

4. What is the score:

<u>Server</u>	<u>Receiver</u>	<u>Score</u>
No points	1 point	_____
3 points	1 point	_____
1point	1 point	_____
4 points	3 points	_____
4 points	5 points	_____

5. **Matching: Match the definitions with the word it defines. Put the letter of the correct definition on the blank provided.**

- _____1. The hitting surface of the racket.
- _____2. Shot hit hard and close to the net so that it lands deep near baseline.
- _____3. Stroke used to hit balls on the right side of a right handed player and on the left side of a left handed player.
- _____4. Term used to indicate an even score (after 30-30)
- _____5. The winning of four points before the opponent wins three or be winning two consecutive points after deuce.
- _____6. Continued play between the serve and winning of a point.
- _____7. A hard and fast downward shot made with an overhand stroke.
- _____8. Good service that is not touched be the opponent's racket
- _____9. Play with one person on each side of the net.
- A. forehand
B. singles
C. face
D. ace
E. drive
F. deuce
G. smash
H. game
I. rally

Name _____

RACKET POSITIONS:

Open Racket:

Racket face is angled towards the
_____. The ball will travel _____.



Closed racket:

Racket face is angled towards the
_____. The ball will travel _____.



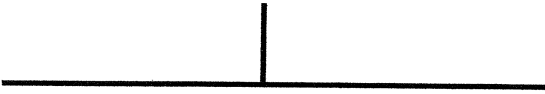
Square Racket:

Racket face is perpendicular with
the _____. The ball will travel _____
to the floor and in a straight line.



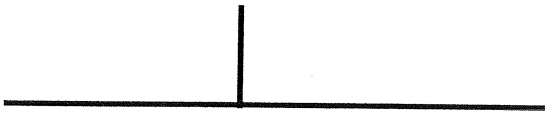
TENNIS DIAGRAMS OF SHOTS:

Clear



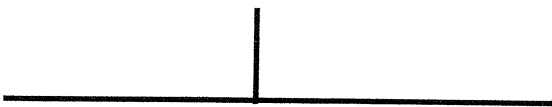
- High deep _____ shot
- _____ or overhead
- Forehand or backhand
- Use an _____ racket
- Turn non-racket shoulder to the _____
- Used to force your opponents to _____
- Used to give yourself time to get in position

Smash



- Fast, "kill" shot
- Make contact overhead with a _____ racket
- Turn _____ shoulder to the net (forehand smash)
- Bend elbow and lock your wrist, preparing to swing forward
- Transfer _____ from back foot to front foot
- Contact ball as _____ as possible and slightly in front of racket shoulder (1 p.m.)
- Can be hit forehand or backhand

Drop shot



- Overhead shot hit _____ and close to the net
- Make contact _____ with a square to slightly in front of racket
- Turn non-racket shoulder to the net
- Contact ball slightly in front of _____ shoulder
- Minimal follow-through
- Used to pull your opponent out of position and to make them move towards the net
- Forces your opponent to return the ball with an _____ hit

Net Shot



- _____ shot hit near the net
- Forehand or backhand shot
- Contact ball near the net with an _____ racket
- Push ball _____ and just over the net
- Forces your opponents to move toward the _____
- Forces your opponent to return the ball with an _____ hit

Drive



- Low, fast, parallel to the ground shot
- Contact ball about shoulder high with a _____ racket
- Used mostly in _____
- Usually hit from your mid-court to your opponent's backcourt
- Used to make your opponent _____

Peer Skill Assessment

Sport:		Skill:	
Critical Elements:	1.	Notes & Tips	
	2.		
	3.		
	4.		
	5.		

Have your partner assess your performance of the above criteria. Have your partner circle the number below that is consistent with his/her observation of your skill practice. Discuss TWO SPECIFIC items that you can practice to improve your skill performance.

	Demonstrates 2 or less of the 5 critical elements.	Demonstrates 3 of 5 critical elements.	Demonstrates 4 of 5 critical elements.	Demonstrates all critical elements associated with skill.
Pre Assessment Score	1	2	3	4
What are two things I can do to improve my performance?				
Post Assessment Score	1	2	3	4

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HUSKY P.E.

RUNNING FOR A CAUSE

The Physical Education Department is running for charity. Students enrolled in PE 1 classes will have the opportunity to raise money through the Charity Miles app.



Using a smartphone, students select a charity to raise money for from a list of non-profit organizations who have partnered with Charity Miles. For each mile logged by an FHS PE student, Charity Miles donates 25 cents to the chosen charity. The money donated comes from a fund generated by third party individuals and groups who have donated to Charity Miles. This opportunity does not cost students any money. The only requirements are that they use a smartphone and are willing to link their results to their Facebook account.

Students are not required to participate in this program and it has no bearing on their grade. This is simply an opportunity to use the pre-existing FHS PE Dept. Mile Program to give back to others.

If you would like to participate in this program please have your parent/guardian sign this form.

Student Permission for Charity Miles App

My child _____ has permission to participate in the Charity Miles program during his/her PE class at Fortuna High School. The use of the cell phone in class will be limited to participation in this program. Phones are not to be used for any other means during class and should not be brought to class on days when the mile is not being run. Failure to adhere to this policy will result in the phone being turned into the office and the student will serve a detention. The student will also forfeit the right to participate in this program.

Parent/Guardian Signature

Date



FORTUNA UNION HIGH SCHOOL
PHYSICAL EDUCATION I POLICIES AND STUDENT EXPECTATION GUIDE

The Physical Education Staff at Fortuna High School is proud of its extended efforts to provide a good, well-rounded Physical Education program. Freshmen and sophomore students will participate in a structured program, which emphasizes physical fitness and the fundamental skills of a variety of individual and team sports. Juniors and seniors are offered a selection of individual and team sports, recreational activities, and personal fitness, which includes weight training and conditioning.

We encourage parents' to be involved in their student's physical education. Please inform your student's teacher if he/she is experiencing a problem in or with their physical education class.

Physical Education Teachers may be contacted by phoning 725-4461 (Boys' Gym – ext. 3085 or Girls' Gym- Ext. 3086).

STUDENTS ARE EXPECTED TO FOLLOW DIRECTIONS GIVEN BY ALL FHS STAFF MEMBERS

I. Clothing

The P.E. class uniform is; a blue or gray Fortuna High P.E. shirt, blue athletic shorts, socks and tennis shoes. Two sets of gym clothes are recommended: athletic shorts and t-shirt for indoor activities and warm days, and sweatpants, sweatshirt and shirt for colder weather. No other tights, spandex, yoga pants, etc. may be worn in place of regulation shorts or sweatpants.

Athletic shorts and t-shirt must be marked with a permanent marking pen, and include the student's last name and first initial in the box provided or on the upper left side of their t-shirt and the left leg of their athletic shorts. Sweats may be marked on the inside label or waistband. Tape is not to be used to mark clothing.

- Gym clothing shall not be altered (no homemade shirt or shorts)
- Only tennis shoes should be worn. Sandals, flip-flops, backless shoes, slippers and boots are not acceptable.
- Street clothes are not acceptable gym attire.
- Gym clothes are not to be worn over street clothes
- Blue sweat pants and sweatshirts are highly recommended for cold weather.
- Shorts, t-shirts, and socks are to be taken home on Friday, and return clean for class on Monday.

II. Locks and Lockers

- A. Each student is provided with one combination lock. This lock is the student's responsibility. A charge of \$8.00 will be assessed for a lock that is not returned at the end of the school year.
- B. Students bringing their own lock must register it in the P.E. office. (The combination or one key, plus the lock number must be given to your P.E. teacher.)
- C. If your lock is missing, check with your teacher immediately.
- D. **Do not share lock or lockers.**

III. Excuses

- A. There is **NO** excuse for not dressing down for P.E.
- B. To be excused from class participation, a **written note** (not an E-mail, text, or phone call) must be presented from a parent or guardian the day a student is to be excused (the student is still expected to dress down). If a student is to be excused for more than three days, an excuse from a **medical** doctor is required. *(A note from a parent or guardian must be presented for each day a student is to be excused, and include date and contact number.)*
- C. After five (5) notes from home, per semester, a student will have 20 points deducted from their grade for every additional note.
- D. There is a possibility that a student may be injured in the activities taking place in P.E. No matter how minor, the student must report the injury to their P.E. teacher that period. An accident report must be filled out for all injuries incurred in P.E. class.
- E. All ATHLETES are expected to dress down and participate in P.E. activities on game day.

IV. Medical Excuses

- A. Medical excuses lasting four weeks or more in a semester will result in a medical /no credit grade.
- B. Restricted Medicals – A student who is on a restricted medical will be given an alternative, individualized program to be determined by the instructor. (Example: walking instead of running, stretching instead of walking, or written assignment(s)).
- C. Students who are unable to perform any class activities, while on a medical excuse, will need to complete a long term injury project.

V. Non-Suits, Tardies, and Cuts

- A. Students are expected to be in the gym when the tardy bell rings.
- B. Students are tardy to roll call if they are not present when the teacher starts to take roll. 5 points will be deducted for a tardy.
- C. 20 points will be deducted for not dressing down.
- D. Non-suits can result in campus beautification as well loss of points.
- E. Students are to be on their number until the passing bell rings. Classes are to leave through the assigned area. Students leaving early, or are not in assigned area, will receive a class cut.

VI. Grading

Students are awarded 20 points a day for dressing down and participation

Points will be deducted for the following

Suit cut – not dressed for activity – no excuse _____	-20
Incomplete uniform _____	-5 per item
Warm-up activities and assigned lap(s) (non-participation) _____	-8
Tardy _____	-5
Partial participation (inactive) _____	-6
Absences after 5 per semester _____	-20
Note from home after 5 per semester _____	-20
Failing to follow directions from all instructors _____	-10
Abusive language, verbal/sexual harassment _____	-10
Abusing school equipment _____	-10
Food or drink in gym or locker room _____	-10
Area Cut (not staying with class during class time) including 2 nd roll call _____	-10
Disrespect/poor attitude _____	-15
Class cuts and suspension _____	-20

Extra Credit – points may be earned during for the following:

1. Being an exercise leader
2. Being an equipment manager
3. Being helpful in anyway.
4. Research paper
5. Running during lunch or after school

Students should be advised that assessment will include written and physical tests and written assignments.

Semester grading scale:

<u>Grade</u>	<u>Percent</u>	<u>Grade</u>	<u>Percent</u>
A	93-100	C	73-76
A-	90-92	C-	70-72
B+	87-89	D+	67-69
B	83-86	D	63-66
B-	80-82	D-	60-62
C+	77-79	F	50 or lower

VII. Make-ups

Make-ups are limited to advancing one grade level only. Contact your teacher for information about make-ups.

VIII. Additional Information

- A. Showers are available and recommended. No towel service is provided.
- B. Spitting in gyms areas or sinks is forbidden. (Any type of tobacco is not allowed.)
- C. Pajama bottoms are not considered sweat pants.
- D. Denim or khaki shorts are not considered athletic shorts.
- E. Nylons or tights are not to be worn during P.E.
- F. If your clothing is missing, check the lost and found.
- G. **DO NOT LEND YOUR CLOTHES TO ANYONE.**
- H. Do not bring personal athletic equipment to class unless approved by teacher.
- I. There will be no "Put Downs" or harassing in Physical Education. Hazing and/or bullying will not be tolerated.
- J. You are responsible for finding out and making up any work missed through absences.
- K. Students will receive handouts and worksheets **ONE TIME**.

NOTE: You **must** have your P.E. teacher's approval to be excused from P.E. for a counselor's appointment, to go to another class to work on a project, take a test, do make up work, or use the restroom.

ALL VALUABLES, MONEY & ELECTRONIC DEVICES (cell phone, iPod, laptop, etc.) ARE NOT TO BE IN ANY PHYSICAL EDUCATION CLASS OR LEFT IN A PHYSICAL EDUCATION LOCKER.

2013-2014 PHYSICAL EDUCATION EXPECTATIONS GUIDE

I have read the preceding information and if I have any questions, I will call or come in to discuss these policies. Please sign and return to your P.E. teacher no later than August 28, 2013.

Student's Name: _____

Student's Signature: _____

Date _____

Parent/Guardian Signature: _____

Date _____

Comments (Medical information, contact lens, etc.):

Fortuna High School

Physical Education

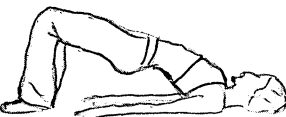





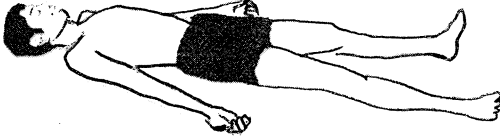
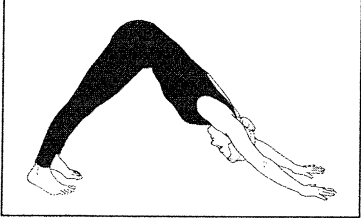


Yoga, Pilates, Circuit Training, and Dance Class
Student Handbook





Name _____

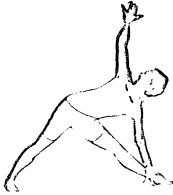


Period _____

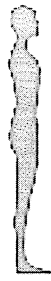
Yoga: Basic Poses

POSE	CRITICAL ELEMENTS
<p style="text-align: center;">Bridge Pose</p>  <p style="font-size: small;">Image Credit: http://0.tqn.com/d/np/fertility/p223-001.jpg</p>	
<p style="text-align: center;">Chair Pose</p>  <p style="font-size: small;">Image Credit: http://www.prevention.com/images/articles/200x200-chair-fixed.png</p>	
<p style="text-align: center;">Child's Pose</p>  <p style="font-size: small;">Image Credit: http://joyfulyogawithtara.blogspot.com/2011/10/asanas-balasan-childs-pose.html</p>	
<p style="text-align: center;">Cobra</p>  <p style="font-size: small;">Image Credit: http://www.4ayurveda.com/health.asp?aid=200</p>	

POSE	CRITICAL ELEMENTS
<p data-bbox="289 157 451 193">Corpse Pose</p>  <p data-bbox="175 386 558 403">Image Credit: http://www.thehealthytips.com/yoga-exercise-shavasana-corpse-pose/</p>	
<p data-bbox="263 541 474 577">Downward Dog</p>  <p data-bbox="138 793 592 810">Image Credit: http://www.pponline.co.uk/encyc/warming-up-the-downward-dog-yoga-exercise-1106</p>	
<p data-bbox="230 919 500 955">Extended Mountain</p>  <p data-bbox="219 1226 506 1243">Image Credit: http://yogaforbeginners.com/sunsalutation.htm</p>	
<p data-bbox="159 1423 555 1459">Four Limbed Stick (Staff) Pose</p> 	

POSE	CRITICAL ELEMENTS
<p data-bbox="282 155 444 184">Pigeon Pose</p>  <p data-bbox="142 350 581 365">Image Credit: http://joypeaceandhealth.com/2011/pose-guide/pigeon-eka-pada-rajakapotasana/</p>	
<p data-bbox="272 537 449 567">Seated Twist</p>  <p data-bbox="139 751 578 766">Image Credit: http://teamgetsuperfit.com/reviews/5-free-and-easy-ways-to-improve-your-health/</p>	
<p data-bbox="204 930 509 959">Forward Fold-Standing</p>  <p data-bbox="159 1150 553 1165">Image Credit: http://www.mindstreamyoga.com/yoga-poses/backbends-forward-bends</p>	
<p data-bbox="285 1302 422 1331">Tree Pose</p>  <p data-bbox="152 1562 548 1577">Image Credit: http://www.ancientyogae.com/default.asp?ID=07FLEX&ID=07GFMGRH</p>	

POSE	CRITICAL ELEMENTS
<p data-bbox="272 197 453 226">Triangle Pose</p>  <p data-bbox="115 464 607 478">Image Credit: http://www.handipoints.com/coloring-pages/fun-facts/yoga-moves/standing-triangle-pose.html</p>	
<p data-bbox="272 737 444 766">Upward Dog</p>  <p data-bbox="99 1016 618 1043">Image Credit: http://www.prevention.com/fitness/yoga/yoga-poses-calm-you-down-and-beat-stress/upward-facing-dog</p>	
<p data-bbox="289 1203 422 1232">Warrior 1</p>  <p data-bbox="160 1486 545 1501">Image Credit: http://www.prevention.com/fitness/yoga/yoga-hay-fever-and-allergies</p>	



1
mountain pose



2
inhale
reach up



3
exhale
forward fold



9
exhale
forward fold

10
inhale
reach up

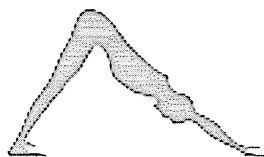
Surya Namaskara A Sun Salutation A



8
inhale
half lift



4
inhale
half lift



7
exhale
downward dog



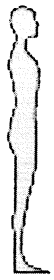
5
exhale
chaturanga



6
inhale
upward dog

Surya Namaskara B

Sun Salutation B



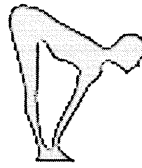
mountain pose



inhale
chair pose



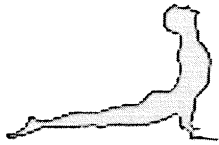
exhale
forward fold



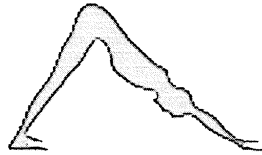
inhale
half lift



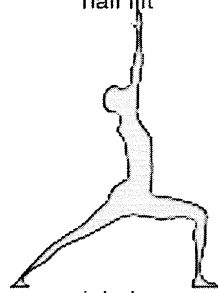
exhale
chatarunga



inhale
upward dog



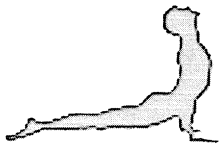
exhale
downward dog



inhale
warrior I



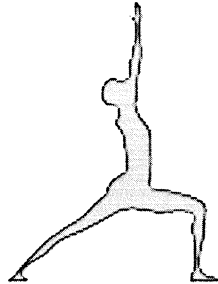
exhale
chatarunga



inhale
upward dog



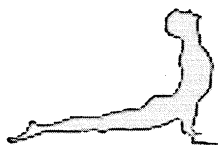
exhale
downward dog



inhale
warrior I



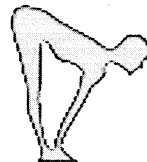
exhale
chatarunga



inhale
upward dog



exhale
downward dog



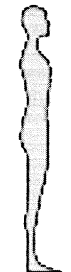
inhale
half lift



exhale
forward fold




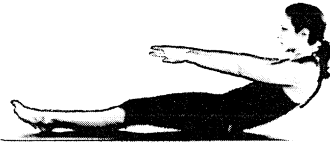

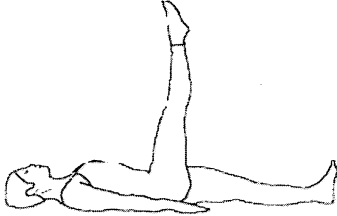

inhale
chair pose


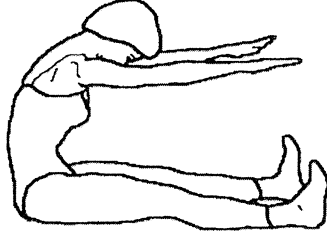

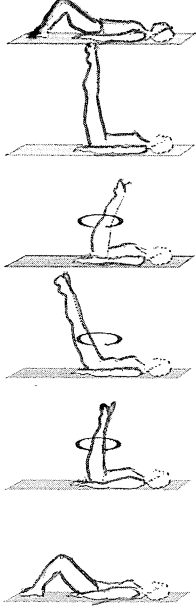


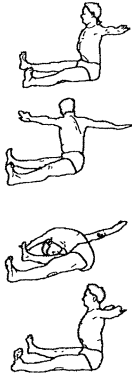
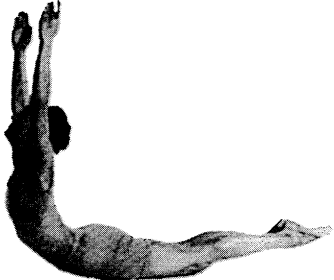
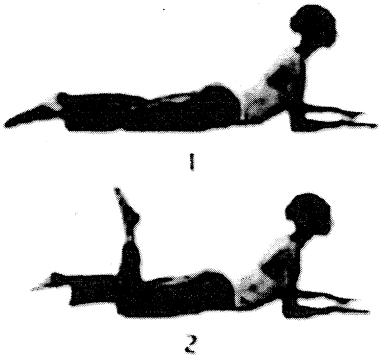
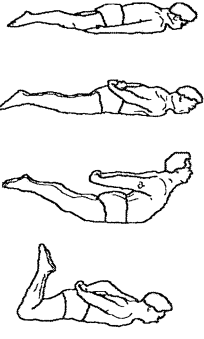
exhale
mountain pose

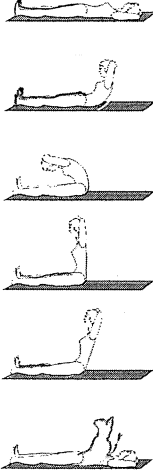
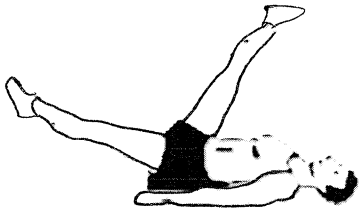

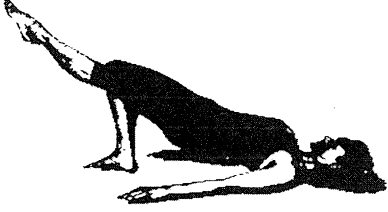
Name _____ Period _____

Pilates: Mat Exercises

Exercises in Classical Order	Critical Elements
<p data-bbox="386 340 500 369" style="text-align: center;">Hundred</p>  <p data-bbox="305 579 578 596" style="font-size: small;">Image Credit: http://thebalanceyoga.com/classes/pilates-yoga/</p>	
<p data-bbox="393 600 493 630" style="text-align: center;">Roll Up</p>  <p data-bbox="276 966 604 982" style="font-size: small;">Image Credit: http://usepilates.com/blog/2011/11/i-couldnt-do-a-roll-up/</p>	
<p data-bbox="380 987 500 1016" style="text-align: center;">Roll Over</p>  <p data-bbox="159 1230 721 1247" style="font-size: small;">Image Credit: http://www.bellezapara.com/2012/09/14/pilates-bien-y-mal-hecho-la-importancia-de-practicarlo-correctamente/</p>	
<p data-bbox="347 1251 532 1281" style="text-align: center;">One Leg Circle</p>  <p data-bbox="282 1499 591 1516" style="font-size: small;">Image Credit: http://www.easyyogour.net.nz/pilates/h_cballeg.htm</p>	
<p data-bbox="250 1520 623 1549" style="text-align: center;">Rolling Back (rolling like a ball)</p>  <p data-bbox="282 1848 591 1864" style="font-size: small;">Image Credit: http://www.easyyogour.net.nz/pilates/rt_cballeg.htm</p>	

Exercises in Classical Order	Critical Elements
<p data-bbox="332 136 560 168">Double Leg Stretch</p>  <p data-bbox="316 451 576 472">Image Credit: http://pilatesartproject.com/twolegstret.html</p>	
<p data-bbox="365 472 511 504">Spine Stretch</p>  <p data-bbox="267 787 625 808">Image Credit: http://www.easyvigour.net.nz/pilates/h_cspinestretchfdbeg.htm</p>	
<p data-bbox="300 850 576 882">Rocker with Open Legs</p>  <p data-bbox="300 1165 576 1186">Image Credit: http://www.pilatesartproject.com/openlegk.html</p>	
<p data-bbox="365 1186 511 1218">Cork Screw</p>  <p data-bbox="259 1974 609 1995">Image Credit: http://www.fitnessonline.at/wissen/pilates/008_corkscrew.htm</p>	

Exercises in Classical Order	Critical Elements
<p style="text-align: center;">Saw</p>  <p style="font-size: small;">Image Credit: http://www.easyvigour.net.nz/pilates/pPilates11.gif</p>	
<p style="text-align: center;">Swan Dive</p>  <p style="font-size: small;">Image Credit: http://www.apilatespractice.com/Studio.aspx</p>	
<p style="text-align: center;">One Leg Kick</p>  <p style="font-size: small;">Image Credit: http://mlmetheresat.com/wp-content/uploads/2012/07/onelegkick.jpg</p>	
<p style="text-align: center;">Double Leg Kick</p>  <p style="font-size: small;">Image Credit: http://pilatesresources.com/wp-content/uploads/2012/06/1.jpg</p>	

Exercises in Classical Order	Critical Elements
<p data-bbox="386 178 505 210">Neck Pull</p>  <p data-bbox="289 693 597 709">Image Credit: http://www.fitnessonline.at/wissen/pilates/neck-pull.gif</p>	
<p data-bbox="391 714 500 745">Scissors</p>  <p data-bbox="277 1102 602 1119">Image Credit: http://pertrainer.com/Content/Images/PilatesScissors.png</p>	
<p data-bbox="391 1176 483 1207">Bicycle</p>  <p data-bbox="224 1486 646 1503">Image Credit: http://www.bicycling.com/sites/default/files/images/Power-Flexibility-Pilates.jpg</p>	
<p data-bbox="332 1512 537 1543">Shoulder Bridge</p>  <p data-bbox="256 1822 613 1839">Image Credit: http://www.nocpilates.com/files/images/NO_shoulder_bridge.jpg</p>	

Exercises in Classical Order

Critical Elements

Spine Twist

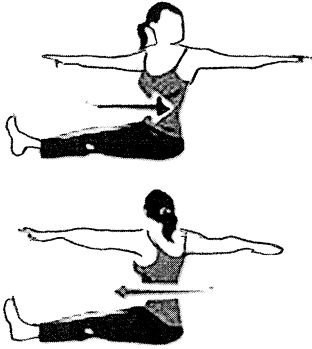


Image Credit: <http://images.rodale.com/image/wh/0905-15min-spine-twist150.jpg>

Jack Knife



Image Credit: http://www.joditahrt.com/images/jack_knife.png

Side Kick

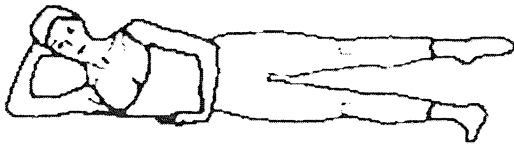
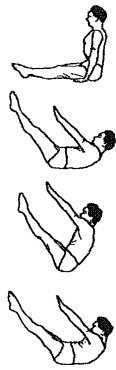
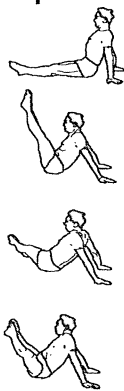
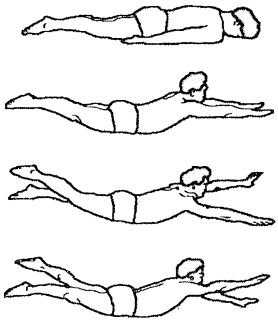
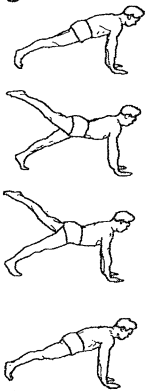
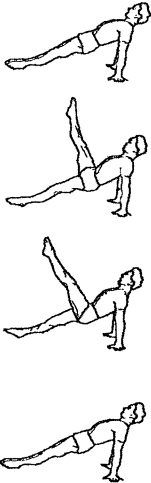
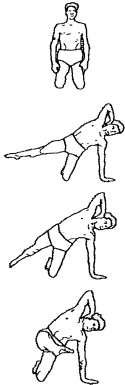
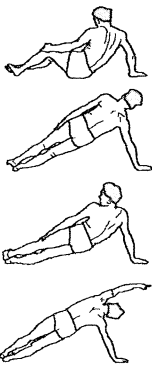
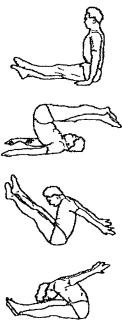
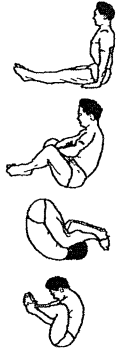

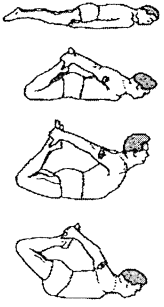



Image Credit: http://www.easyvigour.net.nz/pilates/an_frontback.gif

Exercises in Classical Order	Critical Elements
 <p>Image Credit: http://www.easyvigour.net.nz/pilates/pPilates22.gif</p>	
<p>Hip Twist</p>  <p>Image Credit: http://www.easyvigour.net.nz/pilates/pPilates23.gif</p>	
<p>Swimming</p>  <p>Image Credit: http://www.easyvigour.net.nz/pilates/pPilates24.gif</p>	
<p>Leg Pull – Front</p>  <p>Image Credit: http://www.easyvigour.net.nz/pilates/pPilates25.gif</p>	

Exercises in Classical Order	Critical Elements
<p data-bbox="396 121 493 151">Leg Pull</p>  <p data-bbox="295 634 584 651">Image Credit: http://www.easyvigour.net.nz/pilates/pPilates26.gif</p>	
<p data-bbox="331 688 555 718">Side Kick Kneeling</p>  <p data-bbox="295 1104 584 1121">Image Credit: http://www.easyvigour.net.nz/pilates/pPilates27.gif</p>	
<p data-bbox="376 1121 500 1150">Side Bend</p>  <p data-bbox="295 1524 584 1541">Image Credit: http://www.easyvigour.net.nz/pilates/pPilates28.gif</p>	
<p data-bbox="363 1566 509 1596">Boomerang</p>  <p data-bbox="295 1927 584 1944">Image Credit: http://www.easyvigour.net.nz/pilates/pPilates29.gif</p>	

Exercises in Classical Order	Critical Elements
<p style="text-align: center;">Seal</p>  <p style="font-size: small;">Image Credit: http://www.easyvigour.net.nz/pilates/pPilates30.gif</p>	
<p style="text-align: center;">Crab</p>  <p style="font-size: small;">Image Credit: http://www.easyvigour.net.nz/pilates/pPilates31.gif</p>	
<p style="text-align: center;">Rocking</p>  <p style="font-size: small;">Image Credit: http://2.bp.blogspot.com/_nMvTpyFziLU/TKgNSp9O2U/AAAAAAAAAKo/MUubFBhstQ/s1600/Rocking.jpg</p>	
<p style="text-align: center;">Control Balance</p>  <p style="font-size: small;">Image Credit: http://www.easyvigour.net.nz/pilates/pPilates33.gif</p>	

Push Up



Image Credit: <http://www.easyvigour.net.nz/pilates/pPilates33.gif>

NOTES:

Glossary of Basic Dance, Pilates, and Yoga Terms

<i>Asana</i>	
<i>Ball Change</i>	
<i>Canon</i>	
<i>Catch Step</i>	
<i>Chain</i>	
<i>Chakra</i>	
<i>Chasse</i>	
<i>Concentric Contraction</i>	
<i>Contrology</i>	

<i>Diaphragmatic Breathing</i>	
<i>Eccentric Contraction</i>	
<i>Extension</i>	
<i>Flexion</i>	
<i>Imprinted Spine</i>	
<i>Isolation</i>	
<i>Isometric Contraction</i>	
<i>Jazz Square</i>	
<i>Lateral Breathing</i>	

<i>Motif</i>	
<i>Namaste</i>	
<i>Neutral Pelvis</i>	
<i>Neutral Spine</i>	
<i>Passe</i>	
<i>Pilates Box</i>	
<i>Pirouette</i>	
<i>Plie</i>	
<i>Powerhouse</i>	

<i>Prana</i>	
<i>Releve</i>	
<i>Sanskirt</i>	
<i>Scoop the Abs</i>	
<i>Sit Bones</i>	
<i>Tabletop Legs</i>	
<i>Tempo</i>	
<i>Unison</i>	
<i>Zip It Up</i>	

Name _____ Period _____

Circuit Training Presentation Worksheet

Group Memebers/Partners: _____

List the sequence in which you will present to your class. List any equipment needed for the activity.	Write the teaching cues you will use to have students perform each task correctly.	List muscle groups targeted in each task.

List the sequence in which you will present to your class. List any equipment needed for the activity.	Write the teaching cues you will use to have students perform each task correctly.	List muscle groups involved in each task.

Name _____ Period _____

Yoga Presentation Worksheet

Group Memebers/Partners: _____

List the sequence in which you will present each pose to your classmates.	Write the teaching cues you will use to have students perform each task correctly.	List muscle groups targeted in each task. Note whether it is a concentric or eccentric contraction for each muscle group.

List the sequence in which you will present each pose to your classmates.	Write the teaching cues you will use to have students perform each task correctly.	List muscle groups targeted in each task. Note whether it is a concentric or eccentric contraction for each muscle group.

Name _____ Period _____

Pilates Presentation Worksheet

Group Memebers/Partners: _____

List the sequence in which you will present each exercise to your classmates.	Write the teaching cues you will use to have students perform each task correctly.	List movements that should be avoided.

List the sequence in which you will present each exercise to your classmates.	Write the teaching cues you will use to have students perform each task correctly.	List movements that should be avoided.

**FORTUNA UNION HIGH SCHOOL
PHYSICAL EDUCATION POLICIES AND STUDENT EXPECTATION GUIDE**

The Physical Education Staff at Fortuna High School is proud of its extended efforts to provide a good, well-rounded Physical Education program. We encourage parents' to be involved in their student's physical education. Please inform your student's teacher if he/she is experiencing a problem in or with their physical education class.

Physical Education Teachers may be contacted by phoning 725-4461 (Boys' Gym – ext. 3085 or Girls' Gym- Ext. 3086).

COURSE DESCRIPTION: YOGA, PILATES, DANCE, AND CIRCUIT TRAINING

This course is designed to introduce students to the basic postures, breathing techniques, and relaxation methods of yoga and Pilates. Students will begin to experience the benefits of stretching, moving, and breathing freely as they relieve built up stress, learn to relax, and ultimately get more out of day-to-day life. Students will also develop proficient movement skills in rhythms/dance activities. Circuit training utilizing strength bands, exercise balls, aerobic steps, and weights will be incorporated to further the benefits of muscle toning. The aim of this course is to promote flexibility, muscle toning and endurance.

STUDENTS ARE EXPECTED TO FOLLOW DIRECTIONS GIVEN BY ALL FHS STAFF MEMBERS

I. Clothing

The P.E. class uniform is; a blue or gray Fortuna High P.E. shirt, blue athletic shorts, socks and tennis shoes. Two sets of gym clothes are recommended: athletic shorts and t-shirt for indoor activities and warm days, and sweatpants, sweatshirt and shirt for colder weather. Yoga pants are permitted for this course only. They must be solid color (no writing on them) in blue, black, or gray.

Athletic shorts and t-shirt must be marked with a permanent marking pen, and include the student's last name and first initial in the box provided or on the upper left side of their t-shirt and the left leg of their athletic shorts. Sweats may be marked on the inside label or waistband. Tape is not to be used to mark clothing.

- Gym clothing shall not be altered (no homemade shirt or shorts)
- Only tennis shoes should be worn. Sandals, flip-flops, backless shoes, slippers and boots are not acceptable.
- Street clothes are not acceptable gym attire.
- Gym clothes are not to be worn over street clothes
- Blue sweat pants and sweatshirts are highly recommended for cold weather.
- Shorts, t-shirts, and socks are to be taken home on Friday, and return clean for class on Monday.

II. Locks and Lockers

- A. Each student is provided with one combination lock. This lock is the student's responsibility. A charge of \$8.00 will be assessed for a lock that is not returned at the end of the school year.
- B. Students bringing their own lock must register it in the P.E. office. (The combination or one key, plus the lock number must be given to your P.E. teacher.)
- C. If your lock is missing, check with your teacher immediately.
- D. **Do not share lock or lockers.**

III. Excuses

- A. There is **NO** excuse for not dressing down for P.E.
- B. To be excused from class participation, a **written note** (not an E-mail, text, or phone call) must be presented from a parent or guardian the day a student is to be excused (the student is still expected to dress down). If a student is to be excused for more than three days, an excuse from a **medical** doctor is required. (*A note from a parent or guardian must be presented for each day a student is to be excused, and include date and contact number.*)
- C. After five (5) notes from home, per semester, a student will have 20 points deducted from their grade for every additional note.
- D. There is a possibility that a student may be injured in the activities taking place in P.E. No matter how minor, the student must report the injury to their P.E. teacher that period. An accident report must be filled out for all injuries incurred in P.E. class.
- E. All ATHLETES are expected to dress down and participate in P.E. activities on game day.

IV. Medical Excuses

- A. Medical excuses lasting four weeks or more in a semester will result in a medical /no credit grade.
- B. Restricted Medicals – A student who is on a restricted medical will be given an alternative, individualized program to be determined by the instructor. (Example: walking instead of running, stretching instead of walking, or written assignment(s).)
- C. Students who are unable to perform any class activities, while on a medical excuse, will need to complete a long term injury project.

V. Non-Suits, Tardies, and Cuts

- A. Students are expected to be in the gym when the tardy bell rings.
- B. Students are tardy to roll call if they are not present when the teacher starts to take roll. 5 points will be deducted for a tardy.
- C. 20 points will be deducted for not dressing down.
- D. Non-suits can result in campus beautification as well loss of points.
- E. Students are to be on their number until the passing bell rings. Classes are to leave through the assigned area. Students leaving early, or are not in assigned area, will receive a class cut.

VI. Grading

Daily Participation: Students may earn 20 points a day for participation.

Points will be deducted for the following

Suit cut – not dressed for activity – no excuse _____	-20
Incomplete uniform _____	-5 per item
Warm-up activities and assigned lap(s) (non-participation) _____	-8
Tardy _____	-5
Partial participation (inactive) _____	-6
Absences after 5 per semester _____	-20
Note from home after 5 per semester _____	-20
Failing to follow directions from all instructors _____	-10
Abusive language, verbal/sexual harassment _____	-10
Abusing school equipment _____	-10
Food or drink in gym or locker room _____	-10
Area Cut (not staying with class during class time) including 2 nd roll call _____	-10
Disrespect/poor attitude _____	-15
Class cuts and suspension _____	-20

Assessments:

Students should be advised that assessment will include:
Written exams and assignments, physical tests, and presentations.

Semester grading scale:

<u>Grade</u>	<u>Percent</u>	<u>Grade</u>	<u>Percent</u>
A	93-100	C	73-76
A-	90-92	C-	70-72
B+	87-89	D+	67-69
B	83-86	D	63-66
B-	80-82	D-	60-62
C+	77-79	F	50 or lower

VII. Make-ups

Make-ups are limited to advancing one grade level only. Contact your teacher for information about make-ups.

VIII. Additional Information

- A. Showers are available and recommended. No towel service is provided.
- B. Spitting in gyms areas or sinks is forbidden. (Any type of tobacco is not allowed.)
- C. Pajama bottoms are not considered sweat pants.
- D. Denim or khaki shorts are not considered athletic shorts.
- E. Nylons or tights are not to be worn during P.E.
- F. If your clothing is missing, check the lost and found.
- G. **DO NOT LEND YOUR CLOTHES TO ANYONE.**
- H. Do not bring personal athletic equipment to class unless approved by teacher.
- I. There will be no "Put Downs" or harassing in Physical Education. Hazing and/or bullying will not be tolerated.
- J. You are responsible for finding out and making up any work missed through absences.
- K. Students will receive handouts and worksheets **ONE TIME**.

NOTE: You **must** have your P.E. teacher's approval to be excused from P.E. for a counselor's appointment, to go to another class to work on a project, take a test, do make up work, or use the restroom.

ALL VALUABLES, MONEY & ELECTRONIC DEVICES (cell phone, ipod, laptop, etc.) ARE NOT TO BE IN ANY PHYSICAL EDUCATION CLASS OR LEFT IN A PHYSICAL EDUCATION LOCKER.

Cut and return bottom part to you teacher

Revised 8/2013

2013-2014 PHYSICAL EDUCATION EXPECTATIONS GUIDE

I have read the preceding information and if I have any questions, I will call or come in to discuss these policies. Please sign and return to your P.E. teacher by August 28, 2013.

Student's Name: _____

Student's Signature: _____

Date _____

Parent/Guardian Signature: _____

Date _____

Comments (Medical information, contact lens, etc.):

Board Agenda Backup

Item No: 13.8

Date: 10 September 2013

Item: Report, Discussion and Possible Action in consideration of Resolution 2013-14.03 regarding elimination of classified employee services (1 – 7.0 hour/day position) - Layoff

Overview: The classified employee service was hired to provide a one-to-one service to a student at Fortuna High School. Due to the fact that this student moved out of the area, this service is no longer needed.

Recommendation: Staff has reviewed the resolution and recommends approval.

Budget Considerations: Savings

Funding Source: General Fund

Budgeted: Yes

Amount: approximately \$33,000

Prepared by: Sarah Reback

Reviewed by: Glen Senestraro

**BEFORE THE BOARD OF TRUSTEES OF THE
FORTUNA UNION HIGH SCHOOL DISTRICT
HUMBOLDT COUNTY, CALIFORNIA**

In the Matter of the Elimination)
of Certain Positions in the Classified) **RESOLUTION NO. 2013-14.03**
Service and Directing Notification of)
Classified Employee)

WHEREAS, Fortuna Union High School District (“District”) maintains the following position within the classified / management service: **1-to-1 Paraprofessional**

WHEREAS, due to lack of work and/or lack of funds, the Board of Trustees of the District hereby finds that it will be necessary to eliminate certain services to the following extent: **One (1) 7.00 hour/day 1-to-1 Paraprofessional position;**

NOW, THEREFORE, BE IT RESOLVED that, effective November 11, 2013, or 60 days after service of notice, whichever is later, the classified position of the District shall be eliminated to the extent hereinabove set forth; and

BE IT FURTHER RESOLVED that the Superintendent, or designee, of this District is hereby authorized and directed to give notice of the elimination of the foregoing services to the appropriate classified employee of the District in accordance with applicable law; and

BE IT FURTHER RESOLVED that the Superintendent, or designee, is hereby authorized and directed to inform such employee of her displacement rights, if any, and her rehire rights.

The foregoing Resolution was passed and adopted by the Board of Trustees of the Fortuna Union High School District on September 10, 2013, by the following vote:

AYES: _____
NOES: _____
ABSENT: _____

I, Eldon Whitehead, Secretary/Clerk of the Board of Trustees, do hereby certify that the foregoing Resolution was regularly introduced, passed, and adopted by the Board of Trustees of the District at its meeting on September 10, 2013.

Clerk/Secretary, Board of Trustees

FORTUNA UNION HIGH SCHOOL DISTRICT

updated: 9/3/2013

BOND FUNDS TRACKING SPREADSHEET

Series A (2013)

141

Proceeds From Sale of Bond and Associated Closing Expenditures (Fund 21)

Item	Amount	Description
Bond Proceeds (2013)	\$3,500,000.00	Sale of series A
Underwriters' Discount	-\$68,512.50	Underwriter's Discount, fees (<i>Edward Jones</i>)
Debt Service Fund	-\$56,169.06	Transfer to Fund 51, 3/1/2013, TF-131921, 21-9400-0-0000-0000-8951-000-0000
Total Deposited	\$3,375,318.44	Deposited in Fund 21, 2/28/2013, TF-131690, 21-9400-0-0000-0000-8951-000-0000
Cost of Issuance Account	-\$154,011.84	3/1/2013, TF-131921, 21-9400-0-0000-9100-7434-000-0000
<i>Issuance breakdown</i>	-\$67,411.84	<i>Isom Advisors, Financial Advisor Fee, reimbursable expenses</i>
	-\$25,000.00	<i>Isom Advisors, Pre-Election Services Rendered</i>
	-\$49,850.00	<i>Jones Hall, Bond Counsel and Disclosure Counsel fees & expenses</i>
	-\$300.00	<i>County of Humboldt, Paying Agent fee and reimbursable expenses</i>
	-\$2,750.00	<i>Royce Printing, Official Statement Printing</i>
	-\$8,700.00	<i>Standard's & Poor's, Rating Agency Fee</i>
Interest Earned	\$4,749.91	As of 6/30/2013
Total Available Funds	\$3,226,056.51	

2012-2013 Expenditures in Building Fund (21)

Vendor	Amount	Paid		Invoice #	PO #	Site	Project	Description
		Date	Warrant #					
BCA Architects	\$27,332.56	3/7/2013	322691	39714	130822	000	0000	Master Plan and associated expenses
BCA Architects	\$20,592.00	3/14/2013	323481	39819	130848	420	0141	East High Schematic Design, assoc expenses
BCA Architects	\$69,300.00	3/14/2013	323481	39820	130849	410	0000	FHS Schematic Design and assoc expenses
BCA Architects	\$5,000.00	3/14/2013	323481	39820	130849	410	0000	FHS Fog City As-builts retainer
BCA Architects	\$5,181.69	3/14/2013	323481	39820	130850	410	0000	FHS Civil Engineering Fees (SHN/CLC/BCA)
BCA Architects	\$27,720.00	4/4/2013	325627	39839	130849	410	0000	FHS Schematic Design and assoc expenses
BCA Architects	\$690.66	4/4/2013	325627	39839	130850	410	0000	FHS Civil Engineering Fees (SHN/CLC/BCA)
BCA Architects	\$5,148.00	4/4/2013	325627	39838	130848	420	0141	East High Schematic Design, assoc expenses
BCA Architects	\$6,987.75	4/11/2013	326004	39840	130849	410	0000	FHS Fog City As-builts final payment
SHN Consulting	\$18,000.00	4/29/2013	327592	79551	130961	000	0000	Geotechnical Engineering Services
BCA Architects	\$2,535.00	4/30/2013	328729	39868	130848	420	0141	East High Schematic Design, assoc expenses
BCA Architects	\$25,350.00	4/30/2013	328729	39868	130848	420	0141	East High Schematic Design, assoc expenses
BCA Architects	\$1,704.30	4/30/2013	328729	39868	130847	420	0141	East High Civil Engineering Fees
BCA Architects	\$2,520.00	4/30/2013	328729	39869	130849	410	0000	FHS Schematic Design and assoc expenses
BCA Architects	\$25,200.00	4/30/2013	328729	39869	130849	410	0000	FHS Schematic Design and assoc expenses
BCA Architects	\$4,318.65	4/30/2013	328729	39869	130850	410	0000	FHS Civil Engineering Fees (SHN/CLC/BCA)
BCA Architects	\$21,450.00	6/20/2013	332981	39916	130848	420	0141	East High Schematic Design, assoc expenses
BCA Architects	\$4,677.30	6/20/2013	332981	39916	130847	420	0141	East High Schematic Design, assoc expenses
BCA Architects	\$2,145.00	6/20/2013	332981	39916	130848	420	0141	East High Civil Engineering Fees
BCA Architects	\$12,600.00	6/20/2013	332981	39917	130849	410	0000	FHS Schematic Design and assoc expenses
BCA Architects	\$1,332.11	6/20/2013	332981	39917	130850	410	0000	FHS Civil Engineering Fees (SHN/CLC/BCA)
BCA Architects	\$1,260.00	6/20/2013	332981	39917	130849	410	0000	FHS Schematic Design and assoc expenses
SHN Consulting	\$2,000.00	6/27/2013	333593	79725	130961	410	0000	Geotechnical Engineering Services
SHN Consulting	\$5,000.00	6/27/2013	333593	79725	130962	410	0000	Geotechnical Engineering Services
SHN Consulting	\$15,000.00	6/27/2013	333593	79725	130962	410	0000	Geotechnical Engineering Services
BCA Architects	\$8,580.00	7/17/2013	334847	39944	130848	420	0141	East High Schematic Design, assoc expenses
BCA Architects	\$858.00	7/17/2013	334847	39944	130848	420	0141	East High Schematic Design, assoc expenses
BCA Architects	\$2,157.15	7/17/2013	334847	39944	130847	420	0141	East High Civil Engineering Fees
BCA Architects	\$157,500.00	7/17/2013	334847	39947	130849	410	0000	FHS Schematic Design and assoc expenses
BCA Architects	\$15,792.00	7/17/2013	334847	39947	130849	410	0000	FHS Schematic Design and assoc expenses
BCA Architects	\$3,937.20	7/17/2013	334847	39947	130850	410	0000	FHS Civil Engineering Fees (SHN/CLC/BCA)
Total Paid in 2012-2013	\$501,869.37							

Balance as of 6/30/2013 **\$2,724,187.14**

FORTUNA UNION HIGH SCHOOL DISTRICT
BOND FUNDS TRACKING SPREADSHEET
Series A (2013)

updated: 9/3/2013

2013-2014 Revenues in Building Fund (21)

Beginning Balance 7/1/2013	\$2,724,187.14
Interest Earned	\$0.00
Total Available Funds	\$2,724,187.14

2013-2014 Expenditures in Building Fund (21)

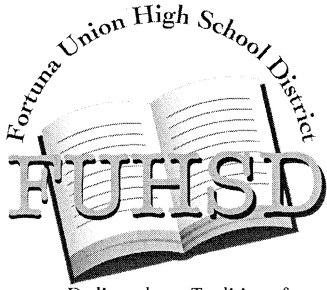
Vendor	Amount	Paid		Invoice #	PO #	Site	Project	Description
		Date	Warrant #					
SHN Consulting	\$17,500.00	7/31/2013	335975	80221	140091	000	0000	Surveyor Services
BCA Architects	\$4,290.00	8/21/2013	337276	39973	140129	420	0141	East High Schematic Design, assoc expenses
BCA Architects	\$436.80	8/21/2013	337276	39973	140129	420	0141	East High Schematic Design, assoc expenses
BCA Architects	\$42,000.00	8/21/2013	337276	39974	140130	410	0000	FHS Schematic Design and assoc expenses
BCA Architects	\$4,200.00	8/21/2013	337276	39974	140130	410	0000	FHS Schematic Design and assoc expenses
Total Paid in 2013-2014	\$68,426.80							

Current Fund Balance **\$2,655,760.34**

Code	Site	Project
0141	420	East High Building
0142	410	FHS Gyms
0143	410	FHS Athletic Complex
0144	410	FHS Theater
0000	000	Unspecified

Abbr	Name	Service
BCA	Bunton Clifford Associates, Inc	Architects/Project Manager
CDE	California Department of Education	
CLC	Corinne Loskot Consulting	Funding Consultant
DSA	Division of the State Achitect	State Approval
HPI	High Performance Incentive	State Funding Source
OPSC	Office of Public School Construction	
SHN	SHN Consulting Engineers & Geologists	Civil Engineering

Fund 21	Building Fund - District Fund for deposit of Bond proceeds and expenses of Bond Projects.
Fund 51	Bond Interest and Redemption Fund - County Controller Fund to redeem Bond.



Dedicated to a Tradition of Educational Excellence, Integrity, and Community

GLEN SENESTRARO
Superintendent

SARAH REBACK
District Secretary/Personnel

COREY WEBER
Business Manager

JEANNIE FULTON
Accounts Payable

VALERIE HOLMES
Payroll and Benefits

PRINCIPALS

CLINT DUEY
Fortuna High School

DANIELLE CARMESIN
Academy of the Redwoods

BRIAN SCHOENFIELD
East High School

379 TWELFTH STREET
FORTUNA, CA 95540

PHONE: (707) 725-4461
FAX: (707) 725-6085

district@fuhsdistrict.org

Date: 10 September 2013
To: FUHSD Board of Trustees
From: Glen Senestraro, Superintendent
Re: API Scores

The District officially received the API scores:

Academy of the Redwoods

2011-12 820
2012-13 864

East High School

2011-12 496
2012-13 583

Fortuna High School

2011-12 691
2012-13 735

Fortuna Union High School District

2011-12 709
2012-13 755

FORTUNA UNION HIGH SCHOOL DISTRICT

Monthly Cash Balance and Expense Report

Cash Balances July 1, 2013 thru August 31, 2013

Fund	Beg Balance	Prior Year		Current Year		Ending Balance
		Income	Expense	Income	Expense	
General Fund Res 0000-0006	\$425,211.34	\$0.00	-\$35,103.32	\$390,108.02	-\$497,462.23	-\$106,846.61
General Fund Res 0007-8150	\$858,200.44	\$92,674.58	-\$29,505.02	\$921,370.00	-\$126,252.58	\$815,253.09
Total General Fund	\$1,283,411.78	\$92,674.58	-\$64,608.34	\$1,311,478.02	-\$623,714.81	\$708,406.48
Cafeteria Fund	\$12,772.10	\$5,795.28	-\$2,317.79	\$16,249.59	-\$6,704.69	\$9,544.90
Special Reserve Fund	\$768,884.78	\$0.00	\$0.00	\$768,884.78	\$0.00	\$768,884.78
Retiree Benefit Reserve Fund	\$8,884.62	\$0.00	\$0.00	\$8,884.62	\$0.00	\$8,884.62
Capital Outlay Fund-Redev	\$662,090.91	\$1,575.00	\$0.00	\$663,665.91	\$0.00	\$663,665.91
Capital Outlay Fund-Bus Res	\$5,961.74	\$0.00	\$0.00	\$5,961.74	\$0.00	\$5,961.74
Total Capital Outlay Fund	\$668,052.65	\$1,575.00	\$0.00	\$669,627.65	\$0.00	\$669,627.65
Totals	\$2,742,005.93	\$100,044.86	-\$66,926.13	\$2,775,124.66	-\$630,419.50	\$2,165,348.43

FORTUNA UNION HIGH SCHOOL DISTRICT

Monthly Cash Balance and Expense Report

updated: 9/3/2013

2013-2014 Expenses

General Fund Expense	July 2013	August 2013	Sept 2013	Oct 2013	Nov 2013	Dec 2013	Jan 2014
Certificated Salaries	\$31,314.67	\$81,445.05	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Classified Salaries	\$55,335.97	\$65,479.67	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Salary Expenses (Stat Bene)	\$152,761.58	\$165,862.15	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Materials & Supplies	\$4,803.44	\$51,586.39	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Services	\$33,229.74	\$66,186.24	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Capitalized Expenses	\$11,074.54	\$24,129.23	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Transfers Out	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Total General Fund	\$288,519.94	\$454,688.73	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00

Cafeteria Fund Expense	July 2013	August 2013	Sept 2013	Oct 2013	Nov 2013	Dec 2013	Jan 2014
Classified Salaries	\$0.00	\$3,223.30	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Salary Expenses (Stat Bene)	\$2,536.00	\$3,222.30	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Materials & Supplies	\$0.00	\$330.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Services	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Capitalized Expenses	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Transfers Out	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Total Cafeteria Fund	\$2,536.00	\$6,775.60	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00

Special Reserve Fund Expense	July 2013	August 2013	Sept 2013	Oct 2013	Nov 2013	Dec 2013	Jan 2014
Transfers Out	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Total Special Reserve Fund	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00

Retiree Benefit Fund Expense	July 2013	August 2013	Sept 2013	Oct 2013	Nov 2013	Dec 2013	Jan 2014
Transfers Out	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Total Special Reserve Fund	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00

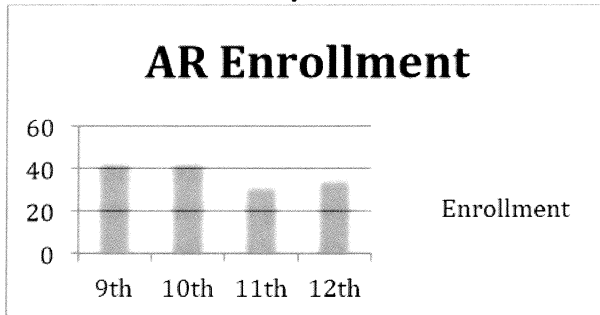
Capital Outlay Fund Expense	July 2013	August 2013	Sept 2013	Oct 2013	Nov 2013	Dec 2013	Jan 2014
Capitalized Expense	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Transfers Out	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Total Special Reserve Fund	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00

TOTAL MONTHLY EXPENSES	\$291,055.94	\$461,464.33	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
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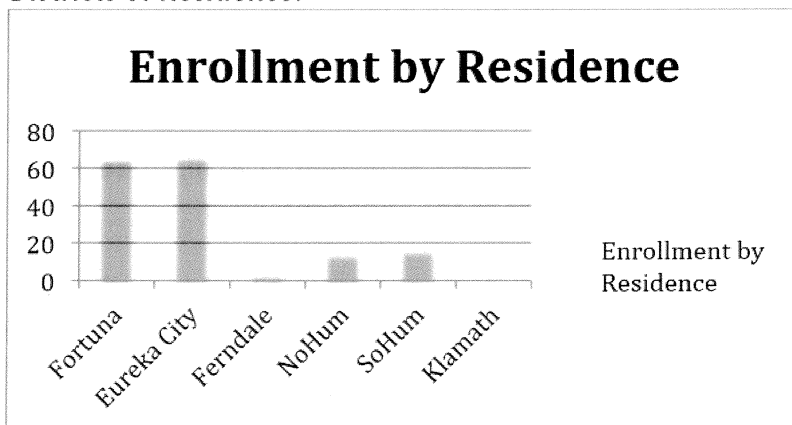
**Academy of the Redwoods- September, 2013
Board Report Submitted by Danielle Carmesin**

Current Enrollment by Grade Level:



Total Enrollment:
 9th- 46
 10th- 48
 11th- 42
 12th-34
 Total- 170

Districts of Residence:



District of Residence:
 Fortuna Union- 66
 Eureka City- 67
 Ferndale- 4
 NoHum- 15
 SoHum- 17
 KTJUSD- 1

Orientation Week at AR:

Staff Duty Day- Google Apps for Education

On Monday, August 12th AR staff reconnected from the summer break and were introduced to new district staff. We spent a large portion of our time learning about Google Apps for Education and how we could use this free resource to streamline communication and students access to curriculum. AR staff has decided to dedicate two hours a month of professional development to improve their use of Google Apps and technology in the classroom. On September 3rd staff is meeting with Colby Smart, HCOE E-Learning specialist to increase their knowledge of Google Apps. I continue to be amazed at our teacher's commitment to being life-long learners.

REBAR-Student Led orientation

REBAR is a student organization known as **Reinforcing the Established Body of the Academy** of the Redwoods. This student group organizes an orientation for all incoming students to become familiar with the processes and procedures of being a high school student on a college campus.

Summer Bridge

All incoming first years participate in the Summer Bridge program. The program is a partnership with AR and CR faculty in Career-Technical Education, Mathematics, and Sciences department. This year students were introduced to CTE faculty and the different courses available on campus, witnessed a Chemistry magic show, and learned about our local natural resources.

Financial Literacy

The Financial Literacy program is a partnership between HCOE-Decade of Difference, Local Community members, and Academy of the Redwoods. Students in their third and fourth years were involved in workshops that focused on credit history, auto insurance, taxes, and college and career counseling.

College of the Redwoods Opens New Buildings:

The construction on campus has dramatically decreased with the opening of the new Science and Humanities classrooms. AR Chemistry and Biology courses will now be held in state of the art facilities. We will also be using the new buildings for our math courses.

AR-Advising Center:

This year AR had the opportunity to move into vacant space right next to our attendance office. This space was previously home to CR Security. We are using the space for our new advising center where students can meet with our academic advisor and attend classes focused on college and career readiness.

August AR Family Meeting:

Last month we held a family meeting to assist families in logging into the parent portal of Aeries to stay current on their student's grades. We highlighted our website where families can access their students courses and assignments, and we reviewed the graduation requirements for all incoming first years.

2012-2013 Academic Probation:

Here is a review of last school years students who were on academic probation. Overall, students on academic probation decreased from the Fall semester last year to the Spring semester.

This Fall our Academic Advisor and myself are meeting with students and parents who earned a D+ or an F in any AR course. We discuss strengths of the student and areas for improvement. We continue to monitor the students progress over the course of the semester and recommend alternative district school choices if a student academics decline.

2012-2013 Fall Academic Probation

9th 5, 10% of the 9th graders
10th 4, 8% of the 10th graders
11th 12, 34% of the 11th graders
12th 0

2012-2013 Spring, Academic Probation

10th 3, 6.25% of the 10th graders
11th 2, 4.76% of the 11th graders
12th 4, 11.76% of the 12th graders

Upcoming Events:

Saturday, September 21st - Adopt-A-Highway Clean-up at 8:30-11:00 meet in the SSC

Monday, September 30th - English Gallery of Learning



EAST HIGH SCHOOL

16.2

“The Eagle’s Nest”

392 SIXTEENTH STREET
FORTUNA, CALIFORNIA 95540
Phone (707) 725-4461

SEPTEMBER 3, 2013

TO: FORTUNA UNION HIGH SCHOOL DISTRICT BOARD OF TRUSTEES

RE: BOARD REPORT FOR THE SEPTEMBER 2013 BOARD MEETING

Our opening enrollment on August 26, 2013 was 69 students. Currently, our enrollment is 80 students. The breakdown of our student population is as follows: 50 senior and 30 juniors. Seven of the seniors are “5th” year seniors completing their high school credits through Odesseyware. Of the 80 students, 34 of them are new students to East High School.

Ms. Lackey, our new administrative assistant, is a great addition to East High School. The learning curve for the position is steep and she is keeping up and holding her own. She has had a lot of computer problems for which Tim, our new technology specialist, has been trying to remedy almost daily.

We started our resident art program on Tuesday, September 3rd. We are again very fortunate to have Susan Cooper come onto our school twice a week to teach and help our students with a variety of art projects.

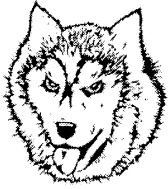
We brought back a 20 minute Silent Sustained Reading (SSR) period this year. We are having twenty Times-Standard Newspapers delivered daily and have encouraged students to check out novels. So far, the students seem to be enjoying the 20 minutes of reading.

Jan Overbey, our school librarian, reports that students are working really hard on their academics as is indicated by most of the academic textbooks being checked out each period. She is in the process of ordering more textbooks to accommodate the students’ academic studies.

Morgan Middleton, a senior, has been elected as East High’s student school board representative. This is Morgan’s second year at East High School. She is excited and proud to be representing East High School at the monthly school board meetings.

Upcoming events:

September 13, 2013	Ping Pong Tournament
September 20, 2013	California Coastal Beach Cleanup (South Jetty)
October 2, 2013	Short Story Contest begins
October 4, 2013	Ping Pong Tournament



Fortuna Union High School District

Fortuna High School

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September Board Report

1. School is off and running fairly successfully. There are currently 844 students attending Fortuna High School. The extra students have resulted in the school having to add sections in Math, English, History, and PE in order to meet contractual obligations.
2. The fall sports season is off and running with football, tennis, volleyball, cross country, soccer, and golf all under way. The sports schedule is available on the school website for your convenience.
3. Fortuna High teachers have been submitting weekly lesson plans for my review; this process has allowed me to be more efficient during my Wednesday observations. One of the main things I have observed is the level of continuity throughout the departments. For instance Raven Coit and Jared Ourique teach the exact same 11th grade English lesson on the same day. The process is really an example of how our PLC's are affecting instruction at Fortuna High.
4. Back to school night is September 18th starting at 6:30 pm, and all school board members are more than welcome. People will be following their students schedule and meeting their teachers and this would be a great time to pop in and see some of the teaching staff in action.
5. The new computer technicians are providing a very high level of service to our instructional staff. There has been a bit of an expected learning curve, but the level of service to date has been recognized by the teaching staff.
6. Repairs have been made to our D building disaster of a roof. A&I roofing manufactured covers for all of the seams on the roof. We wet tested the roof for 24 hours with sprinklers and encountered no leakage. Insulation has been scheduled for installation in the next two weeks followed by sheetrock. The classroom should be ready for by early October.
7. We recently had members of Roebbelen come in and conduct a thorough electrical evaluation of the campus; this process will enable us to make more efficient decisions moving forward in the bond process.

Technology Department Monthly Report

Month(s) of July and August

Dear Trustees,

Currently the IT Department is working on multiple long term projects: VOIP (internet based) phone system, working with NoHum to utilize filters (internet) properly, tracing network lines, connections etc....this just scratches the surface of our districts IT infrastructure changes and needs. Bringing a new IT position "up to speed" with the districts current network status is a long, detailed process. But the process is going forward at full speed.

The hire of Tim Oliveira will help with alleviating many classroom issues that are arising as the school year begins. He will be a great asset to the district. We are currently working on Aeries (student information system) issues, connection issues, printer issues...the list is long. The typical beginning of the year technical "stuff".

I have worked with Mr. Senestraro to implement a technology work request ticket system to better help prioritize and track technology needs of the district. We use both a hard copy and an optional "online" version for those that want to submit via their computer.

I look forward to answering any and all questions you have about our work schedules, duties being performed and general technology inquiries.

Thank you,

Derek DenOuden

8/30/2013

