

# HOMEBASE

# 2008-2009 HANDBOOK

Everyday at Jamesville-DeWitt Middle School begins with Homebase. It is the first thing we do each day. Students start each day with the same students, the same adult(s), and in the same location with the fundamental purpose of getting their day off to the best possible start. As middle-level educators, we have dedicated our professional lives to the learning and well-being of our students. The Homebase program is one of the most significant components of our program; an advisor-advisee program is also codified by the Board of Regents in the Essential Elements of Standards-Focused Middle-Level Schools and Programs.

Many of us meet daily with our Homebase, working to enhance home-school connections, developing a sense of belonging, and ensuring that every child has a non-parent adult advocate in our school. Other staff members serve our students in the Homebase program in a more supportive role such as periodic study hall supervision, hall and breakfast line monitoring, and making resources available to students and Homebase advisors. *Make no mistake about it, however, all the staff members of JDMS have a part to play in our Homebase program.* 

This handbook is intended to be a source of guidance and resources for Homebase advisors and support personal. Additionally, resources are regularly updated at jamesvilledewitt.org/middle on the "Homebase Resources" teacher page.

### **GOALS OF THE JDMS HOMEBASE PROGRAM**

- to assist in the daily transition between home and school
- to help students understand that everyone is responsible for their own actions
- to help students develop an acceptance of individual strengths and weaknesses
- to build positive relationships among all members of the school community
- to develop a sense of belonging through respect, understanding and tolerance
- to provide students and parents with an advocate who will take a personal interest in each child

"No other age level is of more importance to the future of individuals, and, literally, to that of society; because these are the years when youngsters crystallize their beliefs about themselves and firm up their self-concepts, their philosophies and life and their values – the things that are the ultimate determinants of their behaviors."

Understanding and Appreciating the Wonder years John H. Lounsbury

#### What is a Middle Schooler?

What is a middle schooler?
I was asked one day.
I knew what he was,
But what should I say?

He is swift as an arrow.
He is a waste of time,
He wants to be rich,
But cannot save a dime.

He is rude and nasty.
He is polite as can be.
He wants parental guidance,
But fights to be free.

He is aggressive and bossy.
He is timid and shy.
He knows all the answers,
But will still ask why.

He is awkward and clumsy. He is graceful and poised, He is ever changing, But do not be annoyed.

What is a middle schooler?

I was asked one day.

He is the future unfolding,
So do not stand in his way.

The National Resource Center for Middle Level Educators

# **TABLE OF CONTENTS**

Code of C	onductpage
Tel Sta	cationpage ephone ff Directory wsletters
E-1 Fai	b Site nail nily Handbook nool Address
Who Shou	ld You Call?page
Team and	House Numberspage
More Imp	ortant Numberspage
JD Middle	e School Mappage 1
2007-2008	School Calendarpage 1
Student C	Student Conduct Introduction Student Conduct Expectations Project SAVE/District Code of Conduct
Homebas	epage 18
Policies a	Absences Backpacks and Locker Breaks Dismissal from School Emergency School Closings Field Trips Fire Drills and Emergencies Harassment and Discrimination Health Services Homework Information Homework Requests Late Arrival Library Lost and Found Messages to Students Parent Teacher Group (PTG)

# **HOMEBASE ADVISORS 2008-2009**

## **5**<sup>TH</sup> **Grade HR** (9 Homerooms)

## **<u>6<sup>TH</sup> Grade HB</u>** (19 Homebases)

<b>Homeroom Teacher</b>	<b>Location</b>	<u>Advisor</u>	<b>Location</b>
C. Boice	Rm. 408	J. Duerr	Rm. 104
R. Caiello	Rm. 403	D. Appleman	Rm. 203
M. Dardaris	Rm. 411	M. Aquino	Rm. 110
D. Glazier	Rm. 409	A. Bissetta	Rm. 304
H. Kominoski	Rm. 405	T. Butler	H-3 Team Room
D. Maloney	Rm. 402	J. Craig	M.O.
S. Pavente	Rm. 407	K. Dippold	Rm. 306B
C. Randall	Rm. 404	A. Endreny	Rm. 312
A. Rossomano	Rm. 401	A. Holvenski	Rm. 309
		L. Klotz	Rm. 112
		J. (Martina) Lane	Rm. 111
		S. Leo	Rm. 212
*Mixed Grades (1 Homebase)	)	H. Meyer/L. Gangemi	Rm. 308
		M. Nerz	Rm. 202
Jeff Loan	Rm. 28	M. O'Brien	Rm. 109
		C. Hicks	Rm. 23
		B. Porter	Rm. 305
		M. Welch	Rm. 6
		H. Zhang	Rm. 106A

## 7<sup>th</sup> Grade HB (18 Homebases)

## **8<sup>th</sup> Grade HB** (18 Homebases)

<u>Advisor</u>	<b>Location</b>	<u>Advisor</u>	Location
K. Bryant	Tech Rm. 8	B. Bourcy	Rm. 208
A. Burt	Rm. 107	T. Buzak	Rm. 101
K. Butler	H-3 Office	N. Christian	Rm. 206B
M. Casey	Rm. 206A	C. Flynn	Rm. 301
J. Corridori	Rm. 209	K. Giammichele/A. Valentino	Rm. 108
S. D'Agostino	Rm. 25	S. Hebert	Music Rm. 5
M. Desmond	Rm. 310	J. Jasinski	Art Rm. 3
L. Fabian	Rm. 15	R. Jasinski	Art Rm. 3
C. Farranto	H-4 Conf. Rm.	K. McKee/M. Osterhaudt	M.O. Conf. Rm.
D. Felser	Rm. 211	V. McNamara	Rm. 208
A.M. Honsinger	Rm. 106B	M. Melfi	Rm. 306A
L. Lenox	Rm. 26	C. Molesso	Tech. Rm. 9
B. Markell	Rm. 102	T. Parker	Rm. 204
A. Ninestein	Rm. 205	J. Rimualdo	Rm. 303
R. Peter	Rm. 210	K. Robinson	Rm. 105
J. Praetorius	Rm. 207	E. Sellmeyer	Rm. 406B
A. Starowicz	Rm. 103	A. Spitzer	Rm. 302
M. Woolery/P. Ferris	Rm. 17	L. Walsh	Rm. 24

## HOMEBASE ADVISOR RESPONSIBILITIES

It is expected that each Homebase Advisor shall:

- be a positive role model.
- hold students accountable for all school rules.
- open the room and be in the vicinity of the Homebase location at 7:45 AM.
- be in the Homebase location and involved with students at 8:00 AM.
- issue passes for students who leave Homebase.
- plan on attending all advisors meetings.
- attempt to reach out to each student each day.

## HOMEBASE STUDENT RESPONSIBILITIES

It is expected that each Homebase student shall:

- be a positive role model for peers.
- be in the Homebase location at 8:00 AM.
- listen quietly to morning announcements.
- stand for the pledge.
- be prepared for daily activities.
- be respectful and accepting of others.
- be a contributing member of the group
- discuss any concerns about the group with the advisor.

## HOMEBASE RIGHTS AND RESPONSIBILITIES



#### I HAVE THE RIGHT TO BE HAPPY

AND TO BE TREATED WITH COMPASSION IN THIS ROOM:

This means that no one will laugh at me or hurt my feelings.

# I HAVE THE RIGHT TO BE MYSELF IN THIS ROOM:

This means that no one will treat me unfairly because I am black or white, thin or fat, tall or short, boy or girl.

# I HAVE THE RIGHT TO BE SAFE IN THIS ROOM:

This means that no one will hit me, kick me, push me, pinch me, hurt me.

# I HAVE THE RIGHT TO HEAR AND BE HEARD IN THIS ROOM:

This means that no one will yell, scream, shout, make loud noises, interrupt.

# I HAVE THE RIGHT TO LEARN ABOUT MYSELF IN THIS ROOM:

This means that I will be free to express my feelings and opinions without being interrupted or put down.

#### I HAVE THE RESPONSIBILITY TO

TREAT OTHERS WITH COMPASSION AND ALLOW THEM TO BE HAPPY:

This means that I will not laugh at others or hurt feelings.

# I HAVE THE RESPONSIBILITY TO ACCEPT OTHERS:

This means that I will treat all members of this group fairly no matter what their individual differences.

# I HAVE THE RESPONSIBILITY TO ALLOW EVERYONE TO BE SAFE IN THIS ROOM:

This means that I will not hit, kick, push, pinch, hurt.

# I HAVE THE RESPONSIBILITY TO ALLOW OTHERS TO HEAR AND BE HEARS IN THIS ROOM:

This means that I will not yell, scream, shout, make loud noises, interrupt.

# I HAVE THE RESPONSIBILITY TO ALLOW OTHERS TO LEARN IN THIS ROOM:

This means that I will allow other to express their feelings and opinions without interrupting or putting them down.

## 2008-2009 DAILY SCHEDULE FOR HOMEBASE

Homebase in grades 6-8 meet 4 days per week. Each grade level will have a study hall one day per week. The <u>study hall</u> schedule is as follows:

Grade 6 – Thursday

Grade 7 – Tuesday

Grade 8 – Friday



There is a designated <u>outside day</u> for each grade level. The schedule is as follows:

Grade 5 – Monday

Grade 6 – Tuesday

Grade 7 – Friday

Grade 8 – Thursday

<u>Gym:</u> A rotating schedule for Homebase use is included in this booklet. A staff member will be available at all times to distribute equipment and assist the advisor with supervision. Homebase advisors are expected to plan an activity with their group before going to the gym.

<u>Reading Day:</u> This continues to be an option for Homebase groups. Newspapers will be delivered on Wednesday morning for Homebase use. If advisors choose not to participate, it is expected that a quiet activity will take place.

<u>Library</u>: The Library is open and available to Homebase groups. Please see the librarian if you would like to use the Library. Any student sent to the Library must have a signed pass.

<u>Computer Lab</u>: The Computer Lab is available to Homebase groups. Please sign up in the computer office.



## **DAILY PROCEDURES**

#### **HOMEBASE/HOMEROOM ATTENDANCE:**

- 1. There is an attendance folder for each Homebase, Homeroom and Homebase Study Hall.
- 2. Attendance cards for students who are absent during Homeroom/Homebase/Homebase Study Hall should be moved to the absent side of the folder (right side pocket).
- 3. Complete a tardy slip for any student that is late to HB/HR/HB Study Hall. Put the tardy slip(s) in the right side pocket of the folder along with the attendance card of any absentee. Additional tardy slips are available in the Main Office.
- 4. Place all excuses in the right side pocket of the folder.
- 5. For new students who are absent and without a card, use a note to designate absence. Place the note in the right side of the folder.
- 6. The teacher should take the folder to the nearest office at 8:20 AM. The folder should be delivered even when all students are present.
- 7. After 8:25 AM teachers should bring the folder to the House Office as follows:

Grades 5 & 6 - House 4 Office Grade 7 - House 2 Office Grade 8 - House 3 Office

- 8. On Wednesday, do <u>not</u> place the cards in the right side pocket for church school students.

  Instead write the names of the church school students on the inside of the folder at the top on the right side.
- 9. Pick up your folder from your mailbox during the day for use the following school day. Some teachers may wish to retrieve their folder from the House Office. Check with the House Secretary beforehand to make sure the folder is ready to be returned.

#### **EXCUSES:**

Students are responsible for bringing excuses for absences or tardiness and notes requesting early dismissal to the Homebase advisor. These notes should be sent with the attendance folder to the appropriate House Office at the end of the Homebase period.

#### VISITATIONS:

Homebases are encouraged to work together and students do enjoy an occasional visitor. It is suggested that there be 24 hour advance request to both advisors for students to visit other Homebases and that both advisors agree with the request.



## DAILY PROCEDURES—CONTINUED

#### PASSES:

If a student is sent out of Homebase to another part of the building for any reason, that student should have a pass, in the planner, signed by the Homebase advisor.

#### **BUS PASSES:**

Students are responsible for leaving notes requesting a buss pass in the main office when they enter in the morning and for picking up their signed passes before leaving the building.



#### LIBRARY SIGN-OUT:

Library materials are signed out using an automated system. Notices for overdue materials will be placed in advisors' mailboxes on a weekly basis. Please encourage students to return library materials that day. materials should be returned before or after the Homebase period.

#### **CURRICULUM NIGHT:**

Only 6<sup>th</sup> grade advisors are expected to meet with their students' parents at the beginning of the grade level Curriculum Night. This will give you the opportunity to explain the program, group activities planned and to answer parent questions. Information on the Curriculum Night schedule will be provided in September.

#### SUBSTITUTES:

If you are away from school, your substitute is expected to meet with your Homebase. Please leave a suggestion for the time period in your plans. It is further suggested that you designate a student(s) who will assist the substitute. If you are going to be late or need coverage for your Homebase, please refer to the Daily Opening Session sheet for staff members who are available to cover for you. If a staff member is not supervising a study hall, you may ask for assistance with coverage. In addition, each advisor is paired with another advisor on the gym schedule. Ask your gym partner for coverage if you need assistance in an unusual situation. It is your responsibility to make sure your Homebase is covered each morning.

#### FAMILY HANDBOOK:

All students are to receive a Family Handbook the first day of school. Advisors are expected to hand out and go over all the information contained in the Handbook during Homebase meetings the first weeks of school.

#### SCHOOL HANDOUTS AND ANNOUNCEMENTS:

At various times during the school year, advisors will receive flyers or notices in their mailbox. Please make sure students receive this information and that you review it with them.

#### **REPORT CARDS:**

Students will report to their Homebase to receive report cards. This is a good opportunity for you to check on academic progress and assist students who are having difficulty with class work in any way you can.

## **ASSIGNMENTS FOR STAFF OTHER THAN ADVISORS**

NAME Location

Abdo, Y. Computer/Technology Assistant

Abraham, B. With a specific student

Anderson, M. Supervise Main & Auxiliary Gyms (Gym sign-up)

Benack,B. With a specific student Blair, K. With a specific student

Bloomer, C. 5<sup>th</sup> Grade

Brazie, K. SH-HB Tu-102, Fri-204 / M & W Gym Hall Supervision

Campolo, C. With a specific student

Carapella, F. SH-HB Tu-17, Fri-206B / M & W Library Intersection

Carter, P. With a specific student TBD With a specific student

Cunningham, D. SH-HB Tu-103, Th-312 / M & W Main Hall Supervision

DeRollo, T. 7:50-8:15 Cafeteria Supervision Dudczak, C. M, W, Th, Fri 8:00 – 8: 20 Library

Greene. T. SH-HB Th-Band Rm., Fri-Band Rm. / M & W Main Hall Supervision

Gunther, J. SH-HB Tu-210, Th-110

Hayward, J. Nurse's office

Hilton, S. With a specific student Hoffman, B. With a specific student

Jacobsen, S. SH-HB Th-201, Fri-201 / M & W Library Intersection

Jeanneret, K. Homebase support with Craig

Kline, K. SH-HB Th-203, Fri-303 / M & W H-2 Hall Supervision MacKnight, S. SH-HB Th-104, Fri-24 / M & W H-1 Hall Supervision Mascia, L. SH-HB Tu-310, Th-112 / M & W H-3 Hall Supervision

Mosenthal, R. With a specific student Osterdale, S. Arrives after HB

Perigard, W. With a specific student

Pudney, K. SH-HB Tu-26, Fri-301 / M & W Main Office Hallway Supervision

Razmjou, T. P/T Instrumental Music

Reed, H. Lifeguard

Richardson, P. 7:50-8:15 Cafeteria Supervision Roach, J. M-F 7:45-8:00 Bus Info. / HB helper Sawatzke, P. 7:50-8:15 Cafeteria Supervision

Schmidt, G. SH-HB Th-309, Fri-Tech Rm. 9 / M & W Hall Supervision

Silverman, P. Homebase support

Sixberry, A. SH-HB Tu-208, Fri-101 / M & W Hall Supervision Spector, K. SH-HB Th-212, Fri-109 / M & W Hall Supervision Valentino, P. SH-HB Tu-209, Th-23 / M & W Gym Hall Supervision

Wagner, J. With a specific student

Zoeckler, P. SH-HB Tu-107, Fri-302 / M & W H-3 Hall Supervision

# **HOMEBASE STUDY HALL**

## **TUESDAY:** 7<sup>th</sup> Grade Study Hall (17 HBs)

Location	Study Hall Supervisor(s)	Homebase(s) in Study Hall
Rm. 310	L. Mascia	Bryant, Burt
Rm. 17	F. Carapella	Casey, Corridori
Rm. 107	P. Zoeckler	Desmond, Fabian
Rm. 208	A. Sixberry	Felser, Ninestein
Rm. 209	P. Valentino	Honsinger, D'Agostino
Rm. 26	K. Pudney	Lenox, Markell
Rm. 210	J. Gunther	Peter, Praetorius
Rm. 103	D. Cunningham	Farranto, Starowicz
Rm. 102	K. Brazie	Woolery/Ferris
Rm. 25	G. Schmidt	K. Butler

# THURSDAY: 6<sup>th</sup> Grade Study Hall (19 HBs)

Study Hall Supervisor(s)	Homebase(s) in Study Hall
C. Marikaita	D
E	Duerr, Appleman
J. Gunther	Aquino, Endreny
D. Cunningham	Bissetta, Zhang
L. Mascia	A. Butler, O'Brien
P. Valentino	Craig, Hicks
T. Greene	Dippold, Leo
G. Schmidt	Klotz, Welch
K. Kline	Lane (Martina), Holevinski
S. Jacobsen	Meyer/Gangemi
K. Spector	Porter, Nerz
	S. MacKnight J. Gunther D. Cunningham L. Mascia P. Valentino T. Greene G. Schmidt K. Kline S. Jacobsen

# FRIDAY: 8<sup>th</sup> GRADE Study Hall (18 HBs)

Location	Study Hall Supervisor(s)	Homebase(s) in Study Hall
Rm. 24 Tech Rm. 9 Rm. 204 Rm. 301 Rm. 204 Rm. 101 Rm. 201 Rm. 302 Band Room	S. MacKnight F. Carapella K. Spector K. Pudney K. Brazie A. Sixberry S. Jacobsen P. Zoeckler T. Green	Buzak, Walsh Christian, Christian Flynn, Hebert Giammichele/Valentino J. Jasinski, R. Jasinski McKee, Melfi McNamara, Bourcy Molesso, Rimualdo Parker, Sellmeyer
Rm. 303	K. Kline	Robinson, Spitzer

## **ADVICE FOR HOMEBASE ADVISORS**

You are the cornerstones for this program at J-DMS. As you work to create a supportive environment for students which will promote self-esteem, develop coping skills, encourage social and emotional growth and help the transition from one grade to the next, you might want to keep the following in mind:

Things don't happen overnight. You have the time and flexibility to set the direction for your group of students.

Students can develop close personal contact with an adult outside of the academic curriculum.

Students need your guidance to accept responsibility for the consequences of their own behavior and its effect on others.

Homebase periods should be enjoyable, should provide for social interaction, should celebrate important events and the joy of learning.

Homebase activities can encourage our students to recognize and appreciate individual differences and talents.



## **MORE ADVICE**

## **Keep Homebase in Perspective**

Homebase is only 20 minutes of a very full day!

It is possible to develop relationship with members of your group and among group members.

Homebase is work, but worthwhile work.

A Homebase takes time to develop.

Students need to find out about each other and you.

Don't relinquish your adult role.

Establish rules.

Set an agenda.

Students need your guidance in Homebase and throughout the school day.

You won't see rewards.

Our ultimate goal is to make students feel welcome, feel they belong and offer them a group that they can be part of.

"An educator's view of those they serve is directly translated to how one teaches."

-K. Bergstrom



# 100 THINGS TO DO IN HOMEBASE

			D1 G
1.	Talk	51.	Play Guesstures
2.	Sing songs	52.	Hot-tub visit
3.	Draw	53.	Listen to music
	Hug	54.	Read stories
5.	Go on a trip	55.	Tell ghost stories
	Play Pictionary	56.	Have pictures taken and see how to
7.	Take pictures		develop them (with parent)
8.	Go on a haunted hayride	57.	Talk about your problems
9.	Cook dinner	58.	Do brain teasers and mind games
	Cook breakfast	59.	Trace our hands for peace signs
	Go to the circus	60.	Role play decision-making
	Save whales	61.	Book of questions
	Watch movies	62.	Make snowflakes
	Go to a play	63.	Play cards
	Go to a movie	64.	Paint pumpkins
	Play in the gym	65.	Have pen pals
	Make puzzles	66.	Quote movie lines
	Charity work	67.	Play basketball
19.	Drug quiz show	68.	Stay after school
20.	Soup Kitchen	69.	Play tag
21.	Play Scattergories	70.	Arts and crafts
22.	Play outside	71.	Bake cookies
23.	Send cards to a retirement home	72.	Play kickball
24.	Show-N-Tell	73.	Go for a walk
25.	Play Brainquest	74.	Write in journals
26.	Celebrate birthdays	75.	No put-downs
27.	Play Jeopardy	76.	Go to a carnival
28.	Sleepover in gym	77.	Make friends
29.	Go to a Crunch game	78.	Say no to drugs
30.	Go to watch a friend play a sport	79.	Go Christmas caroling
31.	Play Advertising game	80.	Eat candy or cookies
32.	Have fun	81.	Have parties
33.	Do puzzles	82.	Secret Santas
34.	Make t-shirts	83.	Laugh
35.	Tie-dye	84.	Tell jokes
	Smile	85.	Play jokes
37.	Make ornaments	86.	Learn about Hannukah
	Make wrapping paper	87.	Learn about volunteering
	Talk about your weekend	88.	Read poems
	New Year's Resolutions	89.	Go to the mall
	Celebrate halfway through the school year	90.	Yell and scream
	Celebrate 100 days	91.	Make a mural
	Participate with other Homebases	92.	Go to the Computer room
	Argue/discuss topics	93.	Go to the Library
	Play hangman	94.	Hiking trip
	Share your opinion	95.	Trip to Sportstar 2000
	Draw on the board	96.	Collect UPCs for Ronald McDonald House
	Snowball fights	97.	Look at baby pictures
	Bring in your dogs to share	98.	Talk about our vacations
	Have your parents come in	99.	Choose a VIP for a week.
	Have a student in charge of the day	100.	Have a student in charge of the day
	to state in the go of the day	200.	I is student in that go of the day

## **DISCUSSION STARTERS**

- I am...
- One way I am like everyone else is...
- I opened the door and saw myself as a child who...
- What other people seem to like about me is...
- If I looked at myself through other people's eyes...
- My best friend feels that I...
- I really felt that I belonged when...
- If I could be transformed into an animal, I would be a(n)...because...
- If I were a flower, I would be a(n)...because...
- If I could be a musical instrument, I would be a(n) ...because...
- If I could be a car, I'd be a(n)...because...
- If I could be any color, I would choose to be... because...
- The REAL me is...
- I feel great when...
- The person I choose to become is...
- A positive way I have changed is...
- One thing I really like about me is...
- I am good at...
- People listen to me when...
- I can say "No!" when...
- I am in charge of me because...
- I can make a difference in life by...
- If I could control time, I would...
- I am the most powerful person in my life because...
- I fell in control of my life when...
- Lean
- An achievement I feel good about is...
- My life shows that I've learned...
- By next year I...
- By the year 2000 I...
- Life works for my when...
- I used to...but now I...
- I knew I could do it when...
- Effort can be exhausting but also satisfying when...
- I am at my best when...
- As I gazed into the crystal ball I could see that...
- Smiles are like windows because...



- Attitudes are contagious. One person whose attitude I would like to catch is...because...
- Your attitude creates your reality because...
- It's important to focus on your successes and learn from your failures because...
- You CAN if you THINK YOU CAN because...
- The BIGGEST mistake you can make is to be AFRAID of making a mistake because...
- It is better to ACT than REACT because...
- Powerful people stay off "autopilot" because...
- You shouldn't try to win arguments because...
- If you change your thoughts, you will change your life because...
- By looking for the best in everyone and everything you...
- You are the star of your own movie; you add to the script each day by...
- By living life YOUR WAY instead of waiting for it to come to you "as is" you,,,
- I can expand my "comfort zone" by...
- I know I am in control of my attitude when I...
- The choices I make today will shape my future by...
- I strengthen myself by looking for ways it CAN be done instead of reasons why it CAN'T because...

## IN CONFIDENCE

## How to respond appropriately when kids Approach you with problems and concerns

At almost every turn these days, young people are advised to talk to a trusted adult if they're concerned about the emotional health of a friend.

We can expect at least some of those young people to heed that advice. If you are the person to whom a troubled young person turns, the following guidelines can help you to help him/her.

Educators and other school-based adults must remain professional when a young person confides in him/her. Show concern and demonstrate willingness to help – but within appropriate school guidelines and policies. This young person is seeking adult support and guidance, not the kind of empathy they'd get from a same-age friend.

The most common problem students experience involves their peer relationships. Steer clear of any hint of engaging in gossip about another student, teacher or parent when talking with a young person. Encourage the young person to be tolerant of others and respectful of their own feelings.

Focus on the child's problem. Resist the temptation to reveal details about yourself as a way of showing sympathy or empathy.

Avoid saying, "When I was your age..."

Keep the young person's conversation with you confidential – this includes sharing it with the other teachers or adults close to the child (unless the child confides a situation that could put him/her in danger – see below).

Help the child put his/her problems in perspective. We all know that young people tend to dramatize their problems, view them as being unique and believe that the present situation will last forever. Gently remind the young person that he/she has gotten over other problems and that this one and the uncomfortable emotions attached to it will fade with time.

Teachers are legally obligated to protect the safety and well-being of their students. This means they must seek help from an appropriate source (a school counselor, student assistance professional or administrator) when a student's confidence involves sexual abuse, physical abuse, neglect, pregnancy, threats and intimidation from others, substance abuse, illegal activity, depression and/or suicidal thoughts or threats. Other adults should seek the help of a school counselor, student assistance professional or a community mental health professional to determine how to proceed legally and in a way that will help the child.

Source: Adapted from Discipline Survival Kit for the Secondary Teacher by Julia G. Thompson (West Nyack, New York: The Center for Applied Research in Education, 1998)

## **40 DEVELOPEMNTAL ASSETS**



Category

# 40 Developmental Assets™



Search Institute™ has identified the following building blocks of healthy development that help young people grow up healthy, caring, and responsible.

Asset Name and Definition

		Category	
		Support	<ol> <li>Family Support-Family life provides high levels of love and support.</li> <li>Positive Family Communication-Young person and her or his parent(s) communicate positively, and young person is willing to seek advice and counsel from parents.</li> <li>Other Adult Relationships-Young person receives support from three or more nonparent adults.</li> <li>Caring Neighborhood-Young person experiences caring neighbors.</li> <li>Caring School Climate-School provides a caring, encouraging environment.</li> <li>Parent Involvement in Schooling-Parent(s) are actively involved in helping young person succeed in school.</li> </ol>
	sets	Empowerment	<ol> <li>Community Values Youth-Young person perceives that adults in the community value youth.</li> <li>Youth as Resources-Young people are given useful roles in the community.</li> <li>Service to Others-Young person serves in the community one hour or more per week.</li> <li>Safety-Young person feels safe at home, school, and in the neighborhood.</li> </ol>
	External Assets	Boundaries & Expectations	<ol> <li>Family Boundaries-Family has clear rules and consequences and monitors the young person's whereabouts.</li> <li>School Boundaries-School provides clear rules and consequences.</li> <li>Neighborhood Boundaries-Neighbors take responsibility for monitoring young people's behavior.</li> </ol>
	Exte		14. Adult Role Models-Parent(s) and other adults model positive, responsible behavior. 15. Positive Peer Influence-Young person's best friends model responsible behavior. 16. High Expectations-Both parent(s) and teachers encourage the young person to do well.
		Constructive Use of Time	<ol> <li>Creative Activities-Young person spends three or more hours per week in lessons or practice in music, theater, or other arts.</li> <li>Youth Programs-Young person spends three or more hours per week in sports, clubs, or organizations at school and/or in the community.</li> <li>Religious Community-Young person spends one or more hours per week in activities in a religious institution.</li> <li>Time at Home-Young person is out with friends "with nothing special to do" two or fewer nights per week.</li> </ol>
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		Commitment to Learning	21. Achievement Motivation-Young person is motivated to do well in school. 22. School Engagement-Young person is actively engaged in learning. 23. Homework-Young person reports doing at least one hour of homework every school day. 24. Bonding to School-Young person cares about her or his school. 25. Reading for Pleasure-Young person reads for pleasure three or more hours per week.
	al Assets		School Engagement-Young person is actively engaged in learning.     Homework-Young person reports doing at least one hour of homework every school day.     Bonding to School-Young person cares about her or his school.
	Internal Assets	to Learning  Positive	<ol> <li>School Engagement-Young person is actively engaged in learning.</li> <li>Homework-Young person reports doing at least one hour of homework every school day.</li> <li>Bonding to School-Young person cares about her or his school.</li> <li>Reading for Pleasure-Young person reads for pleasure three or more hours per week.</li> <li>Caring-Young person places high value on helping other people.</li> <li>Equality and Social Justice-Young person places high value on promoting equality and reducing hunger and poverty.</li> <li>Integrity-Young person acts on convictions and stands up for her or his beliefs.</li> <li>Honesty-Young person "tells the truth even when it is not easy."</li> <li>Responsibility-Young person accepts and takes personal responsibility.</li> <li>Restraint-Young person believes it is important not to be sexually active or to use alcohol or other</li> </ol>
	Internal Assets	to Learning Positive Values Social	<ol> <li>School Engagement-Young person is actively engaged in learning.</li> <li>Homework-Young person reports doing at least one hour of homework every school day.</li> <li>Bonding to School-Young person cares about her or his school.</li> <li>Reading for Pleasure-Young person reads for pleasure three or more hours per week.</li> <li>Caring-Young person places high value on helping other people.</li> <li>Equality and Social Justice-Young person places high value on promoting equality and reducing hunger and poverty.</li> <li>Integrity-Young person acts on convictions and stands up for her or his beliefs.</li> <li>Honesty-Young person "tells the truth even when it is not easy."</li> <li>Responsibility-Young person accepts and takes personal responsibility.</li> <li>Restraint-Young person believes it is important not to be sexually active or to use alcohol or other drugs.</li> <li>Planning and Decision Making-Young person knows how to plan ahead and make choices.</li> <li>Interpersonal Competence-Young person has empathy, sensitivity, and friendship skills.</li> <li>Cultural Competence-Young person has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds.</li> <li>Resistance Skills-Young person can resist negative peer pressure and dangerous situations.</li> </ol>

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The following is the gym schedule sorted alphabetically by advisor. The same list, sorted by date, is available from the Homebase Resources webpage.

Date	Homebase	Gym	Date	Homebase	Gym
8-Sep	Appleman	aux gym	19-Dec	Bryant	main gym
1-Oct	Appleman	aux gym	6-Feb	Bryant	main gym
17-Nov	Appleman	main gym	6-Mar	Bryant	main gym
22-Dec	Appleman	main gym	20-Apr	Bryant	main gym
6-Jan	Appleman	aux gym	18-May	Bryant	main gym
9-Jan	Appleman	aux gym	8-Sep	Burt	main gym
2-Mar	Appleman	aux gym	2-Oct	Burt	main gym
27-Mar	Appleman	aux gym	3-Nov	Burt	aux gym
29-Apr	Appleman	aux gym	4-Dec	Burt	aux gym
22-May	Appleman	aux gym	19-Dec	Burt	main gym
10-Sep	Aquino	aux gym	6-Feb	Burt	main gym
3-Oct	Aquino	aux gym	6-Mar	Burt	main gym
19-Nov	Aquino	main gym	20-Apr	Burt	main gym
23-Dec	Aquino	main gym	18-May	Burt	main gym
5-Jan	Aquino	aux gym	12-Sep	Butler, A.	aux gym
16-Jan	Aquino	aux gym	6-Oct	Butler, A.	aux gym
4-Mar	Aquino	aux gym	24-Nov	Butler, A.	main gym
30-Mar	Aquino	aux gym	23-Dec	Butler, A.	aux gym
1-May	Aquino	aux gym	5-Jan	Butler, A.	main gym
27-May	Aquino	aux gym	23-Jan	Butler, A.	aux gym
10-Sep	Bissetta	aux gym	6-Mar	Butler, A.	aux gym
3-Oct	Bissetta	aux gym	1-Apr	Butler, A.	aux gym
19-Nov	Bissetta	main gym	4-May	Butler, A.	aux gym
23-Dec	Bissetta	main gym	29-May	Butler, A.	aux gym
5-Jan	Bissetta	aux gym	29-Sep	Butler, K.	main gym
16-Jan	Bissetta	aux gym	13-Nov	Butler, K.	main gym
4-Mar	Bissetta	aux gym	24-Nov	Butler, K.	aux gym
30-Mar	Bissetta	aux gym	15-Jan	Butler, K.	aux gym
1-May	Bissetta	aux gym	22-Jan	Butler, K.	main gym
27-May	Bissetta	aux gym	27-Feb	Butler, K.	main gym
9-Sep	Boice	aux gym	27-Mar	Butler, K.	main gym
3-Oct	Boice	main gym	11-May	Butler, K.	main gym
16-Oct	Boice	aux gym	15-Jun	Butler, K.	main gym
18-Nov	Boice	main gym	9-Sep	Buzak	main gym
5-Feb	Boice	aux gym	15-Oct	Buzak	main gym
17-Mar	Boice	aux gym	25-Nov	Buzak	aux gym
23-Apr	Boice	aux gym	18-Dec	Buzak	main gym
26-May	Boice	aux gym	13-Jan	Buzak	aux gym
9-Sep	Bourcy	main gym	24-Feb	Buzak	main gym
15-Oct	Bourcy	main gym	17-Mar	Buzak	main gym
25-Nov	Bourcy	aux gym	21-Apr	Buzak	main gym
18-Dec	Bourcy	main gym	26-May	Buzak	main gym
13-Jan	Bourcy	aux gym	11-Sep	Caiello	aux gym
24-Feb	Bourcy	ain gym	17-Oct	Caiello	main gym
21-Apr	Bourcy	main gym	21-Oct	Caiello	aux gym
26-May	Bourcy	main gym	20-Nov	Caiello	main gym
8-Sep	Bryant	main gym	10-Feb	Caiello	aux gym
2-Oct	Bryant	main gym	19-Mar	Caiello	aux gym
3-Nov	Bryant	aux gym	28-Apr	Caiello	aux gym
4-Dec	Bryant	aux gym	28-May	Caiello	aux gym
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Date	Homebase	Gym	Date	Homebase	Gym
10-Sep	Casey	main gym	24-Mar	Dardaris	aux gym
16-Oct	Casey	main gym	30-Apr	Dardaris	aux gym
5-Nov	Casey	aux gym	2-Jun	Dardaris	aux gym
11-Dec	Casey	aux gym	11-Sep	Desmond	main gym
9-Jan	Casey	main gym	23-Oct	Desmond	main gym
11-Feb	Casey	main gym	10-Nov	Desmond	aux gym
13-Mar	Casey	main gym	18-Dec	Desmond	aux gym
22-Apr	Casey	main gym	16-Jan	Desmond	main gym
21-May	Casey	main gym	12-Feb	Desmond	main gym
16-Sep	Christian	main gym	23-Mar	Desmond	main gym
20-Oct	Christian	main gym	23-Apr	Desmond	main gym
2-Dec	Christian	aux gym	28-May	Desmond	main gym
20-Jan	Christian	aux gym	15-Sep	Dippold	aux gym
27-Jan	Christian	main gym	8-Oct	Dippold	aux gym
3-Mar	Christian	main gym	3-Dec	Dippold	main gym
24-Mar	Christian	main gym	22-Dec	Dippold	aux gym
28-Apr	Christian	main gym	6-Jan	Dippold	main gym
27-May	Christian	main gym	30-Jan	Dippold	aux gym
10-Sep	Corridori	main gym	9-Mar	Dippold	aux gym
16-Oct	Corridori	main gym	3-Apr	Dippold	
5-Nov	Corridori		6-May	Dippold	aux gym
11-Dec	Corridori	aux gym	1-Jun	Dippold	aux gym
9-Jan	Corridori	aux gym	8-Sep	Dippold	aux gym
11-Feb	Corridori	main gym	1-Oct	Duerr	aux gym
13-Mar	Corridori	main gym	17-Nov		aux gym
22-Apr	Corridori	main gym	22-Dec	Duerr	main gym
22-Apr 21-May	Corridori	main gym	6-Jan	Duerr	main gym
12-Nay		main gym	9-Jan	Duerr	aux gym
6-Oct	Craig	aux gym	2-Mar	Duerr	aux gym
0-0ct 24-Nov	Craig	aux gym	2-Mar 27-Mar	Duerr	aux gym
23-Dec	Craig	main gym		Duerr	aux gym
	Craig	aux gym	29-Apr	Duerr	aux gym
5-Jan 23-Jan	Craig	main gym	22-May	Duerr	aux gym
	Craig	aux gym	15-Sep	Endreny	aux gym
6-Mar	Craig	aux gym	8-Oct	Endreny	aux gym
1-Apr	Craig	aux gym	3-Dec	Endreny	main gym
4-May	Craig	aux gym	22-Dec	Endreny	aux gym
29-May	Craig	aux gym	6-Jan	Endreny	main gym
11-Sep	D'Agostino	main gym	30-Jan	Endreny	aux gym
23-Oct	D'Agostino	main gym	9-Mar	Endreny	aux gym
10-Nov	D'Agostino	aux gym	3-Apr	Endreny	aux gym
18-Dec	D'Agostino	aux gym	6-May	Endreny	aux gym
16-Jan	D'Agostino	main gym	1-Jun	Endreny	aux gym
12-Feb	D'Agostino	main gym	15-Sep	Fabian	main gym
23-Mar	D'Agostino	main gym	30-Oct	Fabian	main gym
23-Apr	D'Agostino	main gym	12-Nov	Fabian	aux gym
28-May	D'Agostino	main gym	7-Jan	Fabian	aux gym
16-Sep	Dardaris	aux gym	23-Jan	Fabian	main gym
23-Oct	Dardaris	aux gym	13-Feb	Fabian	main gym
31-Oct	Dardaris	main gym	18-Mar	Fabian	main gym
25-Nov	Dardaris	main gym	27-Apr	Fabian	main gym
12-Feb	Dardaris	aux gym	1-Jun	Fabian	main gym

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Date	Homebase	Gym	Date	Homebase	Gym
15-Sep	Felser	main gym	24-Apr	Hicks	aux gym
30-Oct	Felser	main gym	18-May	Hicks	aux gym
12-Nov	Felser	aux gym	12-Jun	Hicks	aux gym
7-Jan	Felser	aux gym	17-Sep	Holevinski	aux gym
23-Jan	Felser	main gym	15-Oct	Holevinski	aux gym
13-Feb	Felser	main gym	1-Dec	Holevinski	main gym
18-Mar	Felser	main gym	19-Dec	Holevinski	aux gym
27-Apr	Felser	main gym	7-Jan	Holevinski	main gym
1-Jun	Felser	main gym	6-Feb	Holevinski	aux gym
16-Sep	Flynn	main gym	11-Mar	Holevinski	aux gym
20-Oct	Flynn	main gym	6-Apr	Holevinski	aux gym
2-Dec	Flynn	aux gym	8-May	Holevinski	aux gym
20-Jan	Flynn	aux gym	3-Jun	Holevinski	aux gym
27-Jan	Flynn	main gym	18-Sep	Honsinger	main gym
3-Mar	Flynn	main gym	5-Nov	Honsinger	main gym
24-Mar	Flynn	main gym	17-Nov	Honsinger	aux gym
28-Apr	Flynn	main gym	8-Jan	Honsinger	aux gym
27-May	Flynn	main gym	26-Jan	Honsinger	main gym
17-Sep	Giamm./Val.	main gym	23-Feb	Honsinger	main gym
17-Sep	Giamm./Val.	main gym	19-Mar	Honsinger	main gym
21-Oct	Giamm./Val.	main gym	30-Apr	Honsinger	main gym
3-Dec	Giamm./Val.	aux gym	4-Jun	Honsinger	main gym
26-Jan	Giamm./Val.	aux gym	1-Oct	Jasinskis	main gym
28-Jan	Giamm./Val.	main gym	27-Oct	Jasinskis	main gym
4-Mar	Giamm./Val.	main gym	9-Dec	Jasinskis	aux gym
31-Mar	Giamm./Val.	main gym	28-Jan	Jasinskis	aux gym
29-Apr	Giamm./Val.	main gym	3-Feb	Jasinskis	main gym
2-Jun	Giamm./Val.	main gym	9-Mar	Jasinskis	main gym
18-Sep	Glazier	aux gym	2-Apr	Jasinskis	main gym
28-Oct	Glazier	aux gym	6-May	Jasinskis	main gym
21-Nov	Glazier	main gym	9-Jun	Jasinskis	main gym
2-Dec	Glazier	main gym	17-Sep	Klotz	aux gym
24-Feb	Glazier	aux gym	15-Oct	Klotz	aux gym
26-Mar	Glazier	aux gym	1-Dec	Klotz	main gym
5-May	Glazier	aux gym	19-Dec	Klotz	aux gym
4-Jun	Glazier	aux gym	7-Jan	Klotz	main gym
23-Sep	Hebert	main gym	6-Feb	Klotz	aux gym
22-Oct	Hebert	main gym	11-Mar	Klotz	aux gym
8-Dec	Hebert	aux gym	6-Apr	Klotz	aux gym
27-Jan	Hebert	aux gym	8-May	Klotz	aux gym
2-Feb	Hebert	main gym	3-Jun	Klotz	aux gym
5-Mar	Hebert	main gym	23-Sep	Kominoski	aux gym
1-Apr	Hebert	main gym	30-Oct	Kominoski	aux gym
5-May	Hebert	main gym	7-Nov	Kominoski	main gym
3-Jun	Hebert	main gym	4-Dec	Kominoski	main gym
26-Sep	Hicks	aux gym	26-Feb	Kominoski	aux gym
27-Oct	Hicks	aux gym	31-Mar	Kominoski	aux gym
14-Nov	Hicks	aux gym	7-May	Kominoski	aux gym
12-Dec	Hicks	main gym	9-Jun	Kominoski	aux gym
21-Jan	Hicks	main gym	18-Sep	Lenox	main gym
25-Feb	Hicks	aux gym	5-Nov	Lenox	main gym
23-Mar	Hicks	aux gym	17-Nov	Lenox	aux gym
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Date	Homebase	Gym	Date	Homebase	Gym
8-Jan	Lenox	•	1-Oct	McNamara	main gym
26-Jan	Lenox	aux gym main gym	27-Oct	McNamara	main gym
23-Feb	Lenox	main gym	9-Dec	McNamara	
19-Mar	Lenox	main gym	28-Jan	McNamara	aux gym
30-Apr	Lenox	main gym	3-Feb	McNamara	aux gym
4-Jun	Lenox		9-Mar	McNamara	main gym
19-Sep		main gym		McNamara	main gym
19-Sep 17-Oct	Leo Leo	aux gym	2-Apr 6-May	McNamara	main gym
		aux gym	9-Jun		main gym
5-Dec	Leo	main gym		McNamara	main gym
12-Dec	Leo	aux gym	2-Feb	Mefli	aux gym
12-Jan	Leo	main gym	6-Oct	Melfi	main gym
11-Feb	Leo	aux gym	28-Oct	Melfi	main gym
13-Mar	Leo	aux gym	10-Dec	Melfi	aux gym
8-Apr	Leo	aux gym	4-Feb	Melfi	main gym
11-May	Leo	aux gym	10-Mar	Melfi	main gym
5-Jun	Leo	aux gym	6-Apr	Melfi	main gym
19-Sep	Loan	aux gym	12-May	Melfi	main gym
17-Oct	Loan	aux gym	10-Jun	Melfi	main gym
5-Dec	Loan	main gym	22-Sep	Meyer/Gang.	aux gym
12-Dec	Loan	aux gym	20-Oct	Meyer/Gang.	aux gym
12-Jan	Loan	main gym	5-Dec	Meyer/Gang.	aux gym
11-Feb	Loan	aux gym	8-Dec	Meyer/Gang.	main gym
13-Mar	Loan	aux gym	13-Jan	Meyer/Gang.	main gym
8-Apr	Loan	aux gym	13-Feb	Meyer/Gang.	aux gym
11-May	Loan	aux gym	16-Mar	Meyer/Gang.	aux gym
5-Jun	Loan	aux gym	20-Apr	Meyer/Gang.	aux gym
25-Sep	Maloney	aux gym	13-May	Meyer/Gang.	aux gym
4-Nov	Maloney	aux gym	8-Jun	Meyer/Gang.	aux gym
14-Nov	Maloney	main gym	6-Oct	Molesso	main gym
9-Dec	Maloney	main gym	28-Oct	Molesso	main gym
3-Mar	Maloney	aux gym	10-Dec	Molesso	aux gym
2-Apr	Maloney	aux gym	2-Feb	Molesso	aux gym
12-May	Maloney	aux gym	4-Feb	Molesso	main gym
11-Jun	Maloney	aux gym	10-Mar	Molesso	main gym
22-Sep	Markell	main gym	6-Apr	Molesso	main gym
6-Nov	Markell	main gym	12-May	Molesso	main gym
19-Nov	Markell	aux gym	10-Jun	Molesso	main gym
8-Jan	Markell	main gym	24-Sep	Nerz	aux gym
12-Jan	Markell	aux gym	22-Oct	Nerz	aux gym
25-Feb	Markell	main gym	7-Nov	Nerz	aux gym
25-Mar	Markell	main gym	10-Dec	Nerz	main gym
4-May	Markell	main gym	14-Jan	Nerz	main gym
8-Jun	Markell	main gym	23-Feb	Nerz	aux gym
23-Sep	McKee/Ostdt.		18-Mar	Nerz	aux gym
22-Oct	McKee/Ostdt.	main gym	22-Apr	Nerz	aux gym
8-Dec	McKee/Ostdt.	aux gym	15-May	Nerz	aux gym
27-Jan	McKee/Ostdt.	aux gym	10-Jun	Nerz	aux gym
2-Feb	McKee/Ostdt.		22-Sep	Ninestein	main gym
5-Mar	McKee/Ostdt.	main gym	6-Nov	Ninestein	main gym
1-Apr	McKee/Ostdt.		19-Nov	Ninestein	aux gym
5-May	McKee/Ostdt.		8-Jan	Ninestein	main gym
3-Jun	McKee/Ostdt.		12-Jan	Ninestein	aux gym

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Date	Homebase	Gym	Date	Homebase	Gym
25-Feb	Ninestein	main gym	10-Nov	Prateorius	main gym
25-Mar	Ninestein	main gym	15-Jan	Prateorius	main gym
4-May	Ninestein	main gym	26-Feb	Prateorius	main gym
8-Jun	Ninestein	main gym	26-Mar	Prateorius	main gym
24-Sep	O'Brien	aux gym	7-May	Prateorius	main gym
22-Oct	O'Brien	aux gym	11-Jun	Prateorius	main gym
7-Nov	O'Brien	aux gym	19-Sep	Randall	main gym
10-Dec	O'Brien	main gym	7-Oct	Randall	aux gym
14-Jan	O'Brien	main gym	13-Nov	Randall	aux gym
23-Feb	O'Brien	aux gym	16-Dec	Randall	main gym
18-Mar	O'Brien	aux gym	10-Mar	Randall	aux gym
22-Apr	O'Brien	aux gym	9-Apr	Randall	aux gym
15-May	O'Brien	aux gym	19-May	Randall	aux gym
10-Jun	O'Brien	aux gym	18-Jun	Randall	aux gym
7-Oct	Parker	main gym	15-Dec	Rimauldo	aux gym
29-Oct	Parker	main gym	3-Feb	Rimauldo	aux gym
15-Dec	Parker	aux gym	7-Oct	Rimualdo	main gym
3-Feb	Parker	aux gym	29-Oct	Rimualdo	main gym
5-Feb	Parker	main gym	5-Feb	Rimualdo	main gym
11-Mar	Parker	main gym	11-Mar	Rimualdo	main gym
7-Apr	Parker	main gym	7-Apr	Rimualdo	main gym
13-May	Parker	main gym	13-May	Rimualdo	main gym
16-Jun	Parker	main gym	16-Jun	Rimualdo	main gym
26-Sep	Pavente	main gym	8-Oct	Robinson	main gym
2-Oct	Pavente	aux gym	3-Nov	Robinson	main gym
6-Nov	Pavente	aux gym	16-Dec	Robinson	aux gym
11-Dec	Pavente	main gym	4-Feb	Robinson	aux gym
5-Mar	Pavente	aux gym	9-Feb	Robinson	main gym
7-Apr	Pavente	aux gym	12-Mar	Robinson	main gym
14-May	Pavente	aux gym	8-Apr	Robinson	main gym
16-Jun	Pavente	aux gym	19-May	Robinson	main gym
24-Sep	Peter	main gym	17-Jun	Robinson	main gym
20-Nov	Peter	aux gym	12-Sep	Rossomano	main gym
14-Jan	Peter	aux gym	14-Oct	Rossomano	aux gym
15-Jan	Peter	main gym	18-Nov	Rossomano	aux gym
26-Feb	Peter	main gym	17-Dec	Rossomano	main gym
26-Mar	Peter	main gym	12-Mar	Rossomano	aux gym
7-May	Peter	main gym	21-Apr	Rossomano	aux gym
11-Jun	Peter	main gym	21-May	Rossomano	aux gym
26-Sep	Porter	aux gym	17-Jun	Rossomano	aux gym
27-Oct	Porter	aux gym	8-Oct	Sellmeyer	main gym
14-Nov	Porter	aux gym	3-Nov	Sellmeyer	main gym
12-Dec	Porter	main gym	16-Dec	Sellmeyer	aux gym
21-Jan	Porter	main gym	4-Feb	Sellmeyer	aux gym
25-Feb	Porter	aux gym	9-Feb	Sellmeyer	main gym
23-Mar	Porter	aux gym	12-Mar	Sellmeyer	main gym
24-Apr	Porter	aux gym	8-Apr	Sellmeyer	main gym
18-May	Porter	aux gym	19-May	Sellmeyer	main gym
12-Jun	Porter	aux gym	17-Jun	Sellmeyer	main gym
20-Nov	Praetorius	aux gym	14-Oct	Spitzer	main gym
14-Jan	Praetorius	aux gym	4-Nov	Spitzer	main gym
24-Sep	Prateorius	main gym	17-Dec	Spitzer	aux gym

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Date	Homebase	Gym
9-Feb	Spitzer	aux gym
10-Feb	Spitzer	main gym
16-Mar	Spitzer	main gym
9-Apr	Spitzer	main gym
20-May	Spitzer	main gym
2-Jun	Spitzer	main gym
29-Sep	Starowicz	main gym
13-Nov	Starowicz	main gym
24-Nov	Starowicz	aux gym
15-Jan	Starowicz	aux gym
22-Jan	Starowicz	main gym
27-Feb	Starowicz	main gym
27-Mar	Starowicz	main gym
11-May	Starowicz	main gym
15-Jun	Starowicz	main gym
14-Oct	Walsh	main gym
4-Nov	Walsh	main gym
17-Dec	Walsh	aux gym
9-Feb	Walsh	aux gym
10-Feb	Walsh	main gym
16-Ner	Walsh	
9-Apr	Walsh	main gym main gym
20-May	Walsh	
		main gym
29-Sep	Welch	aux gym
29-Oct	Welch	aux gym
21-Nov	Welch	aux gym
15-Dec	Welch	main gym
20-Jan	Welch	main gym
27-Feb	Welch	aux gym
25-Mar	Welch	aux gym
27-Apr	Welch	aux gym
20-May	Welch	aux gym
15-Jun	Welch	aux gym
25-Sep	Wool./Ferris	main gym
12-Nov	Wool./Ferris	main gym
1-Dec	Wool./Ferris	aux gym
21-Jan	Wool./Ferris	aux gym
29-Jan	Wool./Ferris	main gym
2-Mar	Wool./Ferris	main gym
30-Mar	Wool./Ferris	main gym
14-May	Wool./Ferris	main gym
18-Jun	Wool./Ferris	main gym
29-Sep	Zhang	aux gym
29-Oct	Zhang	aux gym
21-Nov	Zhang	aux gym
15-Dec	Zhang	main gym
20-Jan	Zhang	main gym
27-Feb	Zhang	aux gym
25-Mar	Zhang	aux gym
27-Apr	Zhang	aux gym
20-May	Zhang	aux gym
15-Jun	Zhang	aux gym
10 0011	2114115	aun gym

## **SUCCESS**

To laugh often and much;

To win the respect of intelligent people and the affection of children;

To earn the appreciation of honest critics and endure the betrayal of false friends;

To appreciate beauty to find the best in others;

To leave the world a bit better, whether by a healthy child, a garden patch, or a redeemed social condition;

To know even one life has breathed easier because you have lived.

This is to have succeeded.

Ralph Waldo Emerson