

HESPERIA UNIFIED SCHOOL DISTRICT
Hesperia, California

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Students

Student Wellness

The Governing Board recognizes the link between student health and academic success, and believes that a coordinated school health and wellness program will foster the knowledge, skills and behaviors that individuals will need to lead healthy, productive lives. Therefore, to insure a high quality of life, an efficient use of internal and external resources and an effective program of interconnected experiences, the Superintendent or Designee will address the health and wellness of the students, staff and community members of the Hesperia Unified School District by using a coordinated school wellness program to promote healthy eating, physical activity and comprehensive nutrition and health education for district students.

The Governing Board believes that student wellness is comprised of but not limited to:

1. Nutrition/Health Education (see BP 3550, 6141.3, 6141.4, 6141.5)
2. Physical Activity and Physical Education (see BP 6142.7 and AR 6142.7)
3. Food Service Operation and Environment (see BP 3550, 3553, 3554, AR 3550, 35553, 3554)

Additionally the Board believes that schools should not use foods or beverages, especially those that do not meet the nutrition standards for food and beverages (foods of minimal nutritional value, see attachment) sold individually, as rewards for academic performance or good behavior, and should not withhold food or beverages as punishment.

The Board shall involve parents/guardians, students, school food service professionals, school administrators, Board representatives and members of the public in a wellness committee that will monitor and evaluate the school districts' policies to ensure they are properly implemented and progress is made in improving and maintaining students' nutrition and physical activity patterns.

The council or committee shall examine related research and laws, assess student needs and the current school environment, review current Board policies and administrative regulations, and raise awareness about student health issues. The council or committee may survey parents/guardians and/or students, conduct community forums or focus groups, collaborate with appropriate community agencies and organizations, or engage in similar activities within the budget established for these purposes.

The council or committee shall provide periodic reports to the Superintendent or designee regarding the status of its work.

Students

Student Wellness

As it deems appropriate, the council or committee may make policy recommendations related to other health issues that are necessary to promote student and staff health.

Legal Reference:

EDUCATION CODE

49430-49436 Pupil Nutrition, Health, and Achievement Act of 2001

49490-49493 School breakfast and lunch programs

49500-49505 School meals

49510-49520 Nutrition

49530-49536 Child Nutrition Act

49540-49546 Child care food program

49547-49548.3 Comprehensive nutrition services

49550-49560 Meals for needy students

49570 National School Lunch Act

51222 Physical education

51223 Physical education, elementary schools

CODE OF REGULATIONS, TITLE 5

15500-15501 Food sales by student organizations

15510 Mandatory meals for needy students

15530-15535 Nutrition education

15550-15565 School lunch and breakfast programs

UNITED STATES CODE, TITLE 42

1751-1769 National School Lunch Program, especially:

1751 Note Local wellness policy

1771-1791 Child Nutrition Act, including:

1773 School Breakfast Program

1779 Rules and regulations, Child Nutrition Act

CODE OF FEDERAL REGULATIONS, TITLE 7

210.1-210.31 National School Lunch Program

220.1-220.21 National School Breakfast Program

Management Resources:

CSBA PUBLICATIONS

Healthy Food Policy Resource Guide, rev. 2005

CDE PUBLICATIONS Health Framework for California Public School, Kindergarten Through Grade Twelve, 2003

CDC PUBLICATIONS

School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide for Elementary and Middle/High

Schools, 2004

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION (NASBE) PUBLICATIONS Fit, Healthy and Ready to Learn, 2000

USDA PUBLICATIONS

Changing the Scene, Improving the School Nutrition Environment: A Guide to Local Action, Team Nutrition, Food and Nutrition Services, 2000

WEB SITES

CSBA: <http://www.csba.org>

California Department of Education, Nutrition Services Division: <http://www.cde.ca.gov/ls/nu>

California Department of Health Services: <http://www.mch.dhs.ca.gov>

California Healthy Kids Resource Center: <http://www.californiahealthykids.org>

California Project LEAN (Leaders Encouraging Activity and Nutrition): <http://www.californiaprojectlean.org>

Centers for Disease Control and Prevention (CDC): <http://www.cdc.gov>

National Alliance for Nutrition and Activity: <http://www.cspinet.org/nutritionpolicy/nana.html>

National Association of State Boards of Education: <http://www.boards@nasbe.org>

National School Boards Association: <http://www.schoolhealth@nsba.org>

School Nutrition Association: <http://www.asfsa.org>

Society for Nutrition Education: <http://www.sne.org>

U.S. Department of Agriculture: http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_steps.html

POLICY ADOPTED: February 6, 2006

Students

Awards for Achievement

Student Recognition – Criteria for the Selection of Valedictorian

Selection of Valedictorian at the high school level shall be based on the following criteria:

1. Each high school's Valedictorian must have completed all University of California's A-G requirements and have earned a minimum of 194 points, based on the following point system:

Regular Classes	Honors/AP Classes
A = 4	A = 5
B = 3	B = 4
C = 2	C = 3
D = 1	D = 2

2. In the event there is not a graduating senior who has earned at least 194 points, the graduate(s) with the next highest number of points would be honored as valedictorian.

(becomes effective – graduates of Class of 2013)

REGULATION REVISED: May 18, 2009

Students

Steroids

The Governing Board recognizes that the use of steroids and other performance-enhancing supplements presents a serious health and safety hazard. As part of the district's drug prevention and intervention efforts, the Superintendent or designee and staff shall make every effort to ensure that students do not begin or continue the use of steroids or other performance-enhancing supplements.

Students in grades 9-12 shall receive a lesson on the effects of steroids as part of their health, physical education, or drug education program.

Students participating in interscholastic athletics are prohibited from using steroids or any other performance-enhancing supplement.

Before participating in interscholastic athletics, a student athlete and his/her parent/guardian shall sign an agreement that the student athlete shall not use steroids, unless the student has a written prescription from a fully licensed physician, as recognized by the American Medical Association, to treat a medical condition.

A student who is found to have violated the agreement or this policy may be restricted from participating in athletics and may be subject to disciplinary procedures including, but not limited to, suspension or expulsion in accordance with law, Board policy, and administrative regulation.

Coaches shall educate students about the district's prohibition and the dangers of using steroids and other performance-enhancing supplements.

The Superintendent or designee shall ensure that district schools do not accept sponsorships or donations from supplement manufacturers that offer muscle-building supplements to students.

Legal Reference:

EDUCATION CODE

51260-51269 Drug education, especially:

51262 Use of anabolic steroids; legislative finding and declaration

Students

Steroids (continued)

CIVIL CODE

1812.97 Warning statement; posting in athletic facilities

HEALTH AND SAFETY CODE

110423.2 Dietary supplements

Management Resources:

CALIFORNIA INTERSCHOLASTIC FEDERATION BYLAWS

California Interscholastic Federation Constitution and Bylaws 2005-06

WEB SITES

CSBA: <http://www.csba.org>

California Interscholastic Federation: <http://www.cifstate.org>

National Center for Drug Free Sport: <http://www.drugfreesport.com>

National Institute on Drug Abuse: <http://www.nida.nih.gov>

Students

Steroids

School personnel, including coaches, shall not sell, distribute, or promote to students performance-enhancing dietary supplements that promote muscle-building. School personnel and coaches may provide only nonmuscle-building nutritional supplements to student athletes for the purpose of providing additional calories and electrolytes. Permissible nonmuscle-building nutritional supplements are identified according to the following classes: carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters, and vitamins and minerals.

School personnel, including coaches, shall follow the manufacturer's recommendations when discussing the use of any drug or food supplement with a student athlete. In order to minimize the health and safety risks to student athletes, school personnel shall not supply or recommend any drug, medication, or food supplement solely to enhance an athlete's performance.

Notice

The principal or designee shall ensure that the following warning, reproduced in 10-point bold type, is posted in every locker room of schools with classes in grades 7-12 and contained in any contracts for the lease or rental of the school's athletic facilities: (Civil Code [1812.97](#))

Warning: Use of steroids to increase strength or growth can cause serious health problems. Steroids can keep teenagers from growing to their full height; they can also cause heart disease, stroke, and damaged liver function. Men and women using steroids may develop fertility problems, personality changes, and acne. Men can also experience premature balding and development of breast tissue. These health hazards are in addition to the civil and criminal penalties for unauthorized sale, use, or exchange of anabolic steroids.

REGULATION ADOPTED: November 7, 2005

HESPERIA UNIFIED SCHOOL DISTRICT

**AGREEMENT FOR STUDENT ATHLETE AND PARENT/GUARDIAN REGARDING
USE OF STEROIDS**

Name of student athlete: _____

Directions: As a condition of membership in the California Interscholastic Federation (CIF), the Governing Board of the Hesperia Unified School District has adopted Board Policy 5131.63 prohibiting the use and abuse of androgenic/anabolic steroids. CIF Bylaw 524 requires that all participating students and their parents/guardians sign this agreement.

By signing below, we agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician, as recognized by the American Medical Association, to treat a medical condition.

We recognize that under CIF Bylaw 200.D the student may be subject to penalties, including ineligibility for any CIF competition, if the student or his/her parent/guardian provides false or fraudulent information to the CIF.

We further understand that the student's violation of the district's policy regarding steroids may also result in discipline against him/her, including, but not limited to, restriction from athletics, suspension, or expulsion.

Signature of student athlete

Date

Signature of parent/guardian

Date

Students

Dress and Grooming

The Governing Board believes that appropriate dress and grooming contribute to a productive and safe learning environment. The Board expects students to give proper attention to personal cleanliness and to wear clothes that are suitable for the school activities in which they participate. Students' clothing and possessions must not present a health or safety hazard or a distraction, which would interfere with the educational process.

When gangs constitute a danger to students, the Superintendent or designee may restrict student dress and grooming as necessary to comply with Board policy related to gang activity. The dress policy is applicable to all of Hesperia Unified School District's functions and activities.

Students and parents/guardians shall be informed about the school dress code at the beginning of the year and when revised. A student who violates the dress code shall be subject to appropriate disciplinary action.

Legal Reference:

EDUCATION CODE

35183 School Dress Codes; Uniforms

48907 Student Exercise of Free Expression

49066 Grades: Effect of Physical Education Class Apparel

CODE OF REGULATIONS, TITLE 5

Pupils to be neat and clean on entering school

Hartzell v. Connell (198) 35 CA: 3D 899

Arcadia Unified School District v. State Department of Education 92 Daily Journal,
D.A.R. 3578

POLICY REVISED: December 11, 2006

Students

Dress and Grooming

Local law enforcement officials indicate that certain types of dress and colors contribute to gang association and violence. Students wearing gang attire become targets for violence even though they are not gang members. In addition, the baggy, oversized clothing now identified as gang related, presents a safety hazard since it allows students to more readily conceal dangerous objects such as knives, and other weapons or provide hiding places for drugs and drug paraphernalia. Accordingly, the following types of clothing have been identified as unacceptable dress:

- Clothing, jewelry, and personal items that a student has including notebooks, folders, book covers, magazines, drawings, pictures, fanny packs, gym bags, water bottles, backpacks, or any other item that disrupts the instructional process.
- Hats other than unaltered school approved hats (properly worn)
- Oversized clothing such as shorts, pants, coats, etc. Pants or shorts must fit at the waist.
- Items that promote hate, intolerance or violence
- Unsafe jewelry and accessories, including wallet chains and belts hanging from the waist
- Visible undergarments
- Clothing with profanity, that is too tight, revealing or sexually provocative
- Clothing with pictures, insignia or brand names for controlled substances, tobacco or alcohol
- Bandannas
- Unsafe footwear including house slippers. Additional footwear requirements may be imposed on students in specific classes such as: physical education, science and shop.
- Raiders and Kings clothing, “LA” and “Skin” labels, and any additional articles of clothing or accessories identified by the HUSD School Police Department as being gang or hate group related will be forbidden on campus or any other school function or activity including sporting events.

Legal Reference:

ADMINISTRATIVE CODE, TITLE 5
302 Pupils to be neat and clean on entering school

REGULATION REVISED: December 11, 2006

Students

Communicable Diseases

Pediculosis Humanus Capitis (Head Lice)

The Board of Trustees believes that the District's head lice management program should emphasize the correct diagnosis and treatment of head lice in order to minimize disruption of the education process and to reduce the number of student absences resulting from infestation. In consultation with the school nurse, the Superintendent or designee may establish a routine screening program to help prevent the spread of head lice.

School employees shall report all suspected cases of head lice to the school nurse or designee as soon as possible. The nurse or designee shall examine the student and other students who are siblings of the affected student or members of the same household.

If a student is found with active, adult head lice, he/she shall be excluded from attendance. The parent/guardian of an excluded student shall receive information about recommended treatment procedures and sources of further information. The student shall be allowed to return to school the next day and shall be checked by the nurse or designee before returning to class. Once he/she is determined to be free of lice, the student shall be rechecked weekly for up to six weeks.

Guidelines from the Department of Health Services and a position statement from the California School Nurses Organization recommend that a student with a chronic case of head lice should be reported to the school attendance review board (SARB). A "chronic" case is a student found infested during three separate months in a school year, or for six consecutive weeks. The principal and school nurse shall work with the parents/guardians of any student who has been deemed to be a chronic head lice case in order to help minimize the student's absences from school.

When two or more students in any class have been identified as having active, adult head lice, all students in the class shall be examined. In consultation with the school nurse, the principal may also send information home about head lice to all parents/guardians of the students in that class.

Staff shall maintain the privacy of students identified as having head lice and excluded from attendance.

Legal Reference:

EDUCATION CODE

48210-48216 Persons excluded

49451 Physical examinations; parent's refusal to consent

Students

Communicable Diseases

Pediculosis Humanus Capitis (Head Lice)

Legal Reference: (Continued)

Management Resources:

American Academy of Pediatrics

Lice, Nits, and School Policy, Official Journal of the American Academy of Pediatrics May 2001

CALIFORNIA DEPARTMENT OF HEALTH SERVICES

Guidelines for Parents on Control of Head Lice 2006

CALIFORNIA SCHOOL NURSES ORGANIZATION

Position Statement: Pediculosis Management 2005

WEB SITES

CSBA: <http://www.csba.org>

California Department of Health Services, Infections Diseases Branch:

<http://www.chs.ca.gov/ps/dcdc/disb/disbindex.htm>

California School Nurses Organization: <http://www.scno.org>

Centers for Disease Control and Prevention, Parasitic Disease Information, Head Lice:

<http://www.cdc.gov/ncidod/dpd/parasites/lice>

POLICY ADOPTED: January 1, 1990

POLICY REVISED: November 5, 2007

Students

Communicable Diseases

Pediculosis Humanus Capitis (Head Lice)

1. Parents/guardians will be provided district policy information regarding pediculosis when appropriate.
2. The site administrator may designate school personnel employed by the school district who will receive training from the school nurse for inspection and identification of pediculosis.
3. Designated school personnel will visually inspect the head of any student reasonably suspected of having pediculosis by separating the hair with applicator sticks.
4. Designated school personnel will check siblings and contacts of the student excluded for the presence of pediculosis as soon as possible.
5. A pupil infested with pediculosis humanus capitis (head lice) shall immediately be sent home and excluded from school until the condition is corrected. The student can then return to school the next day and will be checked by the nurse or designee before returning to class. Once it is determined that that student is free of active, adult lice, the student shall be rechecked weekly for up to six weeks.
6. Parents/guardians of the excluded pupil will be provided with information regarding pediculosis: treatment, inspection of family members for the condition, and readmission requirements.
7. Information regarding control and resources for control will be made freely available to parents.

Students

Communicable Diseases

Head Lice Guidelines

If a student is found to have active, live lice for the first time:

- Check siblings for active lice and nits.
- Student is sent home with parent/guardian with treatment instructions. If parent is on Medi-Cal and needs prescription, talk with the school nurse.
- After receiving treatment at home with a pediculicide and nit removal through combing, student (and siblings) should return to school the next day and be checked by trained school personnel before returning to class.
- If live lice are found, caregiver will be notified, and the student will be sent home for further combing (and treatment if not already done). Treatment procedures will be reviewed again with the parent or guardian.
- The student may return the next day and will be checked again before returning to class. This process will continue until the student is successfully treated and lice free.
- One day will be allowed as an excused absence for the caregiver to give the initial treatment to the student and remove the lice.
- Once lice free, the student will be rechecked in one week, and then every Friday for six weeks. If lice are present after one week, the student should be treated with one day allowed as an excused absence for the second treatment and removal of lice. The school nurse or designee should be asked to periodically check the student or to verify if nits appear to be viable.
- If lice or viable nits are found in this time period, it will be considered the same case and two days are the only excused absences. A chronic case exists if a student is found infested during three separate months during the school year. For persistent cases, the school nurse should be involved in working with and supporting the family and school staff in an effort to minimize absences.

If nits that are oval shaped and less than ¼ inch from the scalp are found for the first time, but no live lice are found:

- Check siblings for lice and nits.
- Call the parent and ask if the student has been treated recently for lice.
- If student has not been treated and nits appear viable, recommend treatment that evening.
- Monitor student following the above procedures.

For persistent or chronic cases:

Involve the school nurse, who can:

- Offer to check parent
- Perform head checks on friends and close contacts
- Review treatment procedures and cleaning of the environment with parents
- Do a home visit with school administrator

