

POWER-U



STUDENT HANDBOOK

Prepare, Organize, Work, Energize, Relate

POWER-U Lunch Schedule

Know & Do

To Know...

POWER-U occurs everyday, Monday-Friday

POWER-U is 60 minutes long

POWER-U is split into two, thirty-minute sessions:
Power A & Power B

Student schedule each week:

Required for ALL Students

- Attend remediation and/or enrichment sessions offered each week, either during Power A (30 minutes) or Power B (30 minutes)
- Eat Lunch during Power A or Power B.
- You must attend 4 remediation or enrichment sessions PER CLASS each semester.
- Attendance will be a grade

Required for Students in Good academic standing each week:

- Attend a Club Meeting during Power A or Power B
- Attend an Intramural Game during Power U
- Help another student study during Power U
- Relax with your friends during Power U

Daily Schedule

<u>Monday</u>		<u>Tuesday – Thursday</u>		<u>Friday</u>	
Morning Bell	8:25	Morning Bell	8:25	Morning Bell	8:25
First Block	8:30 – 9:45	First Block	8:30 – 9:55	First Block	8:30 – 9:55
West Block	9:50 – 10:05	Second Block	10:00 – 11:25	Second Block	10:00 – 11:25
Second Block	10:10 – 11:25	Power - U	11:25 – 12:30	Power - U	11:25 – 12:30
Power - U	11:25 – 12:30	Third Block	12:35 – 2:00	Third Block	12:35 – 1:50
Third Block	12:35 – 2:00	Fourth Block	2:05 – 3:30	West Block	1:55 – 2:10
Fourth Block	2:05 – 3:30			Fourth Block	2:15 – 3:30

Tutoring Schedule

Each week your teacher will post a listing of tutorial offerings on their Schoology page and on Sched (an online schedule making tool). All students will need to create a Sched account to be able to view the offerings. Posted on Sched, will be the times (Power A or B) that your teacher is available for tutoring. Also posted on Sched will be special offerings such as club meetings, college representatives, guest speakers, and intramural games. You will want to pay close attention to the offerings on Sched and sign up because some activities will have a limited number of participants. Sched is available as an app on your phone as well so that you can keep up with where you are supposed to be.



POWER - U Schedule

To Know...
Must attend 4 remediation or enrichments sessions per class each semester. Your classroom teacher will determine what qualifications and grade you receive for this using a rubric they will share with you.
The weekly remediation plan will be posted on Sched by every Monday AM.
Students will sign up for your remediation session using Sched. Selections may vary week to week
Requirements for Student Engagement Rubric: Students must attend at least 4 POWER - U sessions per class in a regular nine week period.
Additional offerings such as intramurals, guest speakers, or special workshops must also be posted using Sched. These can be upload well in advance and with a limited number of seats available if necessary.
POWER - U engagement will be a grade.

West Block Know & Do

To Know...
West Block/Advisory meets for 15 minutes every Monday after second block and Friday after third block.
Students will be able to view tutorial or enrichment offerings using Sched.
To Do...
Weekly Process:
1. Determine which classes you need tutorial
2. Find the tutorial offerings on Sched and sign up
3. If you are in good academic standing: Browse the other offerings on Sched such as guest speakers, intramurals, and clubs.

4. Take time to ask your West Block teacher for advice!

POWER-U Student Expectations

POWER-U Lunch is a privilege that has both rights and responsibilities:

Students will:

- Remain on campus during Lunch (including Early Dismissal)
- Clean up after eating (Neatness is an expectation of POWER-U)
- Clean up after others if you see them leaving trash
- Take advantage of tutorial sessions
- Listen and follow directions given by WRHS staff members
- Keep hallways and high traffic areas clear
- Manage time wisely
- Follow all school rules and be on your best behavior
- Move with a purpose
- Must relocate/move locations between A-lunch & B-lunch if you have tutorial
- All students are expected to attend POWER-U enrichment/office hour - 4 per class per quarter

Lunch Expectations:

- Must be sitting down eating or in line for lunch
- Cafeteria will be cleared of students at the end of each POWER lunch

Approved Locations where food is allowed:

- Classrooms with teachers
- Student courtyards
- Cafeteria
- Bistro Tables
- Outside Picnic area
- Media Center

Non-Food Areas:

- Anywhere not listed above
- Hallways (except when transporting food on the way to tutorials)
- Gym

Students are expected and encouraged to move based on personal needs:

- Tutorials
- Cafeteria
- Restrooms
- Media Center
- Intramurals

POWER-U Tardy Policy

- When Power U tutorial begins, all students should be in their appropriate area.
- Do not be late to tutorial. Tardiness to an assigned tutorial will constitute Lunch Detention after the 3rd tardy/non-attendance.
- Teachers will write-up students who are over their third tardy or find other appropriate consequences on their own.

Lunch Detention (for students tardy to Power U tutorial)

- An administrator will lead Lunch Detention in **Room 114L**
- All lunch detention students should report by 11:30. Lunch Detention will last for 1 hour.
- Students who report late, or do not report, to lunch detention will be referred to administration.
- Administration will order bagged lunches from the cafeteria for students who request a school lunch.
- One bathroom break, at the halfway bell, will be provided to all students who must utilize bathrooms.