Weekend activity sign-ups are emailed by the Residential Life Office on Tuesdays. Students wishing to attend events are expected to pay for related costs through their PI accounts.

Although most weekend trips offered are covered by tuition, The School reserves the right to charge the students' PI accounts for trips costing in excess of \$35.

# Arrivals and Departures from Campus via School District Transportation and Private Vehicle

Public school buses and private vehicles will proceed towards the gym from the main entrance of The School and line up by the side entrance for drop off and pick up.

**Arrival:** 7:30 – 7:45 a.m.

Buses will pick up students by the side entrance of the gym. Private vehicles will pick up students in the parking lot parallel to The School's gymnasium. Students not picked up by 5:20 p.m. must check in with the Administrator on Duty and report to their assigned dormitory.

Departure: 5:10 p.m.

If a student is being picked up by a parent/guardian at the end of the School day, he or she must sign out at the gym with the faculty member on dismissal duty. If a student is being picked up instead of going on the bus, notice must be given to the Office of Student Care and Compliance.

If a student is going to be picked up and dropped off at school by a guardian, the Office of Student Life must have record of the person. Please see the Important Forms section for the appropriate paperwork.

After check in, if a day student has time before class he or she is invited to attend breakfast in Houghton Hall.

The Knox School does not follow the public school schedule and students receiving public school transportation may not have busing services during the time public schools are closed. It is the parent's responsibility to be in contact with the home school district to determine busing availability. When transportation is not available parents are responsible for making alternate arrangements so students can be in attendance for the regular school day and other mandatory school events.

Questions regarding transportation, including busing, should be addressed to the Director of Transportation at 631-686-1600, ext. 421

# **Third Party Transportation Services**

Please note that The Knox School has a strict policy against students using LYFT, UBER, or any other third party transportation services. Students under the age of 18 are legally not allowed to utilize such services independently and are at risk as a minor. If a car service is needed for a student, please contact the Office of Student Life and they will assist in providing transportation.

# **Student Drivers on Campus**

Students holding valid driver's licenses (not permits) may drive their own cars onto campus. The Knox School reserves the right to revoke driving privileges at any time.

Drivers must abide by the following guidelines:

- Students must register their car with the Office of Student Life and apply a school decal to their vehicle
- Students may only drive to and from school and must park in the gymnasium parking lot
- Cars must maintain a speed limit of 15 mph on campus at all times
- Students are not permitted to be in their own cars or those of others at times beyond those of arrival and departure
- Driving between school buildings, dorms, or playing fields is not permitted at any time
- Students are not permitted to drive to athletic events in which they are a participant
- Students, boarding or day, are only allowed to be transported in student vehicles with appropriate permissions from parents and the Director of Student Care and Compliance. Violations may result in the suspension of driving privileges.



# For Boarders

Residential Life at The Knox School serves as an extension of our liberal arts curriculum. The Residential Life program grows students' abilities to be engaged and powerful community members through Knox's Core Values. Knox's Res Life programming is supportive and student-centered. We believe:

- A nurturing and familial environment will promote mutual respect, personal integrity, and personal growth
- A safe, clean, courteous, cooperative setting will provide an enjoyable residential life experience
- Students will develop healthy interpersonal behaviors, attitudes, and skills as well as effective academic habits and practices by being part of a community

# Objectives of the Residential Life Program

The objectives within our Residential Life programming include building a student's sense of self, recognizing one's role in a community, and nurturing the values for life-long success.

#### Self

- Provide students with opportunities for personal, academic, and intellectual growth as well as individual character development
- Present the opportunity to identify and strengthen personal talents and life skills
- Establish consistent and appropriate expectations, procedures, guidelines and methods of communication

# Community

- Implement and facilitate a familial environment
- Create, promote and ensure a safe and secure environment
- Grow the ability to compromise, and respect the rights of others
- Develop important and relevant life skills for the future
- Develop in students the desire and skills to live respectfully, responsibly and compassionately within a diverse and changing community

#### **Values**

• Provide the opportunity for expansion of values to prepare students for dormitory living in college

Each and every member of the Residential Life Community is expected to promote these goals in the daily life of his or her dormitory. Some goals will be achieved throughout each Dorm in a specific and identified manner. Some goals will be achieved in a manner that is unique to the Dorm and its residents.

# **Guardian Expectations**

Although it is recommended that all international students have a guardian located in the United States, it is only required for boarders in middle school. Guardians are often the first point of contact for The School and many times help The School communicate with parents abroad. Having a guardian the family trusts ensures that students are cared for during breaks and on weekend leaves. Guardians must be over the age of 18. Arrangements made between a guardian and families are made outside of the jurisdiction of The Knox School. As such, The Knox School should not and cannot be held accountable or responsible for the relationship or agreements a family makes with a guardian. However, if The Knox School deems it necessary, it may require a family to change guardians.

Guardians are expected to help communicate with parents, come to campus to help with a student when the need arises, provide leave permission in lieu of the parents and communicate to the parents the permission they granted, help students make travel arrangements when needed and provide safe, supervised housing during breaks. Students must vacate campus during Winter and Spring Break.

Record of guardians is kept by the Office of Student Life. Please see the IMPORTANT FORMS for appropriate paperwork.

#### **Dorm Parents**

Each dormitory has Dorm Parents, with one serving as Head Dorm Parent. Dorm Parents rotate duty nightly and every third weekend. Through frequent daily interaction, The Knox School residential faculty encourages students to develop healthy interpersonal behaviors, attitudes, habits, and skills essential for leading a happy successful life. Weekly dorm meetings are held to give students a voice to discuss any residential topics and to plan upcoming dorm activities. Students are expected to attend their dorm meetings unless they are off-campus for a school commitment or medical appointment.

#### **Roommates**

All efforts are made to pair students with roommates who have common interests and living habits. The Knox School Core Values must be at the forefront of students' actions, words and deeds when living in the dorm for pairing to be successful. The Director of Student Life and the Dorm Parents are available to help resolve any misunderstandings or disputes that may occur in the dormitory.

During study hours, it is important that both roommates remain quiet and respect one another's study time. Each roommate should be able to sleep during reasonable sleeping hours.

Rooming together does not inherently mean free use of each other's belongings. You and your roommate(s) may agree that some items are community property, but wait until you have discussed and agreed upon this issue before using anything that is not yours. In respecting and protecting your roommate(s) and her or his belongings as well as your own, it is up to you to lock the room when you are the last to leave.

Room cleanliness and maintenance of healthful living conditions in each room are the responsibility of the residents of that room.

# **Evening Study Guidelines**

Evening Study Hours are observed Sunday through Thursday **7:00 p.m. to 9:00 p.m.** 

- A quiet study environment is expected and proper study conditions must be maintained
- All students are to remain at their desks during study hall hours, unless they choose to study in the library or lounge after getting permission from a dorm parent.

### **Honors Study**

Upper School students approved for Honors Study may be granted the following privileges:

- Closed bedroom door for seniors & PGs only
- Studying on bed or floor instead of at desk
- Studying in the student commons
- Group study in another dormitory lounge follow proper request and sign- out procedures

#### **Room Checks**

Dorm Parents inspect rooms at 7:15 a.m. every morning before a student starts his or her day and again immediately following dinner. Additionally, dorm chores are to be completed before 10:00 pm. Students are expected to keep their rooms in a neat, clean and orderly condition. The School provides vacuum cleaners in each dorm for student use. Each student will be responsible for dorm jobs throughout the year. Helping with the general appearance and upkeep of the dorm is just as important as keeping one's room neat and tidy. The following are items to consider:

- Bed made
- No clothes on floors or under beds
- No food, wrappers or trash on floors
- ·Floors are vacuumed regularly and free of debris
- No overflowing trash cans; all trash taken out to the dumpster
- All food items are wrapped and secured in sealed containers

- Desks, closets and bookcases must be neat, dustfree and organized
- All screens must remain on windows
- For dorms with kitchens: the area must be kept clean and the garbage must be disposed of nightly
- Common spaces are neat and orderly; no personal belongings are left in the lounges
- No personal items should be left on the bathroom sinks and counters use your shower caddy
- Bathroom trashcans should be emptied and toilets should be flushed after use

#### **Visiting other Dorms**

Students may not enter another student's room without permission from that student. Students of the opposite sex are only allowed in designated student lounges or common areas with permission from the Dorm Parent on duty. Students hosting a visitor in the dorm must check the visitor in with the respective Dorm Parent on duty. Students are responsible for the actions that occur while their visitor is present. Students will be held responsible if they remain in a room where illegal activities or violations of the Core Values are taking place. Students are allowed to visit other dorms with both dorm parents permission and proper sign in/sign out procedure.

# Guests on Campus during the Weekend

Guests are allowed on campus during non- Academic times on the weekends with specific permission. Students who wish to host a guest after school or on the weekend must obtain prior approval from the Director of Student Life. A verbal or written consent from the student's parents and the guest's parents is needed by the end of lunch on the preceding Wednesday. The Administrator on Duty is the designated check-in/out person for visitors. While on campus, guests must abide by the Knox Core Values including appropriate dress. No guests are allowed on campus during Winter or Spring Exam weeks. Guests are allowed only in common meeting areas on campus. Knox reserves the right to ask any guest to leave campus at any time. If visitors are not checked in properly, students will be subject to loss of guest privileges.

# Room Furnishings and Décor

The rooms and furnishings within are the property of The Knox School. Rooms must be kept neat and clean, and must be left in good condition. We expect students to exercise extreme care in the use of all school facilities.

Knox is dedicated to maintaining a healthy and safe living environment for its students. Therefore, decorations depicting or related to alcohol and drug use, or that are demeaning or sexually provocative are not permitted. Students may affix posters or pictures to the walls using adhesive putty or designated tack boards. Thumb tacks, tape, nails and adhesive LED lights cause significant damage to the walls and may not be used. Students must use good judgment when using personal stereos, computers, viewing DVD's, playing video games on the weekend and watching television in the lounges. To that end, DVD's with ratings of "R" or higher and video games with ratings of "Mature" or "Adult" are prohibited. All items, including clothing, should be marked with the student's name to substantiate ownership.

### Things Not To Bring

In order to provide a safe, respectful, and responsible living environment throughout each Dorm at Knox, the following items are not permitted:

- ·Hot Pots
- Rice Cookers
- ·Personal refrigerators
- Open flames (Lighters and Matches)
- ·Incense
- ·Candles
- .Coffee makers
- ·Cooking appliances
- ·Irons
- ·Knives or any type of blade
- ·Televisions
- ·Microwave

Each dorm has a kitchen area with a refrigerator and microwave. Some dorms have stovetops for cooking.

# Damage

Students are responsible for the complete care of their rooms and the contents therein. Students will be held responsible for incurring the full cost of any repairs. Students must report damage to their Dorm Parent as soon as they notice the damage or immediately after it occurs. In cases where responsibility cannot be assigned individually, the cost of repairs will be divided among all students present at the time of the caused damage, or among everyone on the floor or in the dorm.

# **Room Keys**

Boarding students will be issued room keys at the beginning of the year. Students are expected to lock their doors when they are not in their rooms, during meals, classes, athletics, and upon leaving for the weekend or leaving the Dorm for an obligation on or off campus. Students must return their keys during the end-of-year Dorm inspections. A replacement fee of \$100 is charged to those students who lose their keys or do not hand in their keys at the end of the school year. In accordance with the Core Values of Responsibility and Respect, students must be diligent about keeping track of their keys. Students should be mindful that excessive requests for a Dorm Parent to unlock a room because of lost keys indicate a lack of personal responsibility and will not be tolerated.

# **Checking Out of the Dorm**

It is required for students to communicate their whereabouts to the Dorm Parent on duty when leaving and returning to the dorm. Students wishing to leave their dorms and visit other locations on campus must verbally communicate in person with the Dorm Parent on duty. Students are responsible for knowing who is on duty. Examples of check-out include, visiting Senior Tuck, going for a walk or jog on campus, going to the gym for theatre rehearsal, or visiting a student in another Dorm. The student must also inform the Dorm Parent that she or he has returned.

# Food Delivery and Storage

With the permission of the Dorm Parent on duty, students may order food to be delivered before 6:45 pm on weeknight evenings and on weekends at the Dorm Parents' discretion. All food in rooms must be stored in covered plastic containers. Deliveries from grocery stores or on-line services may be delivered on Saturday or Sunday afternoons.

# Special Accommodations for "off- Campus" Sign-Outs

Occasionally, students may be given permission by their parents or guardians to sign out (e.g. dinner, medical appointments) to an off-campus location during the school week. These departures should not conflict with a student's attendance at mandatory school events. Parents must communicate by email with the Director of Student Life. These personal excursions are allowed only after the conclusion of students' academic and athletic responsibilities. It is imperative that students return to campus by 7:00 p.m. for dorm chores and evening study. Tardiness may result in the cancellation of future sign-outs. Sign-outs may not conflict with mandatory boarding activities or other responsibilities.

#### **Valuables**

The School cannot be responsible, nor held liable, for the loss of personal items and money. Students are advised to leave unnecessary valuables at home. For international students, copies of passports, I-20 forms and airplane tickets must be given to the Director of Admissions immediately upon arrival. These items will then be locked in a fire-proof safe.

#### **Dorm Safes**

All student rooms are equipped with individual safes for storage of personal possessions. The School is not responsible for valuable items that are not secured properly. Students should keep all valuable items in their safes and should NOT share the safe or combination to the safe with anyone. If a safe is not working, the student must inform his or her Dorm Parent immediately.

Theft can and sometimes does occur in schools. Students are encouraged to label all of their belongings, keep their rooms neat and tidy, and lock their doors. Any instance of theft must be reported to the Dorm Parent on duty. Should a theft occur, the local authorities may be notified and legal action may be pursued.

# **Room Security and Privacy**

Unauthorized persons should not enter a student's room in his/her absence, nor should any student enter another person's room without explicit permission. "Borrowing" from another student without expressed consent is akin to stealing and, as such, is prohibited. All students should keep their rooms locked when unattended. Each student must display respect for the privacy of another student's room at all times. No student may enter the room of another student unless the occupant is present. No student may give permission for another student to enter the room if the occupant is not physically present the room. The sharing in keys/combinations to dormitory rooms and safes is forbidden. This rule exists for the protection of students and their personal property. Students who violate this rule put themselves in a position where others might suspect them of a Core Values violation.

# **Personal Laundry**

Washing machines and dryers are the property of The Knox School, and are available in all dormitories at no charge to students. Students are expected to bring laundry detergent and other associated items to do their own laundry on campus. The Head Dorm Parent will create a schedule assigning particular laundry days to each student. Learning basic laundry skills is an important step toward independent living. Students are encouraged to do their own laundry and not rely on others such as family to perform such duties.

The Knox School will also provide frequent opportunities for clothing to be dry cleaned. This ensures student uniforms look their best, especially for upcoming school functions.

# **Allowances and Spending Money**

Parents should discuss limitations on purchases with their child to establish a firm expectation regarding expenses. It is anticipated that various expenses may arise during the school year that will necessitate the use of cash for weekend activities, uniform orders, books, tux rentals, standardized testing fees, athletic needs, yearbook and class rings, and application fees. Providing spending money or an allowance for your daughter or son can be done through a weekly allowance, the use of a PI account or a personal credit or debit card. Students are allowed to request up to \$100 dollars per week from their PI accounts. If a student requires more than \$100 dollars, parents must send written consent to the Business Office. All cash requests must follow the following process:

- First, the student must submit a cash request using the online form by the end of the business day on Wednesday.
- Second, the student must go to the business office between 11:00 a.m. and 3:00 p.m. on Friday to collect the cash. The business office will not fulfill any cash request that was not submitted properly and on time.

Several credit card companies allow parents to control the amount spent through limits on available funds. The Tuck Shop and The Falcon's Nest provide goods at specified times during the day; the school is not responsible for how students spend money in these areas.

#### **Weekend Activities**

Knox offers wonderful weekend opportunities to enrich the lives of all students. The Director of Student Life seeks to provide exciting adventures and opportunities for all students on and off campus. Day and boarding students may attend a variety of outings.

Weekend activity sign-ups are emailed to the student body on Mondays or Tuesdays. The cost of most weekend trips is built into students' tuitions; however, some trips may warrant extra charges, to be determined by the Head of School and/or Director of Student Life. **Boarding students are required to attend at least ONE off-campus activity each weekend.** 

# Weekend Leave Procedure

Weekends at Knox begin on Friday or Saturday at the conclusion of the student's athletic responsibilities, except for Closed Weekends which are typically the last weekend of each semester. Weekends conclude on Sunday at 7:00 p.m. During Open Weekends, students are allowed to travel home or to an approved overnight residence after their final commitment on Friday.

Boarding students should be aware of all of the school's Closed Weekends. At these times, important and special activities are planned and all five and seven day boarding students are required to remain on campus for the entire weekend. Absences from school during these times are considered unexcused. For Closed Fridays, Closed Weekends and Mandatory Dates, please refer to The School Calendar.

For seven day boarding students, parents must submit proper permission to the Director of Student Life through email by 12 noon on the Thursday prior to the requested weekend leave. For Boarders visiting a friend's home, the host family must also submit proper permission through the Director of Student Life by 12 noon on the Wednesday prior to the requested weekend.

When inviting students to visit, host families are expected to provide adult supervision. It is important for host families to remember and be familiar with The Knox School's rules, policies and Core Values as they are applicable at all times while students are enrolled at The Knox School. If, for any reason, the host family changes during the course of the weekend the Administrator on Duty must be notified.

All Boarding students must return to campus by 7:00 p.m. on Sunday or they may lose weekend privileges. It is also expected that students involved in theatre rehearsals on Sunday evenings will return to campus in time to meet their commitment to this activity. Returning Monday morning before the academic day is unacceptable and may result in the loss of weekend privileges or a formal review of a student's boarding status. The Knox School reserves the right to withdraw any permission for weekend travel.

# **Vacation Departures and Arrivals**

Vacation departure and arrival procedures are established to facilitate the safe transition of students on and off campus. It is important to plan the purchasing of tickets and/or arranging car services to and from airports or train stations for specified arrivals and departures in advance. An email detailing travel arrangements should be sent from the parents or guardians to the Director of Student Life for approval. With advance notice, The School can arrange for transportation for specified arrivals and departures. Students will not be permitted to leave campus with a driver arranged by the family if the parent or guardian has not given prior permission. The School will not manipulate exam schedules, classes, athletic contests, the closing of school for vacation or other commitments to correspond with a student's travel plans. All student contracts contain the information about fees that will be incurred should a student not adhere to the rules of arrival and departure times.

# Transportation To and From JFK Airport for Departures and Arrivals

For the students' convenience, The Knox School provides a shuttlebus on designated arrival and departure days. The shuttle only goes to JFK International Airport. In an effort to accommodate everyone arriving and departing, the bus will make stops during certain busy times. If a student arrives earlier than a designated pick-up time he or she is welcome to wait in the airport until the shuttle arrives. On departing days, if a student's flight is after the designated drop off time the student may take the shuttle to the airport and wait until it is time for his or her flight.

Departure and Arrival Dates for Boarding Student can be viewed on The School Calendar (located on The School website (knoxschool.org) or Blackbaud.

# **How to Contact Boarding Students**

With modern technology, it has never been easier to stay in touch with your child while he/she is away at school; however, please be mindful not to call, skype or face-time your child during classes and evening study hours. Students, who answer their phones, send or receive text messages or face-time during classes will lose the privilege of having their phones on their person during the school day. Verizon and AT&T are the service plans in our area. In the case of an emergency between 4:30 p.m. and 8:00 a.m., parents should call the Administrator on Duty (AOD) cell phone number at 631-873-8240.

Receiving packages and letters from friends and family is always a highlight for students who attend boarding school. Packages may be picked up in the Facilities Office. FedEx, UPS, DHL etc. usually make daily stops. When sending mail, the following address should be used:

Student's Name
Dormitory Name
The Knox School
541 Long Beach Rd
Saint James, NY 11780

It is the right of The Knox School to request that a student open their packages in front of an administrator.



# For All Students

### **Dining Services**

All students of The Knox School, Boarding and Day, have access to our dining facilities. Breakfast and lunch are served non-family- style, with periodic family-style all-school luncheons for the school community. On a rotating basis, dinner is served in a family- style setting Monday through Thursday nights with students serving as waiters. Due to sporting events, The School may opt out of family-style dinners on occasion during week nights. On weekends, brunch and dinner are non-family-style.

The dress for breakfast and lunch Monday thru Friday is school uniform unless a student is eating breakfast immediately following a morning athletic practice. Family-style dinners require either school uniform or formal dress. No one should have their cell phones or headphones out during any meals. Middle school students are required to sign in at all meals that are served when they are on campus.

Students are expected to contribute to a pleasant atmosphere in the dining rooms by clearing their place when finished eating and by engaging in appropriate conversation in a moderate tone. Proper table manners are expected. No silverware, plates, or glasses may be removed from the dining room at any time.

# The Advisory Program

The Advisory Program is designed to support students with both the academic and social aspects of life at Knox. Faculty advisors are assigned to each student at the beginning of the school year and serve as the primary liaison between school and home, working in partnership with parents and students. Advisors serve as guides and mentors for students at Knox. Students meet with advisors during scheduled times throughout the school year. In addition, the advisor works with the appropriate administrators to ensure that all advisees

are meeting their responsibilities in every area of school life.

# Service Learning by Grade

Students are expected to complete 15 service learning hours each year of attendance at Knox. By participating in Service Learning projects, students are left with a deeper understanding of who they are and what they are capable of doing to make a positive impact in their own communities and the world in general. Students who struggle to find or complete service learning activities outside of school are able to work with the service learning club on campus to complete the required hours.

### **National Honor Society**

Membership in The Semper Ad Lucem Chapter of the National Honor Society is based on academic achievements and a minimum 3.7 cumulative average for each of three consecutive terms as well as demonstrated and documented character, service, and leadership. Interested students must complete an application that will be reviewed by a faculty committee, composed of five faculty members selected by the Head of School, to determine a student's eligibility and if he/she will be accepted. As a group, students participate in and lead activities that aid the local community and the country through fundraising efforts and service.

#### Clubs

Clubs are a mandatory part of our program at The Knox School and are built into our students' academic schedules. They offer opportunities for enrichment by enabling students to work together with their peers who share a common interest or goal. A variety of clubs and student activities are available for all students and are primarily student-driven. Club offerings will vary year-to-year.

#### **Student Council**

Student government at Knox is led by the Student Council, a well-established organization with a Constitution approved by the School. The Council is made up of officers and members who are both elected and appointed as per the Constitution. All powers of The Knox School Student Council are delegated to it by the School Administration. The purpose of the Council is to foster unity among the diverse elements of the student body and faculty, to promote the general welfare of all, and to encourage positive attitudes that reflect The Core Values of The Knox School. Student Council members meet once per 6-day cycle during the school year with their advisor(s) to discuss student issues/concerns and to share ideas for the betterment of the school community. All Student Council initiatives are presented to the school Administration via formal proposals. Council members participate approved projects and fundraisers, provide service to the school community and serve as leaders among the student body. All members of Student Council are held to the highest standards, and members are expected to uphold the School's Core Values. Members may face removal from their positions for Core Value or Academic Integrity infractions.

#### Red and White Team Competition

The long-standing School tradition of Red and White promotes teambuilding and positive camaraderie amongst the student body at Knox. New students and faculty experience Team Choosing, during which they become a Red or White for life. The Red Team, also known as the Bulldogs, and the White Team, also known as the Elephants, compete against each other in a series of athletic, academic and artistic events and activities throughout the year. A highlight of the Red and White competition is Gym Night. This event provides an avenue for Knox School students to come to know and appreciate each other and The School's traditions more fully.

#### Lost and Found

Lost and Found bins are located outside The Director of Student Care and Compliance and Athletic Director's Offices. While every effort will be made to return articles left around campus, it is not always possible. The School will hold all lost items for two weeks after the close of school. Any article not claimed after this time will be donated to a local charity. Lost and Found items will be accessible to students and parents during school functions. Please be sure to mark all personal items for identification purposes.

#### Personal and Incidental (PI) Accounts

All students are required to establish a PI Account with the School. Funds in this account are designated for school expenses that may arise but are not limited to: Falcon's Nest and/or Senior Tuck purchases, weekend activity fees, uniform orders, books, tux rentals, standardized testing fees, athletic needs, yearbook, class rings, college application fees, Dorm and club dues (when applicable).

#### **Student Identification Cards**

Students are issued a Knox student photo identification card at the start of the school year. Students must carry these cards at all times; they are used for identification purposes, weekend charges and to purchase items from the Falcon's next and Senior Tuck. Students who lose their cards will be issued a new one and charged a \$25 replacement fee.

#### The Falcon's Nest

Students will find everyday necessities and school supplies in addition to snacks and drinks at the Falcon's Nest. Spirit items such as clothing, decals, and other Knox memorabilia are also available. Cash, credit cards(Visa/Master/Debit Card) and Apple Pay are accepted at he school store. The School is not responsible for monitoring student spending in these areas.



## For Parents

#### In Loco Parentis

While students are in the care of the School, the Head of School or Administrator on Duty (AOD) acts in loco parentis, that is, in place of the parents. Accordingly, we reserve the right to take whatever action we deem necessary and proper to address any health/safety concerns of the students as required in a supervisory relationship. This includes signing off on releases for school-sponsored, weekend trips for boarding students. In emergency situations, the administration and faculty will make immediate decisions to protect a student's welfare, including medical emergencies. The Knox School is mindful of its responsibilities to all of its students and thanks parents for supporting this relationship of shared trust.

## The Knox School Parents Student Association (PSA)

The Knox School Parent Student Association is a valued group within the school community that supports student programming and school fundraising. All current parents and guardians are members of The Knox School Parent Studennt Association. Families are expected to become actively involved in the Association by attending monthly meetings on campus and/or by participating in multiple activities, events and initiatives sponsored by this organization. There are numerous opportunities for both day and boarding families to participate. The Knox School Parents' Association is led by a Parent Board of elected officers.

#### Family and School Community Partnership

When families choose Knox, it is presumed that they understand and support independent school culture and the Mission of The Knox School. Along with teachers, administrators and mentors, parents serve as role models for their children. As such, parents and guardians are expected to work in partnership with The School and not at cross purposes where matters of policy and our Core Values are concerned. Families that are unwilling to uphold The School's policies and Core Values may be asked to seek another school placement.

Tuition alone does not cover the cost of educating a child at Knox. As an independent educational institution, The Knox School relies on the generosity of alumni, parents and friends to help fund its distinctive educational programs. It is expected that every Knox School family will donate yearly to the Annual Fund, and support other fundraising initiatives at the level to which they are able. Families should contact the Head of School if they wish to discuss specific gifts in support of the school.

#### Online Communication System (Blackbaud)

Blackbaud is utilized by the Knox community as a vital link between students, parents and Knox faculty. Progress reports are made available to parents and students through Blackbaud, which can be accessed through the school's website (www.knoxschool.org). Access to private reports requires using your school-assigned username and password.



## Important Contacts

We would love to answer any questions you may have about Knox! The following people are available to help in the areas listed below.

### Main School Number: (631) 686-1600

Virginia Riccardi, Head of School vriccardi@knoxschool.org	Ext 409
Academics	
Donna Pergola, Dean of Academics	Ext 406
dpergola@knoxschool.org	
Emma Sharkey-Frageau, BOOST	Ext 405
efrageau@knoxschool.org	
Stephanie Kilgannon, College Counseling	Ext 415
skilgannon@knoxschool.org	
Athletics & Student Life	
Liam Doughty, Director of Athletics & Student Life	Ext 420
ldoughty@knoxschool.org	
Barbara Missirlian, Director of Student Care and Compliance	Ext 421
bmissrilian@knoxschool.org	
Kristin Thoden, RN, Director of Health & Wellness	Ext 434
kthoden@knoxschool.org	
Business Matters	
Denise Gehring, Controller	Ext 422
dgehring@knoxschool.org	
Barbara Lagravinese, Accounting Manager	Ext 441
blagravinese@knoxschool.org	
Karyn Cernera-Bush, Marketing & Communications	Ext 425
kcbush@knoxschool.org	
Geovaugh Henry, Marketing & Communications	Ext 417
ghenry@knoxschool.org	
Admissions	
Caitlyn Adams-Davis, Director of Admissions cadams@knoxschool.org	Ext 418
Cindy Simkus, Administrative Assistant for Admissions	Ext 414
csimkus@knoxschool.org	11AL 414



# Academic Integrity Policy

**Academic Integrity** involves the commitment to honest behavior in an academic environment. It requires adhering to the five pillars of academic success: honesty, trust, fairness, respect, and responsibility.

Academic Misconduct is a violation of academic integrity and comes in various forms.

#### **Types of Academic Misconduct Violations**

- Cheating
- Fabricating
- Facilitating
- Plagiarizing
- Misrepresenting

#### What is Cheating?

Cheating is the use or attempted use of any unauthorized assistance for any academic assignment or assessment, including but not limited to:

- Copying answers from or looking at another student's exam or assignment.
- Submitting any work as your own that you, or someone else, paid a third party to complete.
- Submitting the same assignment you completed for one teacher/class to another teacher/class.
- Accessing or possessing any materials not previously approved by the instructor (including, but not limited to, notes, translators, novels/textbooks, computer, etc).
- Continuing to work after time has been called on an exam or an assignment.
- Taking an exam out of the room without permission.
- Fraudulent possession of an exam, assignment, or grading key before it has been widely distributed to all students involved in taking the exam or completing the assignment.
- Sharing information about or asking/receiving information about an exam or assignment.
- Using unapproved resources to complete assignments or exams (cell phones, internet, cameras, etc.).

#### What is Fabrication?

Falsifying or inventing information on an academic assignment or exam including, but not limited to:

- Changing answers on an assignment or exam after it has been returned and claiming it was incorrectly graded/scored.
- Falsifying or leaving out specific data, information, or sources.
- Fabricating information or excuses in an attempt to receive more time to complete an assignment or exam, or more credit on an assignment or exam.

#### What is Facilitating?

Knowingly helping or attempting to help yourself or another student violate a principle of academic integrity including, but not limited to:

- Allowing another student to copy your work on an exam or assignment.
- Working in pairs or groups on an assignment or exam without direct consent from your instructor (including facetiming or group-chatting on homework assignments or exams).
- Completing work for another student in exchange for money, popularity, the completion of another assignment, or any other purpose.
- Using a translator to complete assignments (homework and independent assignments).

#### What is Plagiarizing?

Presenting words or ideas of another person as your own on any homework or assessment including, but not limited to:

- Copying verbatim without proper quotation marks and citation
- Paraphrasing without proper credit being given to the original author.
- Using phrases from another source or person mixed in with your personal and original ideas without proper credit being given to the other party(ies).
- Copying of any intellectual property (including thoughts, artwork, graphics, photography, written work, etc) without proper citations and/or permission from the author/publisher.

#### What is Misrepresenting?

Misrepresenting or tampering with any academic document including, but not limited to:

- Claiming an assignment has been submitted when it has not been submitted.
- Deliberately missing a class/school day to avoid submitting an assignment or taking an assessment without a proper and approved reason.
- Doing more or less than your fair share of a partner or group assignment and presenting it as a fair assessment of your contribution.

#### **Community Responsibilities**

Academic integrity is the responsibility of all parties involved including, but not limited to, the student, teacher, parent, and administrator.

#### Students' Responsibilities:

- Read and understand our academic integrity policy
- Be aware of and abide by all course-specific rules and consequences explained by your teacher.
- Report if cheating is taking place in the course.
- Do not copy or let other people copy.
- Understand the difference between "helping" or "tutoring" a peer and facilitating cheating.
- Do not use any unauthorized aids for assignments or assessments.
- Do not work with others when independent work is expected on an assignment or assessment.
- Take responsibility for your own work and for completing your fair share on any group assignments.
- Be sure to properly cite and/or give credit to original sources on all submitted work.
- Never discuss any aspect of a test or assignment until it has been graded and returned by the teacher.
- Communicate with your teacher if you have concerns about your ability to complete an assignment or an assessment. Always be honest!

#### **Teacher Responsibilities**

- Be clear and precise about the expectations you have for your students and align the expectations with the school's academic integrity policy.
- Communicate the range of consequences with your students
- Address the use of unauthorized aids for assignments and assessments.
- Clearly specify if/when students are allowed to work together on assignments or when they are expected to work together on assignments and the expectations of how much each student should contribute.
- Review student work regularly for violations of the academic integrity policy.
- Enforce the academic integrity policy fairly and equally across all of your classes for all of your students.

- Report violations of academic integrity to other teachers as observed (students sharing Science work before, during, or after History class, or during study halls, athletic practices, club meetings, or any other down time).
- Be clear with students when they can/cannot discuss exams or assignments with their peers in class and other sections.
- Be available and open to communication with students and parents regarding a student's ability or potential struggles to complete an assignment.

#### Parent Responsibilities

- Read and understand our academic integrity policy.
- Help your child understand that you value academic integrity and expect your student to comply with the policy.
- Support your child regardless of a grade earned to help promote academic integrity and reduce the risk of your child committing academic misconduct.
- Communicate with your child's teachers if you have concerns about your child's ability to complete the work.
- Require your child to complete his/her own work. Remind your child, when necessary, to work independently if you see or hear him/her working with other peers.
- When helping your child with his/her work, be sure that the work remains their own.

#### **Administrator Responsibilities**

- Have a copy of our academic integrity policy available for all students, teachers, and parents.
- Facilitate ongoing conversations about the academic integrity policy.
- Administer fair and consistent consequences for offenses of the academic integrity policy.
- Maintain records of all academic integrity policy offenses.

#### **Academic Integrity Potential Consequences**

#### First Offense:

The student will receive a zero "o" on the assignment and be required to redo the assignment under supervision of the instructor for no credit.

The student will relinquish his or her leadership roles.

If the student is in any honor societies, they will be placed on probation for the equivalent of one grading period.

#### **Second Offense:**

The student will receive a deduction of 40% from their final semester grade.

The student will be removed from any honor societies they currently have membership in.

The student will lose the privilege of applying for any leadership positions.

#### Third Offense:

The student will receive a supervised in-school suspension of up to five (5) days.

During the in-school suspension, the student will have to turn in all electronics and will be given paper copies of work and assignments to complete.

#### Fourth Offense:

The student will meet before a Disciplinary Committee (DC) with their advisor. The student could risk expulsion if (s)he reaches a fourth offense.

\*\*Offenses are counted overall, not on a class-by-class basis. Therefore, if the second offense occurs in a class different from where the first offense occurred, it would still be treated as a second offense.

In all cases of academic misconduct, documentation will be completed with required signatures from the teacher, parent/guardian, student, and Dean of Academics to acknowledge the misconduct, understand the consequences given, and acknowledge what the future consequences could be if misconduct is reported again. This documentation will be shared with the parents/guardians and added to the student's academic file.

For each offense, the teacher has the right to refuse to write a letter of recommendation including those for scholarships, colleges, and summer programs.

#### **Academic Integrity Acknowledgement**

#### **Student Acknowledgement:**

Please cop	y the statemen	t below. The	en sign and	date belov	v the statement.
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I,, have read and u	ınderstand The Knox Scho	ol's Academic Integi	rity Policy. I acknowledge that any and					
all work submitted to my te	eachers must be completed	d on my own unless	otherwise directed by my teachers. It					
also must be my original work or it must include proper credit and citation to the original owner/author/source.								
I am aware of the consequ	ences I will face if I am o	caught committing	academic misconduct and accept the					
responsibility of my choices			ı					
			<del></del>					
Student Signature:		Date:						
Parent Acknowledgement:								
I,	, parent/guardian of		have read and understand The					
Knox School's Academic Int								
Parent Signature:		Date						



# Concussion Guidelines and Procedures

#### Prevention

The Knox School recognizes that protecting students from head injuries is one of the most important ways of preventing a concussion. The risk of a concussion is present with all sporting and athletic activities. The Knox School, following the guidance of the CDC's Heads Up program and resources, utilizes the following to help minimize the risk of injuries:

- •Concussion education for staff, students and parents
- •Use of proper athletic equipment
- •Employing concussion trained coaches, athletic trainers and registered nurses
- •Supervising all athletic activities

#### Education - Staff

The Concussion Management and Awareness Act, specifically Chapter496 of the Laws of 2011, requires that school coaches, physical education teachers, nurses and certified athletic trainers complete a New York State Education Department (NYSED) approved course on concussions and concussion management every two years. NYSED has approved the course Heads Up, Concussion in Youth Sports for physical education teachers and coaches. This free online course was developed by the CDC and is available

at http://www.cdc.gov/concussion/HeadsUp/online training.html

NYSED has approved the course Heads Up to Clinicians for school nursesand athletic trainers to be completed every two years. This free online course was developed by the CDC and is available at http://preventingconcussions.org/. This is not a NYS specific training video; therefore, the scope of practice of certified athletic trainers and school nurses in NYS may differ from what is described in the training. Registered professional nurses and certified athletic trainers practicing in NYS must follow NYS laws in regards to licensing and scope of practice.

All Knox School coaches, athletic trainers and registered nurses(RNs) will complete the appropriate training as mentioned above and will maintain active certifications.

#### **Education – Parents and Students**

The Knox School athletic director, athletic trainer, coaches and school RNs will provide concussion education to all parents and students.

The Knox School provides to the parents, the written concussion information provided by the CDC Heads Up program. This written information is specific for parents and is attached to The Knox School's Parent Consent Form for Athletic Activities. Prior to consenting, all parents are required to review the information and are encouraged to ask any questions.

Additionally, parents will learn about concussions during preseason sports meetings. Printed concussion information sheets will be available. Education should include, but not be limited to, the definition of concussion, signs and symptoms, how concussions may occur, why concussions are not detected with CT Scans or MRIs, management of the injury and the protocol for return to school, activity or interscholastic athletics. The protocols will cover all students returning to school after suffering a concussion, regardless if the accident occurred outside of school or while participating in a school activity.

Concussion education will be provided to all students and should be reviewed periodically throughout each season. Emphasis must be placed on the importance for students to report any injuries or any symptoms of a concussion to their coaches and parent/guardian. Additionally, it is important that students understand the need for medical evaluation should such an injury occur to prevent persisting symptoms. Students must follow the guidelines for return to school and activities.

#### The following educational topics will be given to the students:

- Preventing head injuries
- Knowing the signs and symptoms of concussions
- Reporting signs and symptoms of a concussion to a coach, certified athletic trainer, school RNs, parent/guardian, or other staff
- Risk of concussion
- Informing the coach, parent/guardian, certified athletic trainer, school RNs or other staff members about injuries and the symptoms
- Risk of severe injury, permanent disability, and even death that can occur with re-injury by resuming normal activities before recovering from a concussion
- Following the instructions from their private medical provider
- Asking for help and informing teachers of difficulties they experience in class and when completing assignments
- Encouraging classmates and teammates to report injuries
- Promoting an environment where reporting signs and symptoms of a concussion is considered acceptable
- Post-concussion and second impact syndromes
- Return to play and school protocols
- Available local resources for concussion management and treatment
- Particular emphasis should be placed on the fact that no athlete will be allowed to return to play the day of injury and also that all athletes should obtain appropriate medical clearance prior to returning to play or school.

#### **Concussion Management Team**

The Knox School has established a concussion management team (CMT). The CMT includes the athletic director, athletic trainer, school RNs and school physician. Additional school staff such as administrators, guidance counselors, teachers, physical education teachers and coaches may participate with the CMT on an as needed basis. The CMT will collaborate with the private medical provider, the student and the student's family to assist with the student's recovery.

The CMT will coordinate training for all administrators, coaches, teachers, student athletes and parents. Training is mandatory for all physical education teachers, coaches, assistant coaches and volunteer coaches who work with student athletes. Training is also mandatory for all school RNs and athletic trainers. Parents need to be aware of The Knox School's policyand procedures and how these injuries will ultimately be managed by school officials and what information is necessary for The School to receive from a medical provider. The CMT will act as a liaison for any student returning to school and/or play following a concussion. The CMT will review and/or design an appropriate plan for the student while the student is recovering.

#### **Concussion Management Protocol**

- Prior to the beginning of each school year, all student athletes will have a baseline SCAT (Sport Concussion Assessment Tool) or Impact Assessment Tool evaluation. This information will be used to assess any changes in the event a student experiences a concussion. Parents will be notified about the testing and can notify the athletic trainer if they wish to exclude their student athlete from the testing. Results of the initial testing and any subsequent testing will be made available to the parents.
- If a student sustains a possible head injury during school hours or school activities, the student is to be seen by The School RN and/or the athletic trainer.
- The School RN and/or athletic trainer will follow the first aid protocols for a suspected head injury. The School RN and/or athletic trainer will evaluate for a concussion using the SCAT5 concussion assessment tool and will complete The Knox School's Injury Report. The student will be monitored over a period of 30 minutes, evaluating for any changes. Notification will be made to the athletic director, administrators and parents/guardians with oral and/or written instructions on observing the student for concussive complications that warrant immediate emergency care.
- If a concussion is suspected, the student athlete will be referred to a concussion specialist/clinician (licensed physician, nurse practitioner or physician assistant). The student athlete must be removed from all athletic activity and/or physical activities and may not be returned to athletic activities until he/she has been symptom-free for a minimum of 24 hours and has been evaluated by and receives written and signed authorization to return to activities by the concussion specialist/clinician.
- If the student sustains a possible head injury off-campus or when The School RN or athletic trainer is not available to assess, the coach or supervising adult will remove the student from the activity, follow the first aid protocols, will utilize the Sport Concussion Recognition Tool (CRT5), and follow the notification protocol.
- The School RN will be responsible for follow-up and coordination between the student, parents, physical education teachers, coaches, athletic director, athletic trainer, school physician and student's health care provider.
- When the student athlete receives clearance or authorization to return to activities from the concussion specialist, The School RN will review the medical provider's written clearance for the student to begin graduated physical activity. If the student is still experiencing symptoms, or if the medical history, concussion severity etc., concern The School RN, he/she will contact the parent and the physician for a reevaluation.

#### Return to play – Student Athletes

Return to play following a concussion involves a stepwise progression once the individual is symptom free for at least 24 hours. There are many risks to premature return to play including: a greater risk for a second concussion because of a lower concussion threshold, second impact syndrome (abnormal brain blood flow that can result in death), exacerbation of any current symptoms, and possibly increased risk for additional injury due to alteration in balance. No student athlete should return to play while symptomatic. Students are prohibited from returning to play the day the concussion is sustained. If there is any doubt as to whether a student has sustained a concussion, it should be treated as a concussion. Once the student athlete is symptom free at rest for 24 hours without pain medication and has a signed release by the treating clinician, and has been cleared by The School RN/school physician, he/she may begin the return to play progression below (provided there are no other mitigating circumstances). The return to play will be supervised by the athletic director and athletic trainer for student athletics.

The following is the recommended return to physical activity protocol based on the Zurich Progressive Exertion Protocol:

Phase 1 – Low impact, non-strenuous, light aerobic activity such as walking or riding a stationary bike. If tolerated without return of symptoms over a 24 hour period proceed to;

Phase 2 – Higher impact, higher exertion, and moderate aerobic activity such as running or jumping rope. No resistance training. If tolerated without return of symptoms over a 24 hour period proceed to;

Phase 3 – Sport specific non-contact activity such as low resistance weight training with a spotter. If tolerated without return of symptoms over a 24 hour period proceed to;

Phase 4 – Sport specific activity, non-contact drills such as higher resistance weight training with a spotter. If tolerated without return of symptoms over a 24 hour period proceed to;

Phase 5 –Full contact training drills and intense aerobic activity. If tolerated without return of symptoms over a 24 hour period proceed to

Phase 6 – Return to full activities without restrictions.

Each step should take at least 24 hours so that an athlete would take approximately one week to one-and-a- half weeks to proceed through the full rehabilitation protocol once they are asymptomatic at rest and with provocative exercise. If any post-concussion symptoms occur while in the stepwise program, the student should drop back to the previous asymptomatic level and try to progress again after an additional 24-hour period of rest has passed. If a student is not progressing or there is an indication of a more serious head injury, the athletic director, athletic trainer or coach will notify The School RN. The School RN will consult with The School physician and the student may be required to be re-evaluated by the concussion specialist prior to continuing the Return to Play Protocol.

#### Return to play – Non-Athletes

The School RN will be responsible for the return to play for non-athletes. The same clearance documentation will be required from the student's concussion specialist/clinician. When the student is cleared, The School RN will notify the athletic trainer and physical education teacher and the return to play will be initiated. The first week will involve rest, no physical activities and then the student will be slowly returned to play with The School RN and athletic trainer monitoring the progress.

#### **Classroom Teacher**

The School RN will notify administration and the student's teachers that the student has sustained a concussion. Teachers should make accommodations that minimize aggravating symptoms so that the student has sufficient cognitive rest. The School RN will provide information from the private medical provider regarding limitations on the student during the recovery phase. Students transitioning into school after a concussion might need academic accommodations to allow for sufficient cognitive rest. These include, but are not necessarily limited to:

- Shorter school day
- Rest periods
- Extended time for tests and assignments
- Copies of notes
- Alternative assignments
- Minimizing distractions
- Permitting student to audiotape classes
- Peer note takers
- Provide assignments in writing
- Refocus student with verbal and nonverbal clues

#### Concussion Signs and Symptoms for Classroom Teacher

#### **Physical Symptoms**

- Headache
- Neck pain
- Nausea
- Lack of energy and constantly feeling physically and mentally tired
- Dizziness, light-headedness, and a loss of balance
- Blurred or double vision and sensitivity to light
- Increased sensitivity to sounds
- Ringing in the ears
- Loss of sense of taste and smell
- Change in sleep patterns especially waking up a lot at night

#### **Cognitive Symptoms**

- Difficulty concentrating and paying attention
- Trouble with learning and memory
- Problems with word-finding and putting thoughts into words
- Easily confused and losing track of time and place
- Slower in thinking, acting, reading, and speaking
- Easily distracted
- Trouble doing more than one thing at a time
- Lack of organization in everyday tasks

#### Social and Emotional Symptoms

- Mood changes including irritability, anxiousness, and tearfulness
- Decreased motivation
- Easily overwhelmed
- More impulsive
- Withdrawn and wanting to avoid social situations especially in large crowds