



Nackawic High School  
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### Nackawic High School – Extra-Curricular Code of Conduct – 2020 - 2021

Nackawic High School is very proud to offer a variety of extra-curricular opportunities at NHS. Being a Nighthawk is a privilege; in doing so there comes a lot of dedication and responsibility. Participants need to remember who they are representing at all times. This includes activities during the school day, on trips, participating at other fields/gyms/arenas, tournaments, schools and during competition. Nackawic High takes pride in our students and the sportsmanship that they continuously display!

#### Participant Expectations

1. Commitment to practices, meetings, games, conditioning, etc.
2. Demonstrates good sportsmanship.
3. An athlete can only participate in a maximum of one major sport and one minor sport per season (unless otherwise granted permission by Athletic Director/Administration)
4. Performs duties as outlined in the Education Act.
5. All fees (student & participation) are to be paid in full by the indicated deadlines in order to be eligible for participation OR arrangements have been made with Athletic Director/Administration.
6. Sign and adhere to the conditions of Nackawic High performance contract. This must be done before students are eligible to participate in extra-curricular activities.
7. A student must carry a full complement of courses for Grades 9 to 12, unless otherwise approved by Administration. A fifth-year student is required to enroll in the courses needed to fulfill graduation requirements.

Here are guidelines that ALL of our students must adhere to throughout the course of the school year:

- **Academic** - School comes first. **ALWAYS!**
- **Attendance** - You must be present in **ALL** classes on practice and performance days, **ALONG** with the day after, unless the absence is due to illness, medical appointment or other excused absence approved by Athletic Director and/or Administration. An email or telephone call from your parent to the school are acceptable means of communication.
- **Behaviour** - All school policies and behaviour expectations are in effect for all extra-curricular activities.
- **Drug/Alcohol Policy** - Students who are in possession of/or under the influence of alcohol and/or narcotics in any capacity or quantity (whether legal or illegal substances), while at school or on any school sponsored trip or activity, **will be suspended from school based on school & district policy.**
- **Suspension Policy** - If a student is suspended for any reason, then they are ineligible for all extra-curricular activities for the duration of the suspension. If the suspension happens on a Friday to begin Monday, the student cannot participate in any extracurricular activity Friday night, Saturday, or Sunday as well as the weekdays included in the suspension.
- **Smoking/Vaping** - Smoking and vaping are detrimental to your ability to perform. In addition, it is damaging to your personal health; therefore, smoking/vaping is not an acceptable activity for students who wish to represent NHS. Students are to refrain from smoking/vaping on school property, at the venue of a school-supported activity, or while traveling to and from such an activity. Coaches, at their discretion, may introduce their own guidelines.
- **Social Media Use** – Students are reminded that when using social media they still represent the school and their team. Posting of inappropriate material or pictures (drugs, alcohol, sexually explicit material, etc) may result in disciplinary action handled by the Athletic Director and/or Administration.
- **Student & Participant Fees** – For students to be eligible for participation in extra-curricular activities (this includes practices), you must have your student fee and any applicable participant fees paid in full. The following is a breakdown of fees required for participation in our extra-curricular activities offered. All sport fees must be paid to **Ms. Fitton – Athletic Director OR using the SchoolCashOnline system.** School club fees are to be paid to your club coordinator or as indicated. After the payment deadline, if payment has not been received in full, then the student is not eligible to continue participation until paid, unless arrangements have been made with Athletic Director and/or Administration. Uniform deposits must be received before a student will be given a uniform. These can be paid with a post-dated cheque or cash, given to **Ms. Fitton.**

- *School Clubs*
  - *Reach for the Top = \$40.00 - (due **October 31**)*
- *Fall Sports (due **September 30**)*
  - *Soccer = \$60.00* *Uniform Deposit: \$60.00*
  - *Golf = \$75.00* *Uniform Deposit: \$40.00*
  - *Cross-Country = \$40.00* *Uniform Deposit: \$30.00*
- *Hockey (due **November 30**)*
  - *Hockey = \$500.00*
  - *Can be paid in full or by the following installments:*
    - *Nov. 30 - \$150.00*
    - *Jan. 15 - \$150.00*
    - *Feb. 15 - \$200.00*
- *Winter Sports (due **December 15**)*
  - *Basketball = \$150.00* *Uniform Deposit: \$100.00*
- *Spring Sports (due **March 30**)*
  - *Badminton = \$40.00*
  - *Senior Volleyball = \$100.00* *Uniform Deposit: \$60.00*
  - *Junior Volleyball = \$75.00* *Uniform Deposit: \$60.00*
- *Rugby, Track and Field (due **April 30**)*
  - *Rugby = \$50.00* *Uniform Deposit: \$60.00*
  - *Track & Field = \$40.00* *Uniform Deposit: \$30.00*

**\*\*Please note that due to COVID 19, we are asking parents to make every attempt to make payment via SchoolCashOnline to reduce contact. Receipts for this year will be issued electronically, being sent to the email the school has on file. \*\***  
**\*\*Due to COVID 19, there may be changes to the above fees, based on season of play, etc. Any changes will be clearly communicated to all participants and their families. \*\***

**Parent/Guardian Requirements**

Parent/Guardians of students who participate in any extra-curricular Athletic programs, must adhere to the following guidelines:

- Ensure payment of all required fees is made before the deadline or arrangements have been made with Athletic Director and/or Administration for payment.
- Must sign and be familiar with all aspects of the NHS Extra-Curricular Code of Conduct and the **NEW** NHS Parent Code of Conduct.
- Must complete the Nackawic High School Parent Athletic Information course BEFORE any student is eligible to participate in any competition. This course will be available on the Nackawic High website - nhs.nbed.nb.ca. This course is required to be taken at a minimum of every 4 years OR at the discretion of the Athletic Director and/or Administration.

## **Concussion Protocol & Injury Management**

- A concussion is:
  1. is a traumatic brain injury that causes changes in how the brain functions, leading to signs and symptoms that can emerge immediately or in the hours or days after the injury;
  2. signs and symptoms can be physical (e.g., headache, dizziness), cognitive (e.g., difficulty concentrating or remembering), emotions/behavioural (e.g., depression, irritability) and/or related to sleep (e.g., drowsiness, difficulty falling asleep);
  3. may be caused by a jarring impact to the head, face, neck or body, with an impulsive force transmitted to the head, that causes the brain to move rapidly and hit the walls of the skull.
  4. can occur even if there has been no loss of consciousness (in fact most concussions occur without a loss of consciousness; and, cannot normally be seen on X-rays, standard CT scans or MRI's).
- The following procedure **MUST** be followed any time a student may have a suspected concussion:
  1. If a student suffers a direct blow to their head, they must be immediately removed from the practice or game, and must not participate in any form with their team for 24 hours, regardless of whether there are any symptoms of a concussion.
  2. If a student suffers a direct or in-direct blow to their head, or any impact to their body which may cause a jarring effect to their brain **AND** they report any of the concussion signs and/or symptoms, then they will automatically be placed on the Nackawic High School Concussion Protocol and as such complete all requirements before they can compete in any form
  3. **NACKAWIC HIGH CONCUSSION PROTOCOL:**
    - i. Student suffers a direct blow to their head – **MUST** be removed and sit for a minimum of 24 hours. If no concussion symptoms present, then at the discretion of their parents/guardians and/or coaches, they may return to competition
    - ii. Student suffers a direct **OR** indirect blow to their head **AND** report any signs or symptoms of a concussion, the student will automatically be placed on the concussion protocol.
    - iii. If concussion signs or symptoms present, then student must be seen by a medical professional. Please see Concussion Protocol..
    - iv. Student **MUST** be referred to Ann Fitton – Athletic Director and to the Educational Student Services Team.
- The following procedure **MUST** be followed anytime a student is injured and requires medical attention when competing in either practices or games.
  1. At the discretion of the student's parents/guardians and/or coaches, if required the student must seek medical attention in regards to their injury.
  2. If medical attention is received, then the following forms must be completed and submitted to Ann Fitton – Athletic Director
    - i. Nackawic High School Injury Report Form
    - ii. New Brunswick Education Policy 129 – Student Accident Report Form
  3. The student must successfully complete the injury rehab as directed by their health care professional.

### **Nackawic High School - Extra-Curricular Referral Process**

The process for Extra-Curricular referrals for academics, attendance and/or behavior is as follows:

A student can be referred by teachers either with the Response to Interventions (RTI) form or directly to Administration/Athletic Director. Depending on the nature and severity of the referral, a decision will be made which may include, but is not limited to the following:

- Verbal or written plan for improvement
- A pre-determined review period, during which improvements must be made at school, but the student can still participate in extra-curricular activities
- Removal from extra-curricular activities for a set period, remainder of season or remainder of year

### **Extra-Curricular Travel Policy**

- Each team/club will designate a player who will complete a driver's list when travel is required for an extra-curricular event.
- The driver list will contain all player names, parent names and contact information, as well as contact information for the school.
- All drivers must be approved by the administration and MUST be at least 21 years of age.
- Parents are encouraged to arrange travel amongst themselves, but the school still needs to be informed of these arrangements. No waiver form is required to be signed when parents make their own travel arrangements.
- For those students with no travel opportunity, the coach can help make arrangements on their behalf with parents. When the coach or any school official asks anyone to transport a child, that driver MUST sign the waiver. The signed waivers will be given to the administration with the driver's list BEFORE students travel.
- Students not abiding by travel regulations will be subject to disciplinary action by the coach, Athletic Director and/or administration.
- UNDER NO CIRCUMSTANCE ARE STUDENTS PERMITTED TO TRANSPORT THEMSELVES TO ANY AWAY EVENT!!

## **Nackawic High School – Student Awards**

### **Athletes of the Month**

Each month, one male and one female student will be selected as Athletes of the Month based on the following criteria:

- 1) Is a full-time student
- 2) Participates in a sport that is in season during the month
- 3) Athlete is in good-standing in all of his/her classes
- 4) Athlete makes every effort to attend all practices and games
- 5) Athlete shows above average athletic ability and/or significant improvement during the month selected

The selection process involves coaches nominating deserving athletes. If more than 1 nomination is received, Administration/Athletic Director will select the deserving athlete.

### **Nighthawks of the Month**

Each month, the staff of Nackawic High School will select 5 Nighthawks of the Month. A student can be nominated for demonstrating any positive quality that staff hope to see exhibited by NHS students. Some possible reasons for nominations could include academic achievement, citizenship, special accomplishments, dedication, leadership, improvement, perseverance, kindness, or any other positive quality that is identified in a student. Nomination forms will be sent out by Mr. Calder at the end of each month, and winners will be selected at monthly staff meetings

### **Students of the Year**

Four awards are to be presented to deserving students each year in Grade 9, 10, 11 and 12. These awards are selected through a staff vote. The criteria for being selected for this award are as follows:

- 1) Significant contribution to school activities/events
- 2) Good Academic standing
- 3) Evidence of contribution to community
- 4) Displays student leadership throughout the year

### **Citizen of the Year**

To be awarded at the end of the school year, to **one** student from any grade level. Students are nominated by staff or community members and selected through staff vote. This student will be selected based on the following criteria:

- 1) Student must be in good standing in all his/her classes
- 2) Student is helpful and cooperative
- 3) Contributes to school and/or community life

### **Extra-Curricular Year-End Awards Point System:**

There are 5 awards students may receive:

1. SMALL GARNET "N" : 2000 points in any one year of high school
2. SMALL GOLD "N" : 2500 points + honors in any one year of high school
3. LARGE GARNET "N" : 3000 points in any one year of high school OR 7000 points accumulated in all 4 years
4. LARGE GOLD "N" : 3500 points + honors in any one year of high school OR 8000 points + honors accumulated in all 4 years
5. PRESTIGIOUS GOLD PIN : 9000 points + honors accumulated in all 4 years

### **Senior Extra-Curricular Participant of the Year Award:**

This is awarded to the student who has accumulated the most points for participation in extra-curricular activities during their four years of high school, as well as achieving honors all 4 years. These points are tracked throughout high school with the year-end Extra-Curricular point system.

### **Athletes of the Year**

These awards are determined based on the following criteria. The selection process involves all coaches from the current school year, through a voting process.

Consideration for this award will be given to the athlete who plays and excels at various sports throughout the year. Also, athletes in any grade can be nominated, but consideration will be given to deserving athletes in Grade 12.

Attitude Criteria:

- Role model
- Work ethic
- Positive attitude
- Commitment
- Exemplary character
- Respect to coaches, teammates, officials, opponents and fans.
- Display sportsmanship and fair play
- Demonstrate consistently the values of caring, fairness, civility, honesty, integrity and responsibility in his/her daily participation in athletics

Athletic Criteria:

- Value to their team
- Coachable
- Team player
- Do they pursue excellence?
- Commitment to training, practice
- Consistent outstanding above average performance

Academic Criteria:

- Regular attendance in classes
- Seeks extra-help as needed
- Cooperative in class
- Good behavior role model
- Works to the best of their ability

*Nominations must be a student in good standing. All nominations must be passing all courses for the current academic year.*