

York Catholic Junior High



Survival Guide

2017-2018

**Welcome to the
York Catholic High School
Junior High Program**

It's a new school, a new start and you are in charge! These are your two years and no one else's!

- Set goals, s - t - r - e - t - c - h yourself, enjoy junior high.
- Get to know your teachers.
- Give the first weeks of school your best shot.
- Once momentum is rolling, success is yours!
- Stay spiritually, mentally and physically fit.

York Catholic is a great place to learn, love and grow. **Welcome aboard!**

FEARS

Everyone entering a new school has fears. Normally we don't share these with anyone, or maybe only with our best friends. We are afraid they will sound stupid or no one else has felt this way. We are about to end that misconception right now! The list below is a list of doubts from last year's seventh grade class and probably every class ahead of them.

I was afraid...

- of going into the wrong room
- of falling up or down the steps
- of how to carry my books
- of where the stairs would go
- I wouldn't know anyone
- no one would like me
- I would look stupid if I carry my lunch
- of getting lost
- of needing to call home and not knowing how
- of where to go on the first day of school
- of missing my bus

Do any of these fears sound familiar?? Read on and many of these early worries will be answered in this Survivor's Guide. Comfort yourself with the fact that you are not alone.

FIRST DAY

The first day of school is coming. Nothing you can do will stop it. Forget the jitters. Forget all those awful stories everyone has told about his/her first day in a new school. If you have read the section of "*FEARS*," you will realize almost everyone has the same worries. Most of the things just don't happen but if they do, you will survive and have a story for next year's junior high.

On the first day of school 7th graders will have the building and teachers entirely to themselves. You should wear your uniform. You are to report to the main lobby by 8:10 a.m. It would be nice to have a folder, pencil and pen with you for the first day. If you arrive early, use the time to socialize in the main lobby.

TALK TO PEOPLE YOU DO NOT KNOW

Soon you will be directed to report to the auditorium. You will be shown the way. It will seem like everyone in the world will talk to you about rules, regulations, rosters and you will find out your homeroom assignment. Suddenly, even though you thought it would never happen, your first day of junior high will begin. You will be welcomed by the principal and guidance counselor, then you will meet your homeroom teacher and he/she will take you to your homeroom. In the homeroom, you will receive your schedule and your locker assignment. You will have an orientation assembly and some small group instruction sessions.

After an extended homeroom period, you will go with a group of your new classmates on a scavenger hunt throughout the school building. This will be a fun way to get acquainted with some new friends, as well as your new surroundings. Once you finish the scavenger hunt, you will go through an abbreviated “A-day” schedule of your classes. This means you will meet each of your teachers for the first time. Usually you will find out what you will need for your classes and what your teachers’ expectations will be throughout the year. Many teachers also have their supply lists posted on the York Catholic website under Student Supply List. Normally, you will remain in the Brady Wing of the building for all classes. Do not be embarrassed if you walk into the wrong room or if you need to ask for directions. Everyone does. Lunch time is always after 3rd period. On the first day, you will have an extended lunch period (about 45 minutes instead of the usual 30 minutes) in order for you to become familiar with the routine of the cafeteria. At 3:00 p.m. your day will be over!! Buses will arrive at the main entrance. If your parents are picking you up after school, please have them meet you in the parking lot.

On the evening of the first day of school, you will have something great to look forward to – the Junior High Swim Party! All of the details including time and location will be in the *Irish Eye* digital newsletter that is emailed to your parents. **YOU MUST HAVE AT LEAST ONE PARENT COME TO THE SWIM PARTY.** This is a family affair to meet the parents and your classmates, to compare notes on the day, and just to relax. If you are a 7th grader, the next day is a day off for you! Grades 8-12 will report to school on the second day. On the third, day, the entire student body reports to school.

GENERAL INFORMATION

HOMEROOM

What is homeroom?

Homeroom is where attendance is taken, announcements are made and general business is organized, such as: mission money, cleaning jobs, fundraisers, school forms, etc. You go to enrichment classes, Mass, and assemblies with your homeroom. **YOU ARE A TEAM.**

How will I know where my homeroom is located?

On the first day of school, everyone reports to the auditorium where you will meet your homeroom teacher who will take you to homeroom. The junior high homerooms are located in the Brady Science wing of the building.

How are we placed in homerooms?

Students are randomly placed in homerooms by grade. There are approximately 20 students in each homeroom.

Do we report to homeroom at the end of the day?

Very rarely. Usually school dismisses from the 8th period at 3:00 p.m. Occasionally, like for report cards, you will return to homeroom at the end of the day.

When do we go to homeroom? How long is homeroom period?

The first warning bell is at 8:10 a.m. Students must be in the homeroom and seated by 8:15 a.m. for prayers and announcements. On a regularly scheduled day, homeroom is 11 minutes long from 8:15-8:26 a.m.

In the morning, if we arrive early, do we have to report to homeroom right away?

The building is open at 7:30 a.m. If you arrive early, go to your locker and then to the back section of the cafeteria to study, to talk or to do the homework you forgot the night before. The warning bell will ring at 8:10 a.m. and you move to your homerooms. If you have made prior arrangements with a teacher, you may report to that teacher's room before 8:00 a.m. for tutoring, makeup work, etc., otherwise you will stay in the caf until the 8:10 a.m. bell. You must be in homeroom by 8:15 a.m. or you are late. You are not to hang out at the lockers before homeroom.

If you are late for school, do you go to your homeroom?

If you are late, you will need to get a late pass at the Attendance Desk in the main office. This pass will admit you to your homeroom or to class. If you are late because of your bus being late, you do NOT need a pass. The administration will make an announcement for homeroom teachers to admit students on a late bus.

Do I have any classes with my homeroom teacher?

There is always that possibility, but it may be you will only have that teacher for homeroom.

ABSENCE

If you are sick, be sure to have your parents call the school first thing in the morning to report your absence before 9 a.m. Call 717-846-8871, then press extension 233.

Upon returning to school, you MUST bring a note from your parents explaining the absence. Take this note to the Attendance Desk before homeroom in the morning. You cannot skip this step. It cannot be forgotten. Make sure you remember or you may get detention.

APPOINTMENTS

If you have a planned doctor, dentist, orthodontic, business or any kind of appointment, your parent must notify the Attendance Desk. If your appointment is for early morning and you are going there before coming to school, bring a note the day BEFORE. If your appointment is for the afternoon, you must turn in your note before homeroom in the morning. Your parents or person picking you up for the appointment MUST sign the book at the Attendance Desk before you will be allowed to leave the building. This procedure will be followed anytime a junior high student leaves the building for appointments, sickness, etc.

LOCKERS

Where are the lockers?

Junior High lockers are located on the ground or first floor in the Brady Science Hall.

How many times during the day can we visit our lockers?

You may visit your locker before school, at the end of each period, and at the end of the day. Just make sure you are on time for class. Going to your locker is not an excuse for being late. Lockers are off limits during class times and the lunch period because classes are going on. You may go to your locker before and after lunch.

What can I put in my locker?

You keep notebooks, textbooks, coats, backpacks, gym bags or anything else that will fit. Your locker is NOT a place for valuables. Take some advice and leave valuables at home. Do not leave money in any locker. Turn in money and valuables to your Physical Education teacher during gym class or to the Assistant Principal of Student Affairs . Over-sized gym bags are stored on racks outside of the gym.

May I put pictures in my locker?

Yes, you may decorate the inside of your locker with pictures, mirrors, cartoons within reason and with taste, of course. All items must be removed at the end of the school year. Nothing can be permanently affixed.

How can I organize my locker?

Keep subject texts and notebooks together. Always keep a schedule taped to the inside of your locker door and clean out your locker on a regular basis.

Is there locker inspection?

Teachers and administrators may inspect lockers at any time. No student is allowed in another's locker without permission.

Do I have to buy a lock for my locker?

When you walk the halls of YC you'll notice a lock is not necessary and most people do not have one. If you feel you must have a lock, you must provide the administration with a spare key or the combination for the lock. Our advice – don't buy a lock.

What do I do with things that will not fit into the locker?

Anything that won't fit, like a project, can usually be kept in your homeroom or taken to the subject room in the morning. Large gym bags can be placed on shelves in the cafeteria designated for your homeroom. All bags (gym bags, backpacks, lunch bags) MUST be labeled with your name. Nothing is to be stored above the lockers.

LUNCH

When is lunch?

Lunch is always at the end of third period. You will have 30 minutes for lunch. Lunch will be from 10:45 a.m.-11:15 a.m. except on assembly days.

What is served?

Hot lunch, sandwiches, snacks, water, juice, salads, and much more. The menu varies each day. Every item is priced separately, so you buy only what you want to eat.

How much does lunch cost?

The cost of lunch depends upon how much you wish to eat. The average cost of lunch (sandwich, snack, milk, and dessert) is between \$4.00 and \$5.50. The price list is on the Forms & Documents page of the website at www.yorkcatholic.org.

How do I pay for my lunch?

You and your parents will set-up an online Lunch Account through MMS. Parents will be able to add money to the account at any time electronically. Your parents will be able to keep track of how much money is in your account.

How many lunch lines are there? Does it matter where we enter?

There are two lunch lines. The hot lunch is in the front of the cafeteria and the cold lunch line is in the rear section. Students enter the lines from the outside and move towards the center. Backpacks are not permitted in the lunch lines. No butting allowed in lines.

Are vending machines available?

You may not use the vending machines during the lunch period. Juice, iced tea, water, and milk are always available. You may bring money for after school if you wish to use the vending machines. Vending machines are not available after 3:30 PM.

Can we pack our lunch?

You may pack your lunch. We have an equal opportunity cafeteria. It's OK to pack; no one will care. Clearly print your name on your lunch box or bag.

Do we have to eat lunch?

If you are hungry you can eat, if not, you do not have to. After all, you can always study. We recommend you don't underestimate the length of the afternoon. It pays to eat lunch. Remember, you will not be able to eat again until after 3 p.m.

Do boys and girls eat at the same time?

Yes, that is allowed.

Will I have lunch with the senior high students?

No, there will be no senior high students in the cafeteria during the junior high lunch.

Do we have time to socialize during lunch?

Sure, you have 30 minutes for lunch. After you eat, there is always socializing during the last 10 minutes. Usually students talk or use the bathrooms, which can be used any time during the lunch period.

What do I do with my books when I go to lunch?

You can take them with you to the cafeteria. There are shelves for your books at the entrance to the cafeteria. They stay in the back on the shelves or back tables.

Are there any special rules during lunch?

You will be assigned tables by homeroom. You may not leave your table until 11:15 a.m. Eat like humans and clean up the area where you have been eating. This is just common sense. With the exception of a few students, your mother does not work here, so no one will wait on you. If you spill something, go to the kitchen and ask for a towel to clean up the mess. Two teachers will always be on duty during the junior high lunches. You may ask for permission to use the bathroom.

BATHROOMS

The bathrooms for the junior high school are located on the ground floor at the back of the cafeteria. You will be shown these bathrooms on your first day of school. No senior high student may use these bathrooms at any time during the day. They are for your use only. You may only use those bathrooms, no others in the school.

BUSES

Buses arrive and leave from the circular driveway at the main entrance. When the bus arrives in the morning, it is your free time until 8:10 a.m. You may go to your locker first and then you must report to the back section of the cafeteria (unless you have an appointment to see a teacher for tutoring, make-up work, etc.).

If your bus arrives late, this will be announced over the PA system. Just go directly to class or homeroom, depending upon the time you arrive. Until you know for sure what time your bus arrives in the afternoon, be outside waiting after the 3:00 p.m. bell. No one will tell you your bus has arrived. The only time buses are called is for early dismissal due to inclement weather. If you miss your bus, see the Assistant Principal of Student Affairs or go to the main office.

CAR PICK-UP

Students should be dropped off and picked up at the main entrance of the high school. At 3:00 p.m. dismissal, students who have a late bus or late pick-up may wait in the lobby. All students must move from the lobby to the cafeteria at 4 p.m. where they can remain supervised until 5 p.m. All students must be picked up by 5 p.m. unless involved in an activity. If this is a problem for any parent, please contact the Assistant Principal of Student Affairs as soon as possible.

DRESS UP – DRESS DOWN

At special times during the year, you will have a break from the uniforms. We get to dress up or dress down. Usually this is for special occasions such as assemblies, activities, or celebrations at school.

Casual dress requirements: On certain occasions, students may be granted permission to wear casual apparel to school. The following regulations will be enforced:

- No patched jeans, shorts, cut-off jeans or yoga pants
- No midriffs, muscle shirts, or tank tops
- Shirts must be long enough to be tucked in
- No hats, no flip-flops, no pajamas
- No writing on the seat of any garment
- Proper undergarments must be worn
- No inappropriate/offensive pictures/sayings on clothes
- All clothing must be neat and clean
- All shirts and blouses must have sleeves and modest necklines
- No short skirts with leggings permitted
- Leggings/Jeggings may not be worn as a substitute for pants
- Skirts no shorter than 2 inches above the knee
- Shoes must have backs – No open toes

Dress up requirements: There are times when students are given permission to dress up for specific events. The following regulations will be enforced:

For gentlemen: Dress shirt and tie with dress slacks (no jeans); dress shoes and socks (no sneakers); sweater or sport coat may be required.

For ladies: Dress or skirt/skort/dress-slacks combination with modest neckline in front and back; strapless, tube top or spaghetti strap dresses are not allowed; dress/skort/skort hemline may be no more than two inches above the middle of the knee; no shorts; dress shoes must be worn (no sneakers, no flip flops).

Any student not dressed appropriately may not be permitted to participate in the special event.

ACADEMICS

What major courses will I have?

You will take the following major classes: Religion, Math, Science, Social Studies, and English Language Arts.

How many classes are in a day?

There are 8 class periods every day and lunch.

How long are classes?

All class periods are 42 minutes long.

Does every class meet every day?

All major subjects meet daily, but minor subjects, such as enrichment, meet once a cycle or twice a cycle.

What are the requirements for the honor roll?

In order to receive distinguished honors, all quarterly grades (major & minor classes) must be a 93 or higher. For first honors, all quarterly grades (major & minor classes) must be an 89 or higher. For second honors, all quarterly grades (major & minor classes) must be an 85 or higher. A satisfactory grade in conduct must also be maintained.

Does anything happen if our grades drop?

This generally makes parents, teachers and coaches very unhappy. If you are failing two subjects, you will be ineligible for ALL activities and sports. Your parents will get a notice in the mail. Students and parents are able to check grades on the online gradebook daily. (See page 9 for the online gradebook details.)

Can I get a tutor if I need one?

Ask your teacher or guidance counselor if you need one and if you do, you will be assigned a National Honor Society tutor or a volunteer tutor.

How often will I have tests or quizzes?

In general, the number of quizzes varies with the individual subject teacher. Every major subject has a minimum of 4 tests and/or projects per marking period.

What kind of grades do we get?

On your report card you will receive a numerical grade. To pass the course, you must have a 70 average.

When and how do we receive our report cards?

You will receive your report cards in homeroom approximately 1 week after the close of the marking period. June report cards are mailed home.

What do I do if I lose my class schedule?

First, make a copy of your schedule. Tape one copy to the inside of your locker door (they are very hard to lose this way) and the other to the inside of your Student Handbook/Agenda book you will receive the first day of school. If for some bizarre reason you lose all of your copies, you will have to go to the Main Office and pay 25¢ per copy.

CYCLE DAYS

Our school cycle consists of 8 days labeled A-H. Each day has a designated letter that will correspond to your schedule. The order of classes is different each day. For example, you may have math on A-day first period and on B-day at sixth period. However, you meet for every major subject every day. Minor subjects meet once or twice during the 8-day cycle.

ENRICHMENT CLASSES

What are the Enrichment classes and when do they meet?

You will have 5 Enrichment classes (gym, music, computers, art, and study skills), and they are scheduled according to the days of the week, NOT the cycle days. You will attend them with your homeroom.

GYM CLASS

Do I have to take gym?

Yes, you do have to take gym. It is a state requirement. Everyone must take gym once a week both years in the junior high. Weekly, points are taken off your grade for not participating. You must bring your gym uniform for each class. Gym is a minor subject.

How long is gym class?

A gym class is 42 minutes long.

When and where do we change for gym?

There are both boys and girls locker rooms just for the junior high. You will have 5 minutes to change into your gym clothes and 5 minutes to change back into your uniform at the end of class. So gym class is really only 32 minutes long. Do not leave valuables in the locker room; give them to your teacher.

Do we have to take showers?

No, you do not have to take a shower. Relief, huh! However it is advisable to bring some type of deodorant with you on gym days.

Are gym classes mixed?

Boys and girls are in the same gym class for junior high. All gym classes in the junior high are arranged by grade. Seventh graders have gym together and eighth graders have their own gym classes.

Do we have gym uniforms?

Yes, you have a gym uniform.

Where do we buy the gym uniform?

Your gym teacher will sell you the uniform. Gym shirts are \$10 and gym shorts are \$10. Bring your money to the first gym class, in an envelope with your name, class, and homeroom number.

May I wear something over or under the uniform?

You may wear a sweat suit if you wish.

Do we use a special gym bag?

You can have any gym bag you wish. You can even use your backpack. Your name must be clearly visible on your gym bag, backpack, and lunch bag.

What activities do we have in gym?

There are many activities that you do in gym. For example, football, softball, basketball, soccer and volleyball are some of the activities that are done throughout the year.

Will I fail gym if I am not athletic?

No, you will not fail gym if you participate. Try your best, always come prepared in gym uniform, and have a good attitude.

What should I do if I cannot take gym because of illness or injury?

You must have a doctor's excuse in order not to take gym. If you cannot take gym because you are sick or have an injury, then you may not participate in ANY athletic contest or practice during this time.

LIBRARY

The library is for your use for research, information gathering or developing your library skills. It is NOT a study hall. The librarian expects you to be doing your library work, not doing your homework. High Speed Internet is available in the library for your research.

The library is open in the morning at 7:30 a.m. during most periods of the day and after school until 3:30 p.m. There is a copy machine located in the library for student use. The cost is 10¢ per copy.

If you wish to use the library during a study hall, you must report to the study hall first. The study hall teacher will issue you a hall pass to the library.

HOMEWORK

How much homework do we get each day?

The amount of homework will depend upon your teachers, though generally it's about an hour to an hour and a half total.

How much does homework count toward my grade?

Homework is an important part of your grade, but your subject teachers decide just how much of your grade it affects. Doing your homework is strongly suggested. Passing or failing a course has often been affected by whether or not you have made the effort to do the work.

May we do our homework in school?

Yes, you may do your homework during school, which is why we have study halls. Before and after school are other popular times to do homework. Do NOT do homework during another teacher's class. Homework done in this manner will be taken from the student. For example, do not do your math homework during science class. This really upsets the teachers.

Must I buy an assignment book?

All students are given a York Catholic Agenda (student handbook) on the first day of school. Immediately write your name in the front cover of the agenda. This book also includes the rules and regulations and is used as a hall pass. If you lose it, you must buy a new one in the main office for \$7.00 each.

What if I did not write down my homework?

You can go online and access the online gradebook, MMS. You can check homework, lessons, and grades. Information regarding the online gradebook will be included in the Back-to-School packet that will be posted on the YC website in late July. You will be assigned a User ID and Password. Please change them to something you will remember. Your parents will also receive their own User ID and Password. This will help you to keep up with your assignments.

What kinds of excuses are acceptable if I don't get it done?

There are very few excuses accepted by teachers when you don't do your homework. If you are sick or there has been a death in the family, you will be given time to make up the work. This should be discussed with the teacher and it is your job to do so.

STUDY HALL

Study Hall, also called Lecture Hall, is a period in which you can do homework, visit the library or computer lab. You will have one study hall per day. Most study halls will be located in the lecture hall on the second floor. Other locations include individual classrooms. You might receive a pass for tutoring or for an appointment with your guidance counselor.

The study hall is NOT a social period. You cannot talk or socialize. Study hall time is used for studying for a test or completing homework. With your busy schedule, it is wise to get your homework out of the way so you have time for extra activities.

AFTERNOON STUDY

If for some reason (extended absence, drop in grades, etc.) you find yourself struggling in a class or two, you may be assigned a week or two (or more) of “afternoon study.” This is not detention. It is an hour after school set aside for you to get caught up.

INELIGIBILITY

What is ineligibility?

Ineligibility is a restriction placed on students who are failing 2 or more major subjects. This means you may not participate in ANY extra-curricular activity or sport.

How do I know if I am ineligible?

First of all, YOU should always know how YOU are doing in school. After all, that’s your job. But anyway, after the first two weeks of each marking period, every major subject teacher submits a list of students who are not passing the subject at that point. If you are on two different lists for not passing the subject, then you are ineligible. You may not participate in ANY activity during the following week. Yes, your parents will be notified that you are ineligible. If you pull up your grade the next week, you possibly will be removed from the list and will be able to participate again. Your coach or activity director will be notified of your status. However, let’s get real!! YOU are responsible for YOUR grades. YOU should know whether or not YOU are passing or failing a subject and do something about it. Check the online gradebook for your grades.

Does ineligibility affect whether or not I can try out for an activity?

Yes. If you have failed two or more major subjects during any marking quarter, you may NOT try out for an activity/sport during the following marking period.

Will I get kicked off the team if my name is on the list?

On most teams if you are on the list three times, you are off the team. Let’s face it, a director or coach needs people who can be there for every practice, game, or performance.

DETENTION

How long is detention? Where is detention?

Detention is served in the Senior High Study Hall. It lasts for one hour, 3:05-4:05 p.m., every day except Friday.

Is there a list of rules so I know what not to do?

There is a list of detention getters in your Agenda (Student Handbook). Classroom teachers will tell you of their policy concerning detention.

Can I bring a cell phone or iPod to school?

Cell phones or iPods are not permitted during the school day. If you need to bring a phone for after-school transportation, leave it in your backpack, turned off until 3:00 p.m. If you have it out during school, a teacher will take it and give it to the Assistant Principal of Student Affairs who will keep it until Friday. Your parent will have to pick it up – PLUS you will receive 8 days detention.

If I get detention, how do I get home?

You must provide your own transportation home. Since most of the district buses have left school by 4:00 p.m., York Catholic is requesting a responsible adult pick you up after detention.

Does anything happen if I get a certain number of detentions?

We really hope you won't let this happen, but yes, it does. If you get three separate detentions in one marking period, it is designated on your report card as unsatisfactory conduct. Remember, no one gave you detention... YOU earned it.

Will getting detention count against my participation in activities?

This is a hard question to give a "yes" or "no" answer. If you are involved in an activity or sport that practices from 3:30-5:00 p.m., the coaches and moderators are not happy if you have detention. You may find you are dealing with double trouble. Just don't get detention.

How am I notified of detention?

The teacher will fill out an online discipline report which is sent to the Assistant Principal of Student Affairs. The student will receive notification regarding the disciplinary actions. Your parents will be notified by a written note that is to be signed and returned to the Assistant Principal of Student Affairs.

SERVICE HOURS

All Junior High students will be expected to do 6 hours of community service for each semester, a total of 12 for the year. This must be work done for someone or for some organization without pay for your service. These service hours can be used for Confirmation also.

ACTIVITIES

Get involved in clubs, activities, sports or school functions. It can be great fun and you will meet new people. Junior High options can be found on the YC website at www.yorkcatholic.org in the Section titled About York Catholic—Student Activities.

How will I know of meetings and when to try out for activities?

Every morning in homeroom, activity announcements are made over the PA system and/or are announced during homeroom period. Activities are held after school.

How do I get home after an afternoon activity?

You will have to provide your own transportation home. Because we draw from all school districts, York Catholic does not have an activity bus.

Is there a limit to the number of activities I can join?

There is no limit to the number of activities you may join, but some will interfere with each other and you should be sure to find this out. Also, remember to leave some time for yourself. You need it!

Do we get out of class to be in an activity?

Not usually, but occasionally an activity takes place during the school day.

Will activities affect my class schedule?

No.

Student Council

Student Council is a group of elected representatives who help relay messages and ideas among the student body itself and the administration. They are responsible for many of the school activities, benefits, and general welfare of the student body. Each homeroom elects two representatives to the Junior High Student Council. A person can nominate himself/herself within his/her homeroom during election time. Meetings are held every Monday afternoon after school and will last about 30 minutes. Elections for 7th grade Student Council representatives are held in October, after the students have gotten to know each other.

Missions

In each homeroom, two people are elected or volunteer to be mission representatives. Every Wednesday, we collect mission money in homeroom. These people are in charge of collecting money, counting it, and delivering it to the main office.

Math Counts

Starting in November and continuing through February, the Math Counts team meets weekly after school. This is an interactive club in which “mathletes” practice challenging, fun math problems in preparation for two team competitions at York College and Millersville University.

Concert Band

Concert band rehearses during the school day and performs at the different concerts throughout the school year. If you sign up for this, you will be scheduled for practice.

ATHLETICS

York Catholic Junior High School is a member of the York Adams Interscholastic Athletic Association (YAIAA) and the Pennsylvania Interscholastic Athletic Association (PIAA). All students participating in athletics must follow all requirements of York Catholic, the YAIAA, and the PIAA. All athletes must have a physical before practice begins. Information about start dates can be obtained from the school's website athletic calendar. Grades do affect whether or not you make the team; you must be eligible. Team transportation is provided for all away games/meets.

Important Deadlines for Paperwork/Physical Forms:

Fall Sports: due Aug. 9 by 3 p.m.

Winter Sports: due Nov. 8 by 3 p.m.

Spring Sports: due Feb. 28 by 3 p.m.

Complete details can be found on the Athletics page of the YC website at www.yorkcatholic.org.

Junior High Boys' Sports

Football

Practice starts August 15

Teams – 7th & 8th grades – no cuts

Season – end of August until the end of October

Practice – 4:15-6:30 p.m. daily once school starts

Games – Wednesday or Thursday - listed on the Athletics Calendar as “Football 8th”

Cross Country

No cuts

Season – August until October

Practice – after school

Meets – 4:30 p.m.

Basketball

Tryouts – November 18

Teams – 7th, 8th, and 9th grades

Season – November until mid-February

Practice – after school daily at YC & St. Mary's

Games – usually Monday & Thursday at 4 p.m. & 5 p.m.

Track

Practice starts – March 8 – no cuts

Teams – 7th and 8th grades

Season – end of March until the beginning of May

Meets – Various days at 3:30 p.m. - all meets are away

Junior High Girls' Sports

Cheerleading

Tryouts – May 17, 18, and 19

Season – Football only

Squad – 7th, 8th, and 9th grades

Practice – after school

Tryouts are held again in October for winter cheerleading

Cross Country

Same as Boys' Cross Country

Basketball

Tryouts – November 18

Season – November until mid-February

Teams – 7th and 8th grades only

Practice – after school daily at YC & St. Mary's

Games – usually Monday and Thursday at 4:00 p.m. & 5:00 p.m.

Volleyball

Tryouts – March 8

Season – March until mid-May

Teams – 7th and 8th grades only

Practice – various times between after school until 6 p.m. daily

Games – usually Tuesday & Thursday at 4 p.m. & 5 p.m.

Track

Same as Boys' Track

PERSONAL

Is junior high harder than grade school?

Junior high can be a challenge because you will have more responsibility for your own assignments and a greater variety of new material. If you practice responsibility, time management, and have a positive attitude you will do just fine.

Do we always have to wear our uniforms?

Yes, except on special occasions like fund raisers, which will be announced. Girls: Remember to wear white or light colored undergarments under white polos...no dark colors.

What do I do if I don't get along with one of my teachers?

If a problem arises, see your guidance counselor. Don't be afraid to actually speak to the teacher and see if there really is a problem. Sometimes you can feel things that aren't really there.

How do I see my Guidance Counselor?

You can see your guidance counselor by making an appointment with her personally. Mrs. Sarah McShane is the Guidance Counselor for grades 7 & 8. She will be arranging individual appointments with you throughout the year. When this happens, you will receive an appointment slip during homeroom, which counts as your pass. Mrs. Dianne Schildt is the Junior High Guidance secretary and she may be reached at 718-5829.

If I am feeling sick, what do I do?

If you think you can't sit in class, ask your teacher to go to the nurse. If you know you are going to be sick, go to the bathroom.

What if I think I have had something stolen?

If you think you have had something stolen, tell the Assistant Principal of Student Affairs immediately. Don't wait until the next day.

How much time do I have between classes?

You have three minutes to travel between classes. It might not seem like a lot of time but as you learn your way around the school it will seem just right.

May I use the water fountain whenever I want?

You may use the water fountain between classes if you are thirsty or if the subject teacher grants permission. It is best to ask the teacher prior to the start of class. You are also permitted to carry a 16 oz. water bottle during the day. This is especially beneficial on warm days or if you are an athlete and need to stay hydrated.

What if I have to go to the bathroom during class?

Most teachers have very specific rules about the bathroom. If you don't abuse the privilege, most teachers will allow you to go during class. There is a place in your student handbook/agenda that is used to sign out to the bathroom.

May I make a phone call during the school day? How do I get permission?

If you need to call home, ask to use the phone at the attendance desk.

What happens if I am late for class?

This is a minor infraction. Your teachers may be lenient the first couple of days of school.

Are we allowed to eat or drink other than at lunch?

You are allowed to eat and drink items sold in the cafeteria before or after school as long as you eat them in the cafeteria. You may NOT take food or drink upstairs, to the main lobby, or anywhere else, with the exception of a water bottle.

ADVICE

First Week

Talk to as many people as possible. Go to the Junior High swim party. Details about the Swim Party will be emailed to parents in the Irish eye e-newsletter in August. Don't stand around—socialize!

Class Schedule

Keep a schedule taped to the inside of your locker and to something you always carry with you like a folder or your student handbook/agenda that you will receive on your first day. Nothing is more embarrassing than walking into the wrong room. Also, keep a copy at home in your room or on the refrigerator.

Homeroom

Sit where you are assigned or you will be marked absent. Sell your quotas for fund-raising projects so you can dress down and receive homeroom rewards.

Academics

Take notes on your teachers so you will be able to get into a rhythm based on what they expect and when they expect it. Don't put your books down on the desk before you sit – the desk will fall over. Pay attention in class, pop quizzes are not unusual.

Homework

Review daily for quizzes and tests. At the beginning of the day place all of your books in the top part of your locker. As you go through the day, put the books you need to take home in the bottom locker or even inside your backpack. This way you know what you have and what books you need. Check the online gradebook regularly for homework assignments and grades.

Study Hall

Use your study hall for homework. The payoffs are worth it.

Lunch

Put your books on the shelves or tables in the back of the cafeteria before you get into line. On French fry or pizza day, move quickly to the cafeteria to avoid the long lines. The weekly menu is posted in the cafeteria on the board behind the hot & cold lines.

School Supplies

You will be given a student handbook/agenda on the first day of school to write down your homework assignments each day. Almost every student carries a backpack to school.

Backpacks are not allowed in junior high classrooms. Each teacher has his/her own preference for the type of notebook, paper, and supplies needed for classes. The Supply List will be posted on the YC website at www.yorkcatholic.org in early August. Here are the basic rules to follow:

- Always have pencils (#2) and pens every day.
- Carry spare loose leaf paper in a folder.
- With an average junior high student's schedule, an assignment pad or calendar is essential. Use your student handbook/agenda.
- Being prepared reduces the stress of school dramatically.

Bus

Never get a drink after school if you ride the bus for more than 30 minutes.

Personal

Study and get rest each day. Make friends. Everyone is starting off new. Be patient; you won't be in junior high the rest of your life. Don't be afraid to ask anyone for anything; most people will be glad to help. BE YOURSELF: you'll make more friends. Always look interested.

Don't call for a hall pass out loud in class – just raise your hand and ask the teacher quietly to be excused. Anything more is not funny – and could earn you a detention. Consider carrying your parents' work numbers or neighbor's phone numbers with you, just in case you miss your bus and need to call for a ride.

ENJOY YOURSELF – YOU'RE IN JUNIOR HIGH!!

YORK CATHOLIC ALMA MATER

Fondly we hail thee, Alma Mater, fair White Rose. Gentle Mother teach us wisdom, love of friend and foe. Keep us loyal to thy love and true to Heaven's Queen, Proudly we raise on high the Gold and Green.

Never we'll fail thee, Alma Mater, Mother True. Faithfully we'll strive to prove our loyalty to you. High ideals we'll keep before us-steadfast and serene. Through life we'll conquer 'neath the Gold and Green.

PRAYERS YOU SHOULD KNOW

Our Father

*Our Father, Who art in heaven hallowed be Thy Name;
Thy kingdom come, Thy will be done, on earth as it is in heaven.
Give us this day our daily bread and forgive us our trespasses,
as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

Hail Mary

Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Prayer of Praise

Glory be to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now and ever shall be, world without end. Amen.

The Angelus

V: Prayer Leader R: Response

V – The Angel of the Lord declared to Mary:

R – And she conceived of the Holy Spirit.

Hail Mary...

V – Behold the handmaid of the Lord.

R – Be it done unto me according to Thy word.

Hail Mary...

V – Pray for us, O Holy Mother of God.

R – That we may be made worthy of the promises of Christ.

V – Let us pray:

R – Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the incarnation of Christ, Thy Son, was made known by the message of the angel, may by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ our Lord.

Amen. Sign of the Cross

Regina Caeli

V – Queen of Heaven, rejoice, alleluia.

R – For He whom you did merit to bear, alleluia.

V – Has risen, as he said, alleluia.

R – Pray for us to God, alleluia.

V – Rejoice and be glad, O Virgin Mary, alleluia.

R – For the Lord has truly risen, alleluia.

V – Let us pray.

R – O God, who gave joy to the world through the resurrection of Thy Son, our Lord Jesus Christ, grant we beseech Thee, that through the intercession of the Virgin Mary, we may obtain the joys of everlasting life. Through the same Christ our Lord.

Amen. Sign of the Cross

Hopefully, we have answered many of your questions and concerns. Even the upperclassmen don't know everything. Your year will be exciting – filled with ups and downs. Things and people aren't always fair. Sometimes you will have a bad day, a bad week. It happens. What you will do is survive and have a great experience. After all –

WE ARE YORK CATHOLIC!

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