La Crosse Central High School

Student and Family Handbook
2023-2024 School Year

Central High School’s

Belonging
Equity
Literacy
Inclusion
Empathy
Fun
Support
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## Indigenous Land Recognition Statement

*We recognize that the School District of La Crosse occupies the land of the Ho-Chunk people. Please take a moment to celebrate and honor this ancestral Ho-Chunk land, and the sacred lands of all indigenous peoples.*
Dear Central Students and Families:

We are so honored to welcome you to the Central High School community. Central is a great place to learn and every member of our staff is here to support you in your journey through high school.

Central is a diverse community and every single student is an important part of our school. We work to provide a safe, positive, and encouraging environment for students by celebrating and supporting our students, their families, and our community.

Ensuring that all students are successful requires collaboration and communication between school and home. We work in partnership with students and families to find solutions, provide opportunities, and remove barriers so that every child thrives and receives the best education possible.

The Student and Family Handbook was designed to help you understand our values and beliefs, our policies and procedures, and the many opportunities and resources available for students at Central.

We are excited and committed to creating a great high school experience for your child. If you ever have any questions or concerns, never hesitate to reach out to our staff for assistance.

Sincerely,

Central’s Leadership Team
  Jeff Axness, Principal
  Amber Erickson, Associate Principal
  Katie Green, Dean of Students
  Mark Ambrose, Activities Director

CHS Daily Bell Schedule
**CHS’s Mission and Vision**

*We serve the community by preparing ALL students for success after high school.*

*We achieve this mission through…*

**Centering Our Work in Educational Equity**  
Ensuring all students get what they need to be academically and socially successful

**Providing High-Quality Instruction**  
Making sure all students have relevant, engaging, skills based learning that will benefit them regardless of their plans for after high school

**Creating and Maintaining Positive and Supportive Relationships with Students and Families**  
Students and families are our partners in achieving this mission

**Central’s Vision for The Student Experience**

*To achieve our mission and vision, we have some basic expectations for ALL Central Students*

Central High School Students are expected to:
- Treat ALL members of the school community with respect, empathy, and dignity.
- Engage in learning and try their personal best.
- Ask for help when needed.
- Abide by Central High School Community Expectations
Central High School Community Expectations

**ATTENDANCE EXPECTATIONS**
Attendance is the BIGGEST predictor of student success and is ESSENTIAL for the SAFETY of every student.

**Students**
- To be marked PRESENT in class, students must be on time, in their assigned class, for the entire class period.
- Students will be marked TARDY if they come to class after the bell. If a student is marked absent it means that they did not PHYSICALLY attend class that period and were UNACCOUNTED FOR by the school.

**Family**
- When a student is unable to attend school, a parent or guardian **must** call or email our Attendance Office to communicate the reason for the absence.
- We will ALWAYS work with families when there are extenuating circumstances that prevent in person attendance but it is imperative that students are in their assigned class periods if able. As we know, the number one predictor of success is consistency in attendance.

**Compulsory Attendance**
Wisconsin State Law mandates that students attend an educational program, regularly until the age of 18. Truancy is defined as any absence of part or all of one or more days from school during which the school attendance office has not been notified of the legal cause of such absence by the parent or guardian of the absent pupil. 118.15.

Students who miss more than 4 full days will begin the truancy process which may include letters, referrals to Systems of Care, phone calls, home visits, truancy tickets, etc.

**CELL PHONE POLICY: OFF AND AWAY**
Cell phones are distracting to learning, prevent socialization in class, and prevent students from learning important executive functioning, and self-advocacy skills.

**Students**
- **Must keep** Cell phones **OFF and AWAY** during all classes, study hall, and resources.
  - Cell phones may be used during passing times and lunch.
- If students use their cell phones during class time, their teacher can take their cell phone and turn it into administration and the main office for the REMAINDER of the day.
- If a student refuses to turn over their cell phone to their teacher or argues with the policy, administration will CONTACT HOME to ensure the student follows the policy.
- If administration is unable to support the student to follow the policy, parent/guardian will need to come to take the phone, at this point it will be documented as a major discipline referral.
- Students may keep their phones in their locker if they are concerned about having it confiscated.
- Students may need to be on a phone plan if continued issues arise. This means that we would need to meet and their phone would need to be kept in the office every day.

Families
- Review the cell phone policy with your student and help them to understand why cell phones need to be OFF and AWAY at school.
- Please do not call or text during class time. In case of an emergency or urgent matter, please call the school directly to get a message to a student immediately.
- Support the school when students do not follow the policy.

**Why does Central have an OFF and AWAY Policy for Cell Phones?**

**What if My Student Needs to Contact Home? Or I Need to Get a Hold of My Student?**
We have many phones in the school that a student can use to contact family. We will also contact you to let you know that we had to confiscate your child’s phone due to irresponsible use during instructional time. You are also welcome to call the main office and we will get your message to your child.

**What about Cell Phones During an Emergency?**
Ken Trump, school security expert, says **phones can actually make us less safe in a crisis** such as the one in Parkland. He ticks off several reasons:

- Using phones can distract people from the actions they need to be taking in the moment, such as running, hiding and listening to directions from first responders.
- The sound of the phone, whether ringing or on vibrate, could alert an assailant to a hiding place.
- The shooter could be monitoring the event themselves on social media and find more victims or elude capture that way.
- Victims and worried family members trying to get through can jam communications, interfering with first responders.

**Aren’t Cell Phones Useful For Educational Purposes?**
They can be but they can also be a huge problem in an educational setting. Since we know understanding and utilizing technology is an important part of being a literate adult, we provide all of our students with a Mac laptop at the beginning of the year that they may use to access educational resources.

**Hallway Passes**
Keeping students safe on campus and engaged in learning is our #1 priority. Students can support this goal by being in their assigned class for the entire hour and following our pass policy.

**Student Responsibilities**
- Be in class, on time, for the entire hour
● Check in with teachers BEFORE going to another location
● Use passes for intended purpose

**Bathroom and Water Passes**
- Used for bathroom and water passes only.
- Students may only go to the bathroom NEAREST to their classroom (Only Exception: gender neutral bathrooms).

**LMC Pass (Green)** Must be written by the classroom teacher **not the study hall supervisor** prior to the beginning of the study hall.

**Pink Student Pass** Used for Office, Nurse, Student Services, Locker, to see other teachers during resource or study hall, etc.

**White Pass** Used for music lessons. Students may only use their music pass 3 minutes prior to their scheduled lesson and they need to report directly to their lesson. Students must check in with their assigned teacher and class period BEFORE reporting to their lessons.

Example: Olivia has a music lesson at 1:00p but her class starts at 12:50p. She needs to check in with her study hall teacher BEFORE going to her music lesson and she may not leave the study hall until 12:57p.

**Students Without a Pass**
- Students without a pass will be escorted to their assigned class by administration. Administrators will call family to inform them of the child’s struggles to stay in class.
- Students who do not follow the pass policy, will be put on “No Pass List” until the behavior changes.

**Consumption of Food**
All food except for individual snacks or food provided by school staff needs to be consumed in the Commons area or outside. No students are allowed to eat lunch on the 2nd or 3rd floor or any of the stairwells.

**Drug, Alcohol, Tobacco Policy**
Drugs, alcohol, or tobacco products (including vape pens) are **NOT ALLOWED** on Central’s campus for any reason **AT ANY TIME**, 24 hours a day, 7 days a week.

Students who are found to be under the influence of a prohibited substance will be assessed by administration; a plan will be determined.

**Bullying/Harassment**
All students have the right to feel safe and welcome at school. Students who engage in any forms of bullying, harassment, or teasing will face consequences for their actions.
**Hate Speech/Hate Symbols/Derogatory Comments**
Every student is a valuable part of our school community. Every single student who attends CHS deserves to feel safe. It is NEVER okay to bully or make fun of someone based on who they are as a person. The use of slurs is harmful to our community. Central does not tolerate harmful language, symbols, or actions based on race, gender identity, sex, ability, body shape or size, religion, class, or sexuality.

**Social Media**
If the actions of students on social media negatively impact the learning environment of the school, the student could face school and legal consequences for their actions. Examples of harmful use of social media including but not limited to bullying and/or harassing others, spreading rumors, threatening violence, soliciting sexual imagery, etc.

**Video Recording**
Video recording of another person without their consent is never allowed. No videos may ever be taken in Central’s bathrooms. If a student records a video of another student (without their permission) and shares it with other students or online, this is considered an act of bullying/harassment and will result in school consequences and potentially legal consequences.

**Violence**
Violence is NOT TOLERATED at Central. Violence includes verbal, physical, or sexual violence. We work together to find solutions for our problems and facilitate restorative conversations with students who are struggling to resolve conflict on their own. Students who are struggling with emotional management or conflict with their peers need to seek help by speaking to a trusted adult and letting us help resolve an issue before it creates an unsafe learning environment for everyone.

**Weapons/Lighters/Pepper Spray**
Weapons, lighters, pepper spray, and other devices that could potentially harm others are not allowed on campus. If your child needs to keep something at school that is prohibited, please contact administration. A plan may be made to accommodate.
SAFETY AND SECURITY EXPECTATIONS

Students are expected to:

● Arrive to campus on time before the first bell at 8:15am
  ○ If a student arrives after 8:15am, they must enter the building through the main office entrance and check in with attendance

● Check out with attendance if they leave at any time during the school day with the exception of lunch and teacher supervised pre-approved field trips.

● Be physically present in their assigned class period for the entire hour

● Stay on campus all day except during open lunch (with the exception of family approved illness, appointments, emergencies, etc. that have been reported to attendance)

● Follow the hallway pass system. Do not leave class without a pass.

● Use passes for intended use (if you ask to go to the bathroom…go to the bathroom)

● Students misusing passes may lose their privileges for passes

● DO NOT LET ANYONE INTO THE BUILDING AT ANY TIME FOR ANY REASON
  ○ All students, visitors, community members, etc. must enter through the main office door during the school day
  ○ Student visitors are NOT ALLOWED on campus without prior approval by administration
  ○ Adult visitors MUST CHECK-IN at the main office and wear a visitors badge for the duration of the time they are on campus
  ○ Students who violate this policy could face suspension or other consequences

Family

● Reinforce and explain school safety and security expectations to your student

● Call the attendance office when your child is out for an excused absence

● Call the attendance office when your child has an appointment and needs to leave the school

● Call the attendance office if your child needs to leave the school for any reason that does not include school related activities or lunch

● DO NOT PICK UP YOUR CHILD FROM SCHOOL DURING THE SCHOOL DAY WITHOUT NOTIFYING ATTENDANCE

OPEN CAMPUS

Central has an open campus for lunch ONLY. Students are expected to stay in class until the end of the hour and to arrive on time to the class after lunch. Since lunch is only 30 minutes, the majority of our students choose to stay on campus most days.

Open campus for lunch is a privilege and can be revoked by administration if students are not attending classes or being respectful to our neighbors.

If a student leaves campus, they are responsible for their safety and conduct in the community. If student conduct off of campus is disruptive, disrespectful, or dangerous, the student may face consequences from private businesses and potentially even law enforcement. We are lucky to have so many lunch options close by, it is essential that our students conduct themselves appropriately.
Consequences for Not Following Central High School Community Expectations

The following are potential consequences for not abiding by Central’s High School Community Expectations:
- Loss of privileges within the school
- Loss of privileges in activities, clubs, and sports
- Problem solving meeting with family, student, and staff
- Restorative conversations facilitated by administration
- Mandated outside community intervention
- Restitution within the school building
- Community Service
- In School Suspension (hour/half day/full day)
- Referral to Community/Supportive services
- School Resource Officer involvement
- Disciplinary Hearing/pre-expulsion hearing

All decisions made by Central Administration will be aligned with

Code of Rights and Responsibilities 2023-2024

Grievance
Each student has the right to due process in the application of the student code of conduct. Any student who thinks that the code of conduct was violated or misapplied, they have the right to appeal through the School District of La Crosse.

SUPPORTING YOUR CHILD THROUGH HIGH SCHOOL

Self-Advocacy
Teenagers often struggle to ask for help. They either see it as a form of weakness or they are not sure how to ask for help. We encourage family members to coach students on how to ask for help by listening to their concern, empathizing, and asking students what steps they could take to resolve the problem. Often teenagers need reminders like, Have you tried talking with your teacher? Have you asked a friend in your class? Do you need help asking for help? Could I help you write an email to your teacher? Is there someone at school that you trust to talk to more about this?

Stress Management
Teenagers are starting to experience the stress of young adulthood. They have more obligations and responsibilities than in middle school which can lead to increased stress and anxiety. To manage stress it is important that students get enough sleep, get proper nutrition, move their bodies, and are engaged in a positive activity just for fun and/or enrichment. If a child is getting their basic physical needs met and they are still experiencing significant stress, please contact Student Support Services for assistance in getting your child connected to additional support and resources.
**Organization**

Teenagers often struggle to stay organized since many of these skills are not yet developed. We will teach your child strategies to stay organized and on track with their classwork AND it is helpful for families to check Canvas to monitor your student’s progress. Often missing assignments are a result of a lack of organization not a result of a lack of ability.

**Safety**

Teenage brains are not fully developed and they are not always capable of thinking through long term consequences of their actions. It is vital that the adults in their life pay attention to their actions and decisions and step in when students are acting in a way that is dangerous and/or harmful to themselves or others. Talking to your child about the dangers of driving distracted or under the influence, about talking to people they do not know on the internet, about using drugs and alcohol, engaging in sexual activity, consent, etc. is essential for keeping them safe. We will do our part to educate your child but many of these topics require the people who love the child the most to have these important conversations grounded in their values.

**Drugs/Alcohol**

Since teenage brains are not fully developed, introducing drugs and alcohol can have long-lasting impacts on their cognitive abilities, their academic and social progress, and their ability to regulate their emotions. Since our goal is to help students, if a child is struggling with using drugs and alcohol please reach out to our school social worker and we will work to find additional support services to help the child quit.
### Central Academics

#### High School Graduation Requirements

<table>
<thead>
<tr>
<th>La Crosse Central High School Diploma</th>
<th>La Crosse School District Diploma</th>
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<tbody>
<tr>
<td>24 total credits</td>
<td>19 total credits</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Course*</th>
<th>Credits Needed</th>
<th>Course*</th>
<th>Credits Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>4.0</td>
<td>English</td>
<td>4.0</td>
</tr>
<tr>
<td>Social Studies</td>
<td>3.0</td>
<td>Social Studies</td>
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</tr>
<tr>
<td>Science</td>
<td>3.0</td>
<td>Science</td>
<td>3.0</td>
</tr>
<tr>
<td>Math</td>
<td>3.0</td>
<td>Math</td>
<td>3.0</td>
</tr>
<tr>
<td>Physical Education</td>
<td>1.5</td>
<td>Physical Education</td>
<td>1.5</td>
</tr>
<tr>
<td>Health</td>
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<td>Health</td>
<td>0.5</td>
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<tr>
<td>Electives</td>
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<td>Electives</td>
<td>4.0</td>
</tr>
<tr>
<td>Personal Finance</td>
<td>0.5</td>
<td>Personal Finance</td>
<td></td>
</tr>
<tr>
<td>Civics Exam</td>
<td>MET</td>
<td>Civics Exam</td>
<td>MET</td>
</tr>
</tbody>
</table>

*Students must follow scope and sequence and complete all required courses

<table>
<thead>
<tr>
<th>Course*</th>
<th>Credits Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>4.0</td>
</tr>
<tr>
<td>Social Studies</td>
<td>3.0</td>
</tr>
<tr>
<td>Science</td>
<td>3.0</td>
</tr>
<tr>
<td>Math</td>
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</tr>
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<td>Physical Education</td>
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<td>Personal Finance</td>
<td></td>
</tr>
<tr>
<td>Civics Exam</td>
<td>MET</td>
</tr>
</tbody>
</table>

*Any classes can count toward credit categories (do not have to follow specific scope and sequence)

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### What is the Difference Between a Central High School Diploma and a La Crosse District Diploma?*

The only significant difference between a Central High School Diploma and a La Crosse District Diploma is what you can do after high school. Many 4-year institutions require a specific number and sequence of credits for admission while most technical institutions do not require a full course load for admission. Students all graduate together in the same ceremony and there are no distinctions between the graduates.

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### Right to an Education

All students have a right to a free, public education until the age of 21.

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### Resource Class

Central has a resource class on Wednesdays and Thursdays that serves as a smaller learning community for students. Students learn about Central activities, clubs, policies, upcoming events, etc. Attendance is taken in resource and students are expected to attend and participate.

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### Academic Supports Available at Central (Student Success Center/Supported Study Hall)

Our Student Success Center is designed to ensure that students are able to stay on track academically by providing a space for students to take and retake tests, structured support and mentoring, and online credit recovery classes.
Supported Study Halls are designed to ensure that students are using their time in study hall wisely and that a trusted adult is paying attention to their progress, teaching them organizational strategies, and supporting them in staying on track academically.

If you think that your child would benefit from a supported study hall or other academic support, please reach out to your child’s counselor.

9th Grade Academy (9GA)
The purpose of our 9th Grade Academy (9GA) is to provide an additional level of structure to support students transitioning to high school. Schools that have focused on supporting 9th grade students with the transition to high school have seen improvements in attendance, behavior, academics, and graduation rates.

La Crossroads (LXRDS)
A school within a school program that provides students with a smaller learning environment that emphasizes meeting students “where they are at” and teaching them the necessary social, emotional and academic skills for success.

Who is a Good Candidate for LXRDs?
- Students who attend regularly but struggle to stay engaged in the larger school setting
- Students who have significant barriers and missing skills for successfully engaging in the larger school setting
- Students who struggle with frequent transitions and navigating changing expectations class period to class period

If you believe your child is a good candidate for LXRDs, please contact your child’s counselor who will provide an application to your child.

LXRDS Referral Process
- Students are identified by looking at attendance, grade, and behavioral data
- Students are also identified by referral of Family, Teachers, Counselors, Social Worker, Dean of Students, and Associate Principal
- Students have to apply and get guardian approval. Applications can be picked up and returned to Student Services
- Students who are accepted into the program will be notified by the respective LXRDs teacher

Western HSED Program (Alternative High School)
Western Technical College and Central High School partner to support students who are off track to graduate. We offer an alternative high school HSED program and a night school option for credit recovery. If you or your student is interested in attending either of these programs, contact your school counselor.

Website: [https://www.westerntc.edu/complete-high-school](https://www.westerntc.edu/complete-high-school)
**Library Media Center (LMC)**

The Library (LMC) is the heart of our school both in location and in our goal to promote reading across all classes. The LMC is a space to support academics, encourage curiosity and research, and promote the love of reading in all of our students. Students are encouraged to use the library to study, to check out books, to research, to use the space and resources available.

- LMC materials can be checked out for 2 weeks. Students may renew materials.
- If an item is not returned by the end of the year, student Skyward accounts are charged for the amount of the item. Fees roll over from year to year.
- Students are required to check in with their teacher of record and obtain a pass before using the LMC during study halls.

**Tiebreaker Process for State Academic Excellence Scholarships**

Students’ class rank will be determined by grade point average. If there is a tie, the following tie breaking criteria, in order, will be used to break ties:

1. A student must have attended a minimum of 5 semesters in a La Crosse Public School.
2. Student’s commitment to attend college/university/technical school in the State of Wisconsin.
3. Highest ACT score/converted SAT score reported by the start of the student’s senior year.
4. Number of honor/AP courses taken by each candidate for credit.
5. Candidate involvement in curricular and co-curricular student leadership activities.

**Request to Withdraw from a Course**

After the 5th week of the course, or progress reports, students who want to drop a class should meet with their counselor and talk to the teacher of the course. Drop sheets must be completed with the signature of the teacher, counselor, family representative, and an administrator.

**Early Graduation**

Students who complete all the School District of La Crosse’s high school graduation requirements may graduate early upon prior approval of an administrator. Students who graduate early are still welcome to participate and receive their diploma at the graduation ceremony at the end of the school year of which the student completes requirements for graduation.

Students that choose early graduation are no longer allowed to participate in school activities following their early graduation date. Such activities include co-curricular events, dances, field trips, etc as they are no longer enrolled as students at Central.

**Credit Recovery Options**

If a student does not pass a course, we will explore credit recovery options such as, but not limited to:

1. Attend summer school
2. Take a replacement online course
3. Repeat the entire course
Students who are significantly off track to graduate will be asked to create a plan with their counselor, their family, and administration to get them back on track to graduate which could include alternative placements such as in the LXRDs program or with WTC.

**Early College Credit/Start College Now Program**
Students in 11th and 12th grade can enroll in an institute of higher education in Wisconsin to take courses that count as credit toward graduation.

If you are interested in this option, talk to your counselor about how to start the process. March 1st is the deadline for fall semester and October 1st is the deadline for spring semester. Talk to your counselor in your 10th grade year if you want to explore this option.

**STUDENT SUPPORT SERVICES**
The purpose of the Student Services Program in the School District of La Crosse is to work collaboratively to build learning environments that promote whole child wellness, remove barriers to learning, advocate for students when barriers exist and coordinate with community resources and families to ensure success for each and every student in school and beyond.

**School Counselors**
School Counselors help students succeed in school and plan their career. They support social emotional learning, academic/career planning, and respond to needs that interfere with learning. At Central we have four counselors. Students are assigned to their counselor according to the student’s last name as follows:

<table>
<thead>
<tr>
<th>Counselor Name</th>
<th>Serves Students with</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ryan Schaller</td>
<td>Last names A-FO</td>
<td><a href="mailto:rschalle@lacrossesd.org">rschalle@lacrossesd.org</a>, 608-789-3065</td>
</tr>
<tr>
<td>Kirsten Jandrin</td>
<td>Last names FP-LH</td>
<td><a href="mailto:kjandrin@lacrossesd.org">kjandrin@lacrossesd.org</a>, 608-789-3084</td>
</tr>
<tr>
<td>Meredith Tomesh</td>
<td>Last names LI-SB</td>
<td><a href="mailto:mtomesh@lacrossesd.org">mtomesh@lacrossesd.org</a>, 608-789-3130</td>
</tr>
<tr>
<td>Andrea Welter</td>
<td>Last names SC-Z</td>
<td><a href="mailto:awelter@lacrossesd.org">awelter@lacrossesd.org</a>, 608-789-3133</td>
</tr>
</tbody>
</table>

**Social Worker**
School Social Workers are trained mental health professionals with a degree in social work who provide services related to a person's social, emotional and life adjustment to school and/or society. The school social worker is at Central to help students with any personal or family problems that get in the way of involvement
in Central High School activities and/or academic success. Social work services are private and confidential in nature. The social worker may refer you to a community agency or meet with you and your family at school or in your home to make a plan to meet your needs.

Tatiana Wolf, School Social Worker
twolf@lacrossesd.org
608-789-3096

School Psychologist
School Psychologists apply expertise in mental health, learning, and behavior, to help children and youth succeed academically, socially, behaviorally, and emotionally. They also support systems that address needs of students with disabilities. The school psychologist engages in assessment, program planning, behavior management, consultation, counseling, and research activities in order to remove barriers and improve access to academic, social, emotional, and behavioral supports for students.

Zachary Noethe Wolford, School Psychologist
zwolford@lacrossesd.org
608-789-3069

Special Education Services
Special education is specially designed instruction and related services to meet the unique needs of a child with a disability. If you believe your child qualifies, contact our school psychologist to set up a consultation.

For students already identified as needing special education services, students are assigned to a case manager whose responsibility it is to communicate between school and home about a child’s learning progress and goals. If your child is a student receiving special education services and you have any questions or concerns, please contact your child’s case manager and/or our school psychologist.

MENTAL HEALTH AND WELLNESS

School District of La Crosse: Mental Health Resources and Support
https://www.lacrosseschools.org/couleebridges/

School Family Assistance Program
The Student and Family Assistance Program (SFAP) consists of a team of professionals who provide short term counseling and referrals to ongoing mental health care. If you or your student needs mental health support, please connect with their counselor or our school social worker.

Students in Crisis at School
If a student is in crisis at school, they need to let an adult know. Students do not have to give school staff specific information or share anything they do not feel comfortable sharing AND it is essential that we know
where all students are at all times especially when they are experiencing a crisis at school. Students can and should immediately report to Student Services/Main Office and we will support you in re-regulating yourself. We will also provide you with support, resources, services, etc. to help you through the immediate crisis and then provide follow up support.

**La Crosse County Mental Health Mobile Crisis Program**

24 Hours/day, 7 days/week  
608-784-HELP

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**PHYSICAL HEALTH AND WELLNESS**

**Food Service**

**Breakfast**  
The cafeteria will open for student breakfast at 7:15am and close at 8:10am. Students arriving after 8:10am can still get a cold breakfast option.

**Lunch**  
The cafeteria will serve lunch during two lunch periods. Students are expected to attend their assigned lunch period. Lunch is served starting at 11:30am on Monday, Tuesday, and Friday and at 11:00am on Wednesdays and Thursdays.

**Meal Prices**  

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<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>Breakfast</td>
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</tr>
<tr>
<td>Lunch</td>
<td>$3.10</td>
</tr>
<tr>
<td>Reduced Lunch</td>
<td>$.40</td>
</tr>
<tr>
<td>Milk A La Cart</td>
<td>$.50</td>
</tr>
</tbody>
</table>

**Health Office**  
Our Health Office and Nursing Services support the educational environment of each student by preventing, limiting, and removing health-related barriers to learning and promoting decision-making that leads to each student’s optimal level of wellness.

If your child has health related needs, please connect with our school nurse for more information about policies and procedures regarding medication at school.

**Sara Lieurance, RN**  
slieuran@lacrossesd.org  
608-789-7948

**La Cocina Food Pantry**  
LA COCINA is our school / community food pantry for all Central and community families in need.
La Cocina features a variety of packaged, canned and other non-perishable food items, frozen proteins, toiletries, hygiene products as well as gently used clothing items. La Cocina is located adjacent to the single-door entrance off the administrator parking lot bordering the intersection of Travis Street and Losey Boulevard. While any staff member can assist students in accessing La Cocina during school hours, additional after school hours will be published on the school website. La Cocina is open to all students, families and community members.

Contact: Dawn Martin, Room 134, dmartin@lacrossesd.org

**SAFETY AND SECURITY**

**School Resource Officer**
Officer Cordero Gilliam
Phone: 608-789-3011
gilliamc@cityoflacrosse.org

**Visiting Central’s Campus**
Student visitors are **not allowed** on campus during the school day without prior approval from either the Principal or Associate Principal. If a student is allowed to visit campus during the school day, they will follow the same expectations as Central students.

Adult visitors **must** enter from the parking lot entrance (Door A) and check in with the **front office** and scan in their Driver’s License or State ID. If the adult visitor does not have either of these on their person when they come to campus, they will be asked to provide a cell phone number. While visiting Central, adult visitors **must wear a visitor badge** for the duration of their time on school grounds.

**All visitors**, students and adults, **must report to the Front Office and sign in**. Entry into a school building or on school grounds **by unauthorized persons is strictly prohibited**. This includes potential school based consequences for students and potential law enforcement involvement for adults.

**Bus Rider Safety**
If students ride the bus it is essential that they follow basic safety practices, follow the expectations of the bus company, and follow directions and instructions given by district staff when riding the bus. This includes bus rides for field trips and other special events and activities. Students who can not follow bus rider expectations may lose the privilege of riding the bus.

**School Safety Plan**
In the event of an emergency, Central’s Evacuation Location is Longfellow Middle School. The complete school safety plan is available on site. All teachers are trained in following the school safety plan.
Parking Lot/Driving to School

Students who drive to school are expected to follow all traffic laws around the school including being particularly careful at arrival and dismissal times. Any person driving unsafely or without following traffic laws around Central’s campus may be subject to ticketing by the La Crosse Police Department.

Parking at Central is incredibly limited and we only have 99 spots available for students. Due to this limitation, only seniors in high school who attend school regularly and are earning a C or higher in all their classes will be eligible for parking.

To be considered for a parking spot you must be in good academic and behavioral standing:

1. You must have passed all of your classes the previous quarter with a C or better
2. Students must not have had any major behavioral incidents including but not limited to:
   a. Violence and/or Threats of Violence
   b. Bullying and/or Hateful Language
   c. Using Social Media to spread false information or harm others

To secure a parking spot, you must complete and turn in:

1. The CHS Parking Application
2. An initial parking fee of $5.00

Once a student has a parking spot, they must abide by the following expectations and responsibilities or they will risk having their parking privileges revoked.

Student Parking Expectations
- Park in assigned parking spot
- Have hang tag in vehicle, visible, and facing forward
- Attend school regularly
- Have grades of Cs or higher for the previous quarter
- Do not allow other students to use your parking spot

Closing School for Emergencies
There are times when schools will have to be closed due to emergency situations such as inclement weather, facility issues, or other emergencies. We understand that when schools close this puts an undue burden on families. We will consider many variables before making the decision to close. The final decision on whether to close the school comes from the Superintendent and is communicated to families via local radio, TV, and The School District of La Crosse website.

If you have a concern about the school, your safety, or need help resolving a conflict…
Mr. Axness, Principal
jaxness@lacrossesd.org
Student Activities and Special Events

Assemblies
Students are expected to attend school wide assemblies as a part of their education at Central. Families will be notified of topics in advance. If a family decides to opt out their student from a school sponsored activity, students are still expected to remain on campus in a designated classroom until the regular bell schedule resumes.

Dances
Dances are a fun part of high school but to ensure the safety of our students, we have some basic expectations that we require for participation at a school dance.

1. Central students MAY bring a non-Central student guest by completing a dance permission form and turning it into Mrs. Erickson or Mrs. Green.
2. All guests must be under 21 years of age.
3. All dances end at or before 11:00p. Students and families are responsible for acquiring safe transportation to and from the dance.
4. Students may not enter, leave, and re-enter a dance.
5. All school rules continue to apply during a school sponsored dance.

Clubs
Central offers many clubs for students to be a part of during their high school career. We strongly encourage ALL students to get involved in at least one club, activity, or sport. Students who are engaged in extracurricular activities are more likely to do well in school and stay on track to graduation. If there is a club that does not exist that students are interested in starting, they just need a minimum of 4 students and a staff advisor.

Student Senate
Student Senate is the student representative club at Central. The Student Senate works to promote a healthy, positive, and safe culture and climate. They are also responsible for planning many of our traditions and activities including homecoming, Olympic Week, and other special events!

If you have questions or concerns about school related activities and sports...

Mr. Ambrose, Activities and Athletics Director
mambrose@lacrossesd.org