

Westhill High School



Westhill and Proud

**Student Handbook
2011-2012**

IMPORTANT SCHOOL PHONE NUMBERS

Administration

Principal
Camille Figluizzi 977-4838

Assistant Principals:
9th Grade Administrator
Reginald Roberts 977-5957

10th Grade Administrator
Carol Bjork 977-6683

11th Grade Administrator
Antonio Ramos 977-5322

12th Grade Administrator
Jason Martin 977-4484

Dean of Students
Claudia Obas-LeGare 977-5305

**125 Roxbury Road,
Stamford, CT 06902
Main Office: 203-977-4477
Fax: 203-977-4996
www.westhillweb.com**

Department Heads

Business/Technology Ed
Kim Kumar 977-4489

Custodial
Carlo Buccino 977-4951

English
Lisa Strom 977-4490

Fine Arts – Arts & Music
Robin Konrad 977-5634

World Languages
Ann Herz 977-4491

Guidance
Carole Deluca 977-4501

Math
Michael Capriotti 977-4492

Media
Jan Benedict 977-4486

Physical Education/Health
Camille Quattrocchi 977-4238

Security
Nick Wright 977-4758

Science
Peter Rinaldi 977-4494

Social Studies
Lisa Forbes 977-4495

Special Education
Elayne Cuttitta 977-4463

Guidance Counselors

Carole Deluca, Dept. Head 977-4501

Joseph Andrews 977-5514

Mairead Collins 977-4431

Edward Hilser 977-4483

Ashley Bunn 977-5992

Darlene Goodwin 977-4697

Dinie James 977-4503

Fran Levin 977-5750

Melissa Meir 977-5748

Spiro Milas 977-5748

Thomas Stepkowski 977-5535

Michele Supple 977-5788

Christina Badini 977-4499

SCHOOL HOURS

7:25 a.m. - 2:05 p.m.
(except dismissal at 11:45 a.m. on early release days)

OTHER IMPORTANT NUMBERS

Athletic Director	Mike King	977-4696
Conflict Mediation	Darlene Birch	977-6653
Data Processing	Anita Barkan	977-4067
Health Center	Receptionist	977-5581
JROTC	Major William Weber Sgt. Maj. Lance Finick	977-5075 977-5075
Psychologist	Wendy Segar Theresa Telesco	977-6114 977-5745
School Nurses	Helen Donner Jean Ferrero	977-4487 977-4487
School Resource Officers	Anna Edwards Kelly Connelly	977-6130
Social Worker	Elizabeth Jaramillo Joe O'Callahan Elba Quinones Christine Viala Mary Curley	977-5760 977-4462 977-5324 977-5324 977-5916
Speech & Language	Jan Jankowski	977-5744
Sports Hotline	Mike King	977-5705
Family Advocate	Shamika Jackson	977-5616

Snow Days:

When it is necessary to close or delay schools due to inclement weather, the announcement will be made over a variety of media:

Worldwide Web

www.stamfordpublicschools.org

AM Radio

WICC 600 AM
WCBS 880 AM
WCBS 880 AM
WNLK 1350 AM
WSTC 1400 AM
WGCH 1490 AM

FM Radio

WRKI 95.1 FM
WEFX 95.9 FM
WKHL 96.7 FM
WEZN 99.9 FM
WDBY 105.5 FM
WEBE 108 FM

Television

Cablevision News 12
WTNH-TV Ch.8
WVIT Ch. 30
WRNN
WNBC Ch 4
WFSB Ch 3

Delayed Opening:

The start of school will be delayed for 1-1/2 hours, starting at 8:55 a.m.

Early Dismissal:

Weather conditions may result in early dismissals. Listen for announcements over the above radio stations.

Anonymous Tip Line:

The Tip Line is a toll free, 100% anonymous reporting system. The tip line may be used to report such things as bullying, sexual harassment, school violence, vandalism, theft, drug or gang activity, and other concerns deemed important enough to ensure a safe school. The tip line does not replace, however, reporting crimes and/or emergency situations directly to the police department at 977-4345.

Parent Link:

Parent Link is a phone-based messaging system that is used to communicate important information to parents/families throughout the year. The messages are automated and will be sent out by the Central Office/Building. If you are not receiving Parent Link communications, please notify your child's grade level administrator.

PARENT ORGANIZATIONS

These parent groups were formed to provide assistance, financial and otherwise, to the programs at Westhill High School in which their students are involved. We encourage all parents to support whatever activities their children choose to participate in.

BAND PARENT ASSOCIATION

This organization supports the Westhill High School Band, Jazz Band, Orchestra, and Color Guard programs.

Contacts:

Denise Enright	249-7201	denisedesigns@optonline.net
Beth Gerson	961-9461	pbgerson@hotmail.com

BLUE LINE CLUB

This group supports the Westhill High School Ice Hockey Team.

Contacts:

Sue Reville (President)	revs@sbcglobal.net
Rosie McGuinness (Treasurer)	quetal@sbcglobal.net

NORTHSTAR PARENT PRODUCTION GROUP (NPPG)

This organization supports the dramatic arts at Westhill High School.

Contacts:

Eileen Westfahl	595-0560	ewestfahl@aol.com
Nancy Freedman	322-1218	nfreedman@optonline.net

WESTHILL HIGH SCHOOL CLASS ADVISORS

Class of 2012

Advisors	Vladimir Kunin Laura Tintle
Administrator	Jason Martin

Class of 2013

Advisors	Michelle Dunbar Kate Tobin
Administrator	Antonio Ramos

Class of 2014

Advisors	Jen McLaughlin Maria Miraballes
Administrator	Carol Bjork

Class of 2015

Advisors	TBA
Administrator	Regianld Roberts

Class Officers TBA after fall elections

Executive Board and Committees 2011-2012

Executive Board

Co-Presidents	Ann Henning	274-6275	achslh@yahoo.com
	Cheryl Villalba	968-0504	rimmon992@yahoo.com
VP of Volunteers	Alex Finiaz	461-9016	acf98@optoline.net
VP of Communications	Lauren Eisen	219-7618	eisentyoumail@aol.com
Treasurer	Open		
Secretaries	Recording –Lisa Wise	324-1140	gaprop@optonline.net
	Corresponding		
PT Council and BOE Rep	Dominick Bria	329-0335	dombria@yahoo.com

Committees 2010-2011

After Prom	Joanne Latorocca	322-5764	joann@giovanis.com
Career Center	Carolyn Conte	967-1984	crconte@optonline.net
	Shari Antonucci	322-6402	snucci@optonline.net
Concession Stand	Ann Henning	274-6275	achslh@yahoo.com
Fashion Show	Open		
Graduation Balloons	Open		
“Off the Rack” Clothing Store	Open		
Open School Night Dinner	Monica Schlessinger	274-6280	at5917@aol.com
Prom Gown Sale	Cheryl Villalba	968-0504	rimmon992@yahoo.com
Senior Brunch	Peggy Gray	322-9846	
Spiritware Sales	Cheryl Villalba	968-0504	rimmon992@yahoo.com
Staff Appreciation Week	Karen Kober	968-9554	akoher@optonline.net
Staff Breakfast	MC Thibault	324-9106	tibo5@optonline.net
	Kelly Le Rose	536-1611	rlrose@msn.com

Warning Bell - 7:20 AM

Full Day Schedule		
Period	From	To
1	7:25	8:18
2	8:23	9:11
3	9:16	10:04
4	10:09	10:57
Lunch 5	11:02	12:19
6	12:24	1:12
7	1:17	2:05

Early Release Schedule (No lunch)		
Period	From	To
1	7:25	7:58
2	8:03	8:36
3	8:41	9:14
4	9:19	9:52
5	9:57	10:30
6	10:35	11:08
7	11:13	11:45

Delayed Opening Schedule		
Period	From	To
1	8:55	9:22
2	9:27	9:54
3	9:59	10:26
4	10:31	10:57
Lunch 5	11:02	12:19
6	12:24	1:12
7	1:17	2:05

Lunch Schedule

Semester 1				Semester 2			
Wave	1	2	3	Wave	1	2	3
Times	Lunch: 11:02 - 11:26 Class: 11:31 - 12:19	Class: 11:02 - 11:26 Lunch: 11:29 - 11:53 Class: 11:55 - 12:19	Class: 11:02 - 11:50 Lunch 11:55 - 12:19	Times	Lunch: 11:02 - 11:26 Class: 11:31 - 12:19	Class: 11:02 - 11:26 Lunch: 11:29 - 11:53 Class: 11:55 - 12:19	Class: 11:02 - 11:50 Lunch 11:55 - 12:19
Rooms	500s, Art wing, 100s, 600s	300s, 400s, Agsci	Gym, 200s	Rooms	Art Wing, Agsci, 300s, 400s	500s, 600s, 100s	Gym, 200s
Directions	Teachers with first wave lunch must open doors at 11:26 and begin class promptly by 11:31.	Teachers with second wave lunch must release students at 11:26 and open doors at 11:53. Class begins promptly at 11:55.	Teachers with third wave lunch must begin class at 11:02 and release kids promptly at 11:50.	Directions	Teachers with first wave lunch must open doors at 11:26 and begin class promptly by 11:31.	Teachers with second wave lunch must release students at 11:26 and open doors at 11:53. Class begins promptly at 11:55.	Teachers with third wave lunch must begin class at 11:02 and release students promptly at 11:50.

ACADEMICS

Requirements for Graduation

Social Studies (Students must take and pass one year of US History and one semester of Civics.)	3 years
Unified or Fine Arts	1 year
English	4 years
Mathematics	3 years
Science	2 years
Health	2 semesters
Physical Education	2 semesters

Starting with the class of 2006, CT Academic Performance Test (CAPT) requirements have been met for graduation.

Beginning with the Class of 2010, there will no longer be a valedictorian named at graduation. This announcement was declared when the class of 2010 entered as freshman.

Point System

Students must have 100 points to graduate. The maximum points a student may earn each academic year is 35; 10 in summer school.

For promotion from one grade to the next, students must have earned the following number of points:

Freshman to sophomore	22.5 pts.
Sophomore to junior	38.0 pts.
Junior to senior	65.0 pts.

Grading System and Class Rank

At the end of every quarter, students receive course grades.

Letters are used to represent achievement:

A = 4.0	C = 2.0
A- = 3.7	C- = 1.7
B+ = 3.3	D+ = 1.3
B = 3.0	D = 1.0
B- = 2.7	D- = .7
C+ = 2.3	F = 0

Each student will receive two class ranks. One weighted and the other unweighted. The weighted rank is calculated by adding .05 weight for Honors courses and .07 weight for Advanced Placement courses to the unweighted average. Unweighted marks are a grade point average of the final marks the student has received in every subject except P/F, Physical Education and Independent Study. Any course change after the first marking period will be noted on transcripts with a "W" = withdrawn.

Progress Reports

Progress Reports are mailed home*: Monday, October 17, 2011; Friday, December 16, 2011; Friday, March 2, 2012; and Friday, May 11, 2012.

**Sometimes this may vary slightly due to extenuating circumstances.*

Report Cards

Report cards are issued each 10-week period to inform the pupil and parents of the quality of work during the past grading period. Grades shall be indicative of quality of cumulative work done during the quarter. Incompletes must be made up within 15 school days. Work must be completed within that time or an "F" will be issued. The only exception will be made for documented circumstances. Distribution dates are: Tuesday, November 22, 2011; Friday, February 3, 2012; Friday, April 13, 2012; and Friday, June 22, 2012.

SCHOOL POLICY & SECURITY

Attendance

The administration expects that students will attend every class daily (except in cases of serious illness, extreme emergency, or calendar religious holidays). Teachers, students and parents/guardians share responsibility for student attendance.

- Teachers must maintain and report attendance daily.
- Students must attend classes and keep track of any absences.
- Parents must support the emphasis on regular daily attendance.
- Automated phone messages are made to homes when students are not present in a class/classes during the school day.
- Written notification is mailed home at the third & sixth class absence.

A complete copy of the Stamford Public School Attendance Policy is available upon request.

Notification

If a student will be or has been absent for a doctor's appointment, a long-term illness, a religious holiday, or a funeral, parents must notify the student's grade level administrator with a note bearing the parent's signature. Notes for other absences should be forwarded as well in case an appeal is necessary at the end of the quarter. An automated telephone message will attempt to notify parents/guardians to report absences daily. Parents will also be notified by letter after the third, fifth and seventh absence in any class.

Bullying

Bullying behavior by any student in the Stamford Public Schools is strictly prohibited, and such conduct may result in disciplinary action, including suspension and/or expulsion from school. "Bullying" means any overt acts by a student or a group of students while on school grounds or at a school-sponsored activity, which acts are repeated against the same student over time. Students and parents may file verbal or written complaints concerning suspected bullying behavior, and students shall be permitted to anonymously report acts of bullying to teachers and school administrators. Any report of suspected bullying behavior will be promptly reviewed. If acts of bullying are verified, prompt disciplinary action may be taken against the perpetrator, consistent with his/her rights of due process.

Course Credit

To achieve a passing grade in a course, students must be in attendance regularly except in cases of serious illness, extreme emergency or a calendar religious holiday. Should a student be absent from a course in excess of the following, he or she will receive a failing grade with a maximum numerical grade of 59 for that quarter: eight or more absences in a quarter, fifteen or more absences per semester, twenty nine absences per year, or two cuts. Students exceeding the number of absences set out above in any course will receive a failing grade with a maximum numerical grade of 59, unless the student obtains a waiver of these provisions in accordance with the appeal procedure.

SCHOOL POLICY & SECURITY (Cont.)

Class Cuts and Tardiness

"Cuts" and tardiness are not tolerated. A "cut" is an absence from a class without permission when the student is in school for the day. Absence from class for a school activity, with prior approval from the teacher, will be counted as an absence, but not a "cut". Tardies cannot be appealed unless they are excused by a pass.

Any cut may result in a grade of zero for the day and appropriate disciplinary action. Two (2) cuts from a class in a quarter will result in failure for the quarter. Three (3) tardies to a class will be recorded as one (1) absence. A tardy of at least 20 minutes will be counted as one (1) absence.

Goals and Expectations

Teachers are asked to individually and collectively help students to meet the following expectations:

1. Be present and on time for every class.
2. Bring learning materials - books, pens, calculators, etc.
3. Respect other people and their property.
4. Complete all assignments.
5. Use appropriate language.

Appeal Procedure

Students may be eligible for a review of absences contributing to a failing grade as follows:

Students must make up any work missed in a quarter to qualify for an appeal.

The principal or his/her administrative designee may exempt absences due to extended illnesses of 3 or more consecutive days if the student gives a doctor's note to the grade administrator when he/she returns to school. Exempts are also given for a death in the immediate family or for a religious observance. These notes will not be accepted at the end of the quarter.

In such cases, no further appeal is required.

Activities receiving pre-approval from the Board of Education or the Superintendent or the Principal need not be appealed.

School Property

All textbooks and equipment (including athletic uniforms) are the property of the Board of Education and are to be preserved carefully. Each student is personally responsible for his/her textbooks and any school equipment assigned to his/her care. Any student who loses a book or other assigned equipment or material must reimburse the school for the loss. No senior will be issued a diploma until all financial obligations are taken care of. All books and/or uniforms and equipment not returned, going back to freshman year must be paid for.

School Dances

It is required that all students arrive at school-sponsored dances no later than 8:00 PM. After that time, admission will be denied. School dances are held from 7:00 PM until 11:00 PM.

Automobile Parking and Regulations

Student parking at Westhill High School is limited as a result of a lack of space. Student parking spots will be assigned to seniors following a lottery that will take place at the beginning of the school year. All seniors are encouraged to participate in the lottery and contact Mr. Martin or Mr. Ramos with any questions or concerns.

Students that are found parking their cars on campus without a valid permit will be subject to disciplinary measures.

SCHOOL POLICY & SECURITY (Cont.)

School Resource Officer

The School Resource Officer (SRO) program places law enforcement officers in the school with the goal of creating and maintaining safe, secure, and orderly learning environments for students, teachers, and staff. The program reflects the community's desire to ensure the safety and security of its schools. The SRO represents a proactive strategy designed to bring prevention and intervention into the schools.

Stolen Items

Items that are stolen should be reported to the head of security. Appropriate forms should be filled out. There is no compensation for lost or stolen items that includes cell phones and I-pods.

Plagiarism

Plagiarism is a form of cheating when a student claims someone else's work, words, and/or ideas are his/her own. Plagiarism may be deliberate or accidental--be sure to cite sources for information and ideas not your own.

Examples of plagiarism:

- Cutting and pasting directly from the Internet (unless it is put into quotation marks and the source is cited).
- Buying or copying a paper/essay.
- Hiring someone to write a paper.
- Using the words found in a source of information with only minor changes (not paraphrasing properly).
- Not citing sources of information used in papers and essays.
- Not citing sources for ideas taken from someone else.

Why you should not plagiarize:

Intellectual Property:

- People own the words, work, and/or ideas they have created. They own the copyright to what they have written or created.
- Theft of someone's intellectual property is as serious as any other kind of stealing.
- The courts take cases of copyright infringement seriously and so does Westhill.

Consequences:

The consequences for cheating/plagiarizing at Westhill are at the discretion of the teacher and can range from failing the assignment to losing credit for the class.

Discipline Policy

An effective disciplined school requires a concerted effort by everyone in the school community. The statements below form the focus of Westhill High School's Discipline Policy.

1. There is a "no-cut" policy at Westhill. Students are required to attend all scheduled classes and study halls.
2. Westhill is a "closed-campus." Students are not allowed to leave the school grounds during the school hours without parental and administrative permission.
3. In accordance with state law, smoking is not permitted in the building or on school grounds.
4. Students must identify themselves when requested to do so by any teacher or security personnel.
5. Students may not carry, use or wear Walkmans, headsets, radios, cellular phones or beepers in school. Electronic devices will be confiscated and returned in June. **Hats or any head gear may not be worn in school.**
6. Students may not wear any clothing that is offensive.

SCHOOL POLICY & SECURITY (Cont.)

Violations and Consequences

1. **Using abusive language to a staff member**
Immediate suspension
 2. **Cutting Class**
One cut may result in a "0" for that class and a teacher penalty.
Two cuts will result in a Failure for the quarter and a maximum grade of 59.
 3. **Leaving School Grounds**
First - 3 days in school suspension
Any repeated offense will result in out of school suspension beginning with a 3 day suspension.
 4. **Smoking on Campus**
First - 3 days in school suspension
Second – 3 days out of school suspension
Third - 5 days out of school suspension
Fourth - Referral for exclusion
 5. **Refusal to identify self**
Immediate suspension
 6. **Use of or wearing of *Ipods, Walkmen, radios, Beepers/Cellular phones, etc.**
Confiscate (Administrator/Security). Refusal to surrender listed items will result in parental contact and potential suspension.
Second offense - immediate suspension.
 7. **Inappropriate clothing/jewelry**
Immediate referral to grade administrator
Second - 3 days suspension
- ** Possession of these items is a violation of Board policy.

Student Dress Code

The Board of Education encourages students to dress in a manner that reflects pride in and respect for themselves, their school, and their community. To promote a positive, safe and non-disruptive learning environment, proper attire should be worn. Therefore, the following attire is prohibited from being worn in Stamford Public Schools during the academic school day:

1. Attire or accessories which portray disruptive or obscene writing or pictures;
2. Attire or accessories that depict logos or emblems that encourage the use of drugs, tobacco products or alcoholic beverages;
3. Shirts and/or blouses that reveal the abdomen, chest, breasts or undergarments;
4. See-through clothing;
5. Shorts, miniskirts or pants that reveal the upper thigh or undergarments;
6. Other attire or accessories, which, in the opinion of the principal, are not in good taste or depict vulgar, illegal, racial or sexist viewpoints;
7. Head covering of any kind including, but not limited to scarves, bandannas, masks, kerchiefs, hoods, etc. which prevent the easy identification of students during the school day. Headwear for bona fide religious reasons may be worn;
Students are not permitted to carry hats;
8. Footwear that damages floors or is a safety hazard;
9. Sunglasses (unless required by a doctor's orders);
10. Spiked or studded bracelets, oversized or multi-finger rings, belts or any other article of attire with spikes or studs attached.
11. Gang colors as identified by administration.
12. Jewelry or any other object that depicts gang affiliation.

WESTHILL VIKINGS : ATHLETIC HANDBOOK

Athletic Director, Mike King

(203) 977-4696

Fax (203) 977-6181

Sports Hotline (203) 977-5705

Interscholastic athletics is a vital part of school life. Westhill High School has 29 varsity sports and many sub-varsity sports. All students are strongly encouraged to participate in the athletic program.

The school plays in the Fairfield County Interscholastic Athletic Conference (FCIAC). The league is made up of nineteen schools. Westhill High School belongs to the Fairfield County Interscholastic Athletic Conference (FCIAC). The FCIAC is comprised of 19 schools, which include: Bassick, Central, Danbury, Darien, Fairfield-Ludlowe, Fairfield-Warde, Greenwich, Harding, McMahan, New Canaan, Norwalk, Ridgefield, St. Joseph, Stamford, Staples, Trinity, Trumbull, Westhill and Wilton.

Westhill High School is a member of the Connecticut Interscholastic Athletic Conference. The C.I.A.C. is the governing body for high school sports in the state. State tournaments take place after the F.C.I.A.C. schedule at the end of each session.

Schedules for each sport are available in the Main Office or from the athletic director, and are updated daily on the Sports Hotline at 977-5705. Each schedule is posted in every room of the school and in the local newspapers. The best way to access all of our schedules is on the internet at www.casciac.org.

Requirements for participation

In order to participate:

All athletes must supply the School Nurse with an Athletic Physical Form and Medical History Form signed by the athlete's physician and parent/guardian. No one will be permitted to participate without this form. An athletic physical is valid for 1 year (365 days).

All athletes must provide the School Nurse with the Parental Permission Form and the Emergency Card signed by their parent/guardian. The Emergency Card will be stamped by the School Nurse and presented to the Coach, clearing the athlete for participation.

In order to be eligible:

All athletes must take at least five units of work.

All athletes must maintain a 2.0 Grade Point Average. (An athlete may be appealed by the Principal with a 1.5 GPA.)

All athletes who transfer schools must meet the CIAC transfer requirements.

All athletes must not play or practice with an outside team in the same sport while a member of the school team after the first scheduled game of any season.

Exceptions shall be: Participation in parent-child tournaments; individual rules with swimming, tennis, and gymnastics.

All athletes must not play under an assumed name on an outside team.

All athletes must not receive personal economic gain for participation in any CIAC sport.

NOTE: Marking period grades (not semester grades) are to be used in determining scholastic eligibility, except for fall eligibility.

(THESE RULES ARE PROVIDED BY THE CIAC)

Code of Conduct for Athletes

The Westhill High School Athletic Program believes our athletes are special. As such, our athletes have a responsibility to provide a positive image on the fields and courts, in the classroom, and in the community. Our athletes are expected to conduct themselves in accordance with this code.

On the playing fields and courts: Fair play is expected at all times. An athlete does not use profanity. An athlete has respect for coaches, teammates, opponents, officials, and spectators.

In the classroom: A good athlete is also a good student. This does not necessarily mean the top of the class, but it does mean good attendance, participation, effort, and behavior. An athlete cannot participate in practices or contests on days when not in attendance in school without permission from the Athletic Director.

In our community: The way an athlete acts in our community is very important. As athletes, we shall represent our team, Westhill High School, and the City of Stamford with dignity.

Athletic Rules and Regulations

All athletes must use transportation provided by the school, or because of special circumstances, be transported by that player's parent only. Any other travel arrangements must be approved by the Athletic Director.

Uniforms and equipment are on a loan basis to an athlete and are to be worn only when authorized by the coach. If lost or stolen, the athlete will be responsible for the replacement cost.

All injuries, minor and major, are to be reported to the coach,

athletic trainer, and school nurse. Please make the trainer aware of an injury and follow any recommendation for treatment the trainer may make.

The training room is to be used by the athlete only under the supervision of the trainer. Training room hours are
2 - 6 PM, Monday through Friday, during each season.

College Bound Athletes

It is suggested that the athletes speak with their coach to decide which level of competition would be best for them. Athletes should discuss with their guidance counselor the colleges that would be academically and socially appropriate. The athlete should make the guidance counselor aware of intentions of playing a collegiate sport so that all NCAA eligibility requirements are met. The guidance counselor will also assist athletes in NCAA Clearinghouse procedures.

Connecticut Interscholastic Athletic Conference

Westhill High School is a member of the Connecticut Interscholastic Athletic Conference (CIAC). The CIAC controls boys and girls athletics in the State of Connecticut. The CIAC regulates and determines eligibility, supervises tournament play, and sets game limitations and practice dates.

Expectations of Parents

1. Be positive and let your children know that something good is being accomplished simply by being part of a team.
2. Encourage your children to improve their self-esteem by believing in themselves. Any added pressures will only make it more difficult to improve self-image.
3. Encourage your child to work hard and to do their best. Don't criticize coaches or offer excuses if they are not playing.
4. Assist your children in following the Westhill High School Athletic Code of Conduct.
5. Insist on an academic commitment from your children. Insist on a willingness to do one's best.
6. As a spectator you are entitled to cheer and shout at sporting events. Please do not become belligerent and arrogant towards players, coaches, officials, or other spectators. Cheer for Westhill teams, not against our opponent.
7. Insist that your children exhibit true sportsmanship during athletic contests. Emphasize that they should never embarrass themselves, their family, team, school, or community through inappropriate acts during competition.
8. Encourage your children to participate in interscholastic athletics because they love to play, not because they want to achieve a college scholarship. College scholarships are few and far between and are in the hands of the college recruiters.

Note to Parents

You may not always agree with the philosophy or coaching techniques of your child's coach, but it is important to respect these differences. Your child will have many tutors as he or she matures. Dealing with these different influences enhances the maturation process.

If you find that your disagreement is sufficiently strong, be fair with the coach and openly discuss your concerns with him or her at the appropriate time (not after a game). If this communication proves unproductive, you are encouraged to discuss the issue with the Athletic Director. Please do not approach the Athletic Director without first discussing your concerns with the coach. Also, please refrain from "coach bashing". Such activity creates a negative environment which polarizes rather than solves problems.