

## **Journeys Academy Educational Pathways to Success Student Handbook**

### **Mission Statement**

Our primary goal is to help children learn and to foster in them an engaged and enduring love of learning. We engage the whole child in the learning and discovery process, involving not only the intellect but also the heart and hands. Here at Journeys Academy we recognize that children learn in different ways: some by doing, others by listening, still others by seeing or reading.

### **School Rules and Responsibilities**

Students are required and expected to abide by the laws of the State of Florida, the United States, and the rules and regulations of Journeys Academy. Violations of the code will be dealt with accordingly, student by student, to assist in improving the overall well being of the student as well as the school. Each student at Journeys Academy is expected to exhibit self-respect, as well as respect for peers, staff, and the school. Negative, aggressive behavior or inappropriate or offensive language, cheating, copying, plagiarism, violent art, and theft are unacceptable behaviors and will be dealt with on an individual basis with appropriate disciplinary action or a behavior plan.

No weapons of any kind can be tolerated on campus. We do not encourage or permit discussions involving weapons or warfare if not related to class content. Violations will be cause for disciplinary action.

Other violations include:

- the use, sale, or possession of alcohol or drugs, possession or use of tobacco (smoking)
- any form of physical, verbal, or sexual harassment; cheating, lying, plagiarism, collusion, theft, or vandalism
- leaving campus during school hours without signing out at the front office
- the use of computers in an improper manner
- skipping class
- a positive drug test

Students are expected to adhere to the Honor Code and Journeys Academy Good Citizenship Agreement. All offenses and violations will be dealt with on an individual basis with appropriate disciplinary action or a behavior plan.

## Internet Usage Policy

At Journeys Academy, the Internet is provided as a tool to assist in research and learning. It is not intended for private messages, instant messaging, private or personal emails, and/or auction activity or maintaining a personal web space of any type. Usage of the computer lab and in-room computers during class time is up to the teacher's discretion.

Accessing inappropriate content (web sites with pornographic, racist, violent or hostile subject matter) will result in serious consequences when accessed by students at school. Online gambling is not allowed. Video streaming sites like YouTube consume massive amounts of bandwidth that will slow the Internet to a crawl and should be used only with the teacher's discretion. We ask all students to adhere to the following guidelines when using school owned computers:

- Respect and protect the privacy of others:
- Use only the login accounts assigned.
- Do not view, use, or copy unauthorized passwords, data, or network information.
- Do not distribute private information about teachers, other students, or yourself.
- Respect and protect the integrity, availability, and security of all computers:
- Do not download games, songs, video or programs that are not approved by your teacher.
- Report ALL security risks and/or security violations to a teacher.
- Do not intentionally destroy, delete, cut, remove or damage data, networks, computer programs or other resources that do not belong to you, without the clear permission of your teacher.
- Conserve, protect, and share all computer resources with other students.
- Respect and protect the intellectual property of others.
- Do not infringe copyrights (no making illegal copies of music, games, or movies).
- Do not plagiarize in any fashion.
- Respect and practice the principles of the Internet community:
- Communicate only in ways that are kind and respectful.
- Report threatening or discomfoting materials you may receive to a teacher.
- Do not intentionally access, transmit, copy, or create material that violates the school's policies of conduct (such as messages that are pornographic, threatening, rude, discriminatory, or meant to harass).
- Do not intentionally access, transmit, copy, or create material that is illegal (such as obscenity, stolen materials, or illegal copies of copyrighted works).
- Do not use the resources to further other acts that are criminal or violate the school's code of conduct.
- Do not send spam, chain letters, or other mass unsolicited mailings.
- Do not buy, sell, advertise, or otherwise conduct business, unless approved as a school project.

## **Medication Policy**

Responsibility for the dispensation of prescriptions or over-the-counter medications to Journeys Academy students shall reside solely with the administration. Please complete the Medication Consent Form in your enrollment package. Students are not permitted cough drops, sinus medications, inhalers, or over the counter medications without a consent form signed by their guardian. We will always call to verify medications before dispensing (if other than regularly daily meds). Please provide the school with extra medications, which will be kept in a secure location. This will save you a trip if your child forgets to take his/her medication(s) and will only be distributed with your knowledge.

**\* IMPORTANT \*** If you decide to stop your child's medication treatment plan with or without the consent of your child's prescribing physician, you are required to inform us in writing of this change.

## **Drug and Alcohol Policy**

If an administrator or faculty member suspects that a student is under the influence of drugs or alcohol on school grounds or at any school sponsored function, the school will insist that his/her parents pick up the student immediately or that the student submit to a drug test. Further, the school maintains its right to validate its suspension of any student, for the use of drugs or alcohol, by searches of bags or other possessions.

## **Uniform Code**

At Journeys Academy students are required to wear uniforms. This is designed to promote a sense of equality, promote school spirit, and self-respect. It is meant to discourage competition and stereotyping associated with clothing selection.

Pants: Students must wear "size and length appropriate" khaki, black or navy shorts or pants. Students are expected to keep their pants fitted appropriately around their hips, preferably with a belt. Repeated violations will result in loss of school privileges, and in extreme cases parents will be contacted in order to collaboratively solve the issue.

Warm Wear: Students are able to wear a sweat jacket during cold season.

Shoes: Students are not permitted to wear "flip-flops".

Free Dress Fridays: On Fridays students are allowed to wear comfortable clothing that fits their personal styles, as long as shirts do not contain offensive language or pictures.

## **School Lunches**

Students must provide their own packed lunches. We DO NOT permit soda and strongly discourage families from delivering fast food to students at lunchtime. Throughout the year, we will be providing several in-services regarding child health and appropriate nutrition. Research has shown lunches filled with protein, complex carbohydrates, and fruit has proven to have higher concentration levels.

Foods with the best brain sugars include the following:

**Fruits:** grapefruit, apples, cherries, blueberries, oranges, and grapes have low glycemic index (G.I.). Fruits have a lower G.I. than fruit juices, because the fiber in the fruit slows the absorption of the fruit sugar. For example, a whole apple will be more brain-friendly than apple juice.

**Cereals and Grains:** oatmeal and bran have the lowest G.I. Other foods with a favorable G.I. are spaghetti and rice. Corn flakes and sugar-coated cereals have higher G.I.'s.

**Vegetables and Legumes:** Legumes, such as soybeans, kidney beans, chick peas, and lentils have the lowest glycemic index of any food. Potatoes and carrots have a much higher G.I.

**Dairy Products:** Milk and yogurt have low glycemic indexes, slightly higher than legumes, but lower than fruits. Plain yogurt has a lower glycemic index than yogurt with fruit preserves or added sugar.

**Salads:** Salads contain mostly foods with a low glycemic index, contributing to maximum mental performance. Salads containing cruciferous vegetables, beans, chickpeas, and other legumes are great.