

CHRISTENSEN MIDDLE SCHOOL

2023-2024



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WELCOME

Welcome to Christensen Middle School! We are very excited to have you and look forward to a great year with you. Please take the time to review all of the information about student expectations. Knowing the expectations and responsibilities is key to ensuring a successful school year.

Christensen Middle School students will work to be responsible for their own behavior, attitudes, and learning. We all need to work together to make our school and community an ideal environment for adolescent learning. Let us strive to make this school year a great one!

POSITIVE BEHAVIOR INTERVENTIONS AND SUPPORTS (PBIS)

Students at Christensen will have ongoing discussions regarding expected and unexpected behavior, including being safe, being respectful, being responsible, and being kind across all environments of our school. We utilize PBIS, which focuses on improving our school's ability to teach and support positive behavior for all students.

ACADEMIC EXPECTATIONS/STANDARDS

Students are expected to meet or exceed grade level District and State standards in all content areas. All students are expected to do their personal best in all classes. Students are expected to use an organizer to keep track of assignments. Each teacher will communicate his/her expectations and procedures with parents and students.

HOMEWORK

Homework is given for practice and additional reinforcement of concepts and lessons presented in class. Homework, which may take an average of 90 minutes per night to complete, will be assigned as needed. (BP 6154)

Most teachers assign homework Monday-Thursday. Additional homework may be assigned over the weekend. Generally, weekend homework consists of long-term assignments. Students should record homework assignments in their organizers. Parents should check the organizers for homework assignments and review the student's work.

It is expected that homework be turned in on time for full credit. It is the student's responsibility to make sure that homework is completed and turned in.

TEXTBOOKS

Textbooks are loaned to students. Books that are taken home are to have the student's name in the front inside cover. Students are responsible for keeping textbooks clean, intact, and returning them when due. **Students will be charged for textbooks that are lost or damaged.**

CHROMEBOOKS

Christensen will loan each student a Chromebook for the school year that will travel to and from home and school each day. Students will be responsible for bringing it fully charged each day. If a Chromebook is lost or damaged, the school will seek financial compensation from the student or the student's family to cover the repair cost or lost property value.

GRADES

Parents are encouraged to use **Schoology**, our on-line communication system, to review homework, grades, and missing assignments, and to communicate with staff. Progress report grades are updated on Schoology at the midpoint of each trimester for all students. Students and parents who are concerned about the student's grades at progress report time are encouraged to contact the teachers and administrators so that plans for student improvement may be made.

Report cards will be sent home via E Mail at the end of each trimester. Students will be graded on their academic achievement (A-F).

HONOR ROLL

Those students who earn a Grade Point Average (GPA) of 3.75 or higher are recognized as members of the Principal's or Gold Honor Roll. Those students who earn a GPA of 3.0-3.74 are recognized as members of the Regular or Silver Honor Roll. No student receiving an F, I (Incomplete), or NM (No Mark) will be placed on the Honor Roll. All students who qualify for Honor Roll receive a Certificate of Scholastic Achievement.

SCHOOL HOURS

The office phones are answered from 7:30 a.m. to 4:00 p.m. School hours for students are from 8:25 a.m. to 2:31 p.m. (Monday, Tuesday, Thursday, Friday) and

8:25 a.m. to 1:31 p.m. on Wednesday. Students should leave campus and areas around school within 10 minutes of dismissal unless they are under the supervision of a staff member.

Students are under the supervision of school staff before and after school if they are on or near campus. Students fall under school rules on their way to school and on their way home, even if off campus.

CLOSED CAMPUS/VISITORS

Christensen is a closed campus. Students may not leave the school grounds before dismissal time without checking out through the office.

All visitors must check in at the office and obtain administrator approval and a visitor's badge before visiting any part of the school (Penal Code 627.2). Only parents, guardians, and adults with legitimate business at school are allowed. **Prior arrangements must be made with school personnel to visit any classroom. Student visitors are not allowed.**

Friends or family members meeting students after school should plan to do so in the main parking area or at the street next to the park.

LIBRARY

The library will be open Monday through Friday. The Library Media Specialist is available for assistance. Students are responsible for all materials borrowed. Students who do not conform to the standard of thoughtfulness of others and adhere to the rules of the library will not be permitted to remain in the library.

All books may be borrowed for one month and renewed once if necessary. Lost or damaged library books must be paid for at their replacement cost. Student yearbooks, promotion activities, and end of the year activities may be withheld until all library books and textbooks are returned at the end of the school year.

SCHOOL PHOTOS

Student photos are taken during PE classes, during the first week of school. All students need to have their photos taken for student identification cards, yearbook, and school records. Students may opt to purchase photo packets.

STUDENT BODY/I.D.CARDS

A Student Body card with a student photo will be issued to every student. These cards are important for school dances, the purchase of lunches when money is held in a personal account, and internet access. Students should have their I.D. Card with them at all times. This year, students must wear their ID cards with the exception of during physical education classes and life skills classes. Failure to do so will result in disciplinary action. Replacement cards and lanyards may be

requested in the Office. Replacement cards take two days to prepare, so students should plan accordingly. **CARDS WILL NOT BE MADE ON DANCE DAYS OR FRIDAYS.**

SCHOOL BREAKFAST AND LUNCH

School breakfast and lunch will be provided for all students free of charge on all instructional days for the 2023-24 school year. Students may receive a free lunch from Child Nutrition Services or bring a lunch from home. Child Nutrition Services will not be selling any additional items. Students are responsible for cleaning up after themselves and putting their trash in garbage cans. Aluminum and plastic should be recycled.

PACKAGE DROP OFF AND FOOD DELIVERY

To ensure the safety and security of our campus and students, we do not allow students to have food delivered via food delivery services, including DoorDash and Grubhub, and we will strictly enforce this policy. The office will not accept deliveries by food delivery services. Parents may bring lunches to the school office for their child, as it has always been in the past. We ask that parents come to the front office to drop off any items for their child.

BICYCLES/BIKE CAGE

Students who ride bikes/skateboards/scooters to school must follow normal rules of the road and school rules. Students must walk their bikes/skateboards/scooters at all times while on campus. **HELMETS MUST BE WORN—it is the law.**

Bikes, skateboards and scooters must be parked in the bike cage and locked at all times. The bike cage will be locked during school hours in an additional effort to help secure student bikes. There will be supervision during the 15 minutes before school and the first 15 minutes after school. Students who stay after school for any reason should leave their bike locked up in the bike cage until ready to leave the campus. Students should not leave bikes unlocked.

NO bikes/skateboards/scooters are allowed in the hallways or the courtyard area. **THE SCHOOL IS NOT RESPONSIBLE FOR YOUR BICYCLE/SKATEBOARD/SCOOTER.**

MEDICATION

Medical permission forms must be completed and signed by the DOCTOR and parent. Medications will be kept in the health office in the original container in the amount needed at school. **Students may not carry or store any medications. Students may carry inhalers if there is a signed note from their doctor on file in the office.**

ATTENDANCE

Students at Christensen are expected to be on time to

school every day. Computerized attendance is taken every class period. **WHENEVER A STUDENT IS GOING TO BE ABSENT, A PARENT SHOULD CALL THE ATTENDANCE LINE BEFORE 9:00 A.M., (606-4702, Ext. 2). THE ATTENDANCE LINE IS AVAILABLE 24 HOURS A DAY/7 DAYS A WEEK. A NOTIFICATION OF ABSENCE CALL SHOULD BE MADE ON THE FIRST MORNING OF THE ABSENCE, AS WELL AS SUBSEQUENT DAYS, IF APPLICABLE.**

Assignments and homework missed during an absence need to be completed and turned in as soon as possible. According to District policy, students have as many days to make up homework and class assignments as they have been absent. It is important that students take responsibility to make up any work missed during an absence. **Requests for homework can be made through the teacher and will be accepted for absences of 2 or more days.** For absences of more than 3 days, please contact the school for Independent Study Contract information.

The District no longer receives funding from the State for students who are absent. A student must be present for the school to receive financial compensation. We acknowledge, however, that parent reporting of student absence and the reason for the absence is critical for student and school accountability. Please remember to call for each day the student is absent.

EXCESSIVE ABSENCES/CUTS

Students who do not attend school regularly will be referred to the Child Welfare and Attendance Specialists. Every effort will be made to assist families in making sure students are in school. If students leave the school grounds without the permission of the office or do not report to class, it will be considered a "cut." Students who skip classes must serve detention for the amount of class time missed. Any portion of a period missed will count as a full period. This detention is served in the Office until the total time is completed. Work missed because of cutting will be accepted for credit at the discretion of the individual teacher. It is possible that an F will be given for all missed work.

PUPIL PERMISSION TO LEAVE SCHOOL

Parent requests for permission for students to leave school is given by the office staff with the teacher's knowledge. Pupils should bring a note from home when they are to be excused from class for any reason before the regular dismissal time. (It is the students' responsibility to leave class at the appropriate time.) These notes should be brought into the office before school. The office staff will file all such notes. Students must sign out in the office and sign in upon return.

TARDIES

Students who are tardy to school must report to the office. (Tardies accumulate per trimester and students

start anew each trimester.) The tardy policy is as follows:

- 1st and 2nd unexcused tardy is a warning.
- 3rd or more unexcused tardies result in 30 minutes of detention per tardy

Parents will be called when the student needs to serve the detention. All other class tardies are handled by the classroom teacher, usually by the assignment of class detention.

Perfect Attendance Awards will be awarded to students at the end of the school year who have no missed periods and no tardies during the school year.

SUSPENSIONS AND EXPULSIONS

Students may be suspended or expelled according to the Secondary School Discipline Policy for:

- damage or theft of school or private property
- actual or threatened injury to another person
- possession or sale of weapons
- possession or sale of drugs or alcohol
- possession or sale of drug paraphernalia
- possession or use of tobacco
- possession of explosive devices (including firecrackers)
- commission of obscene acts or habitual profanity or vulgarity
- disruption of school activities
- receiving stolen property
- robbery or extortion
- harassment of any kind
- gang-related activity or attire
- cyber bullying
- bullying

BULLYING/CYBER BULLYING

A student may be suspended or recommended for expulsion if it is determined that the student engaged in an act of bullying by any severe or pervasive physical or verbal act or conduct, including communications made in writing or by means of an "electronic act" as either the creation or transmission of that communication, and including one or more acts committed by a pupil or group of pupils directed at one or more pupils that has or can be reasonably predicted to have the effect of one or more of the following:

- placing a reasonable pupil or pupils in fear of harm to the pupil or pupils of his/her/their property;
- causing a reasonable pupil to experience substantial interference with his or her physical or mental health;
- causing a reasonable pupil to experience substantial interference with his or her academic performance; or
- causing a reasonable pupil to experience substantial interference with his or her ability to participate in or benefit from the services, activities or privileges provided by a school.

(Bullying/Cyber Bullying EC 48900 (r) and Education Code sections 48900.2, 48900.3, or 48900.4)

SEXUAL HARASSMENT

Sexual harassment violates state and federal law and school Discipline Policy. Sexual harassment is unwelcome sexual behavior that makes a student feel uncomfortable or unsafe. Examples include, but are not limited to the following:

- unwelcome sexual flirtations or propositions;
- sexual slurs, insults, epithets, threats, verbal abuse;
- derogatory comments or sexual degrading descriptions comments about a person's body;
- sexual jokes, notes, stories, drawings, pictures, or gestures;
- spreading sexual rumors;
- touching a person's body or clothes in a sexual way purposefully cornering or blocking normal movements;
- displaying sexually suggestive objects; and
- hugging, grabbing, or pinching someone sexually.

If a student believes he/she is a victim of sexual harassment they should tell the harasser to stop; immediately report the harassment to an administrator, teacher, counselor, or any adult supervisor; consider filing a formal complaint against the harasser or talk to their parents so they can contact school officials. Board Policy 5145.7 Sexual Harassment is available on the District's Website. EC 231.5, 48980, 5 CCR §4917

STUDENT RESPONSIBILITIES

Parents and students should have a mutual understanding that items left at home and dropped off later by parents should be left in the main office for pick-up. Students may check for these items during passing periods or at lunch. **Items will not be delivered** to classrooms, as this interrupts the process of education.

APPEARANCE AND DRESS CODE

The dress code applies to **all** school activities and is based upon the LVJUSD Dress Code.

This regulation specifies standards that promote a positive and safe learning environment for students. Annual notice of this regulation shall be provided to students, parents, and staff. In addition, each school site council or other school committee shall regularly review these standards. District and school dress codes shall be enforced on the school campus and at any school-sponsored activity. Appropriate dress for school dances, graduation activities, and other special events will be communicated to parents and students by the school.

Standards

Students shall dress appropriately for educational activities in which they will participate so as not to endanger their health, safety, or welfare, or that of others, or cause a disruption to the educational process (B.P. 5332, Student Dress Code).

1. Shoes shall be worn at all times unless not required as part of an instructional activity.
2. Clothing, accessories, and jewelry shall be free of writing, pictures, symbols or any other insignia which are crude, vulgar, profane, obscene, libelous, slanderous, or sexually suggestive. Clothing, accessories, or jewelry that degrade any cultural, religious, or ethnic values, that advocate racial, ethnic, or religious prejudice or discrimination, or that promote sex, the use of tobacco, drugs, or alcohol, or any unlawful acts are prohibited.
3. Dark glasses shall not be worn indoors, except for valid medical reasons authorized by the administration and verified in writing by a physician.
4. Clothes shall be sufficient to conceal undergarments. See-through tops and bare abdomens are prohibited.
5. Gang-related clothing or accessories, including but not limited to bandannas, or other symbols, emblems, or insignia are prohibited (**EC 35183**: "Gang related apparel" and B.P. 5136, Prohibited Gang Related Behavior). School officials shall consider student history and information obtained from community agencies and resources when making these judgements.

The dress code shall be modified as appropriate to accommodate a student's religious or cultural observance, health condition, or other circumstance deemed necessary by the principal or designee. In addition, the principal or designee may impose dress requirements to accommodate the needs of special school activities, physical education classes, athletic activities, and other extracurricular and co-curricular activities.

Final determination of what constitutes appropriate dress shall be made by the school administration.

ACADEMIC ELIGIBILITY/ SPORTS/OTHER

Christensen offers a variety of activity programs for interested students. As per Livermore School Board Policy, a student must maintain at least a 2.0 GPA to participate in extra-curricular activities. **In addition, all athletes must apply online at athleticclearance.com to be eligible to participate in any CMS sports activity (including team tryouts and practices). Student athletes must upload an up to date Sports Physical to the online portal to be cleared.** Sports physicals are valid for one year from the date of the physician's signature (BP. 5405). Eligibility is established the day report cards are issued and remain in effect until the next report cards are issued. Fall sports eligibility is determined by the previous school years final grade report.

In order to participate in Student Council/Leadership, students must maintain a Grade Point Average of 2.75.

Student Council will organize a variety of activities, e.g., dances, assemblies, rallies, lunchtime activities, and spirit dress-up days.

SCHOOL DANCES

School dances sponsored by the ASB are held throughout the year. Dances are from 7 p.m.-9 p.m. on Friday evenings. Tickets are sold during the week online and at lunch time on designated days with a current year ID Card. **Only Christensen students may attend. Tickets are not sold on Fridays or at the door.**

Tickets are non-transferable and non-refundable. Students are not given "in and out" privileges. The school dress code is enforced at any school dance or activity. **IN ORDER TO BE ELIGIBLE TO ATTEND SCHOOL DANCES, STUDENTS MUST NOT HAVE ANY SUSPENSIONS FROM SCHOOL OR MAY NOT HAVE ACCUMULATED MORE THAN TWO REFERRALS SINCE THE LAST DANCE. NO STUDENT WILL BE ADMITTED TO A SCHOOL DANCE WITHOUT HIS/HER CURRENT YEAR PHOTO I.D. CARD. PARENTS OF STUDENTS ARRIVING WITHOUT A VALID I.D. CARD WILL BE CONTACTED AND MUST PICK UP THEIR STUDENT IMMEDIATELY.** Students who are not picked up within 15 minutes of the conclusion of the dance will forfeit their next dance privilege.

EIGHTH GRADE PROMOTION ACTIVITIES

Eighth graders may purchase a panoramic photo of the class. A panoramic class photo of the eighth grade class will be taken in spring. All eighth grade students are included in the photo.

Eighth graders who are passing all of their classes and meeting behavior requirements are invited to attend the 8th grade field trip in the spring, the promotion dance, and the promotion ceremony.

The 8th grade field trip will take place on the last Monday of the school year. In order to take part in this activity, *students must have passing grades in all classes on their report card at the end of the second trimester.* Students must continue to maintain passing grades during the third trimester to attend.

The 8th grade promotion dance will take place in the Multi-Purpose Room on the last Friday of the school year. As with all school dances, the district dress code will be enforced. *In order to attend this activity, students must have passing grades in all of their classes during the third trimester.*

The 8th grade promotion ceremony will take place on the last Thursday of the school year. *In order to attend this activity, students must have passing grades in all of*

their classes for the third trimester. Note that it is possible for students not to have the grades for the 8th grade field trip but still be able to participate in the other two promotion activities.

An eighth grade student may advance to high school with one failing grade on his or her report card at the end of the third trimester. However, the student may not take part in the promotion ceremony or dance. Final decisions regarding a student's advancement to high school will be made by the administration in August.

FIRE DRILL, EARTHQUAKE, & LOCK DOWN DRILLS

We have set procedures for each of the above events and practice these drills monthly. All students and staff participate in these drills. We expect students to take these drills seriously as we want to ensure that all students are prepared in the event that we were to have a real emergency.

STUDENT USE OF ELECTRONIC COMMUNICATION DEVICES

The Board of Education recognizes that student use of cell phones and other personal electronic communication devices on campus may be necessary for health and safety reasons and to ensure a means of communication between the student and the student's parent/guardian. The Board also supports the use of technology as an instructional tool, and recognizes the potential value of personal electronic communication devices to enhance a student's learning. The use of electronic communication devices on campus is permitted on a restricted basis in the regulation.

If your student carries an electronic communication device to school, it must be turned off and out of sight during school hours unless instructed by a teacher for educational use in the classroom.

Violations will result in progressive consequences and may result in suspension.

USE OF TECHNOLOGY IN INSTRUCTION

Due to a major increase in the amount of available computers, we would like students and parents to review a few key points in the Educational Use of the INTERNET and technology in schools. The full version of this document can be found online at livermoreschools.com [(School Board → Policies and Regulations → Policy Series 6000 → BP 6163.4(a)]

Students will be using Chromebooks, or small laptops, in many of their classes. The Chromebooks are an expensive piece of technology and like textbooks, students will be responsible if they deface, damage, destroy, or steal the equipment.

The Board of Education intends that technological resources provided by the district be used in a safe,

responsible, and proper manner in support of the instructional program and for the advancement of student learning.

The Board desires to make sure that all district computers with internet access have a technology protection measure that blocks or filters inappropriate materials. Social networking sites like Facebook are currently prohibited.

In this agreement, the student and his/her parent/guardian shall agree to not hold the district or any district staff responsible for the failure of any technology protection measures, violations of copyright restrictions, or user mistakes or negligence.

Staff shall supervise students while they are using online services and may ask teacher aides, student aides, and volunteers to assist in this supervision.

Students

- will only use the account to which they have been assigned
- will use the system safely, responsibly, and for educational purposes
- shall not access, post, submit, publish, or display harmful or inappropriate matter that is threatening, obscene, disruptive, sexually explicit or that could be construed as harassment or disparagement of others based on their race/ethnicity, national origin, sex, gender, sexual orientation, age, disability, religion, or political beliefs
- shall not disclose, use or disseminate personal identification information about themselves, or others when using the internet.
- shall not use the system to encourage the use of drugs, alcohol, or tobacco, nor shall they promote unethical practices
- may not use the internet for profit
- shall not use the system to threaten, intimidate, harass, or ridicule other students or staff.
- shall obey copyright laws and post material only in accordance with copyright laws. Any materials used for research should be given proper credit.
- shall not intentionally upload, download, or create computer viruses and/or maliciously attempt to harm or destroy district equipment or materials or manipulate the data of any other user, including "hacking"
- shall report any security problem or misuse of the services to the teacher or principal

The district reserves the right to monitor the system for improper use.

Our signatures on Page 9 indicate that we have read, understand and will abide by the above terms and

conditions. Any violation may result in access privileges being revoked. Additional disciplinary action and/or appropriate legal action may be taken. We further understand that electronic mail (e-mail) is not guaranteed to be private and acknowledge that we have no expectation of privacy. Data loss is not the responsibility of District. Use of any information obtained via the INTERNET is at our own risk.

HANDS-OFF RULE

The hands-off policy includes items such as students holding hands, hugging, horseplaying, etc. on campus. Each year, we talk to our students about the importance of respecting the personal space of others by keeping their hands to themselves and the dangers of horseplaying. Due to the increase of students being physical with one another on our school campus, the conversations we have had with students who feel uncomfortable, and concerns expressed by both staff and parents, we are including this in our planner to remind students that this is a school rule. We truly want to ensure that students feel safe and secure at school. We handle each incident independently and work with students on an individual basis. If a student clearly crosses the line, he/she will receive a discipline citation and/or further consequences

DID YOU KNOW?

- Every student is responsible for treating ALL staff members with respect, including substitute teachers, cafeteria staff, custodians, secretaries, and yard supervisors.
- Students are expected to be in class on time with the necessary supplies for that class.
- ANY STUDENT COMING TO THE OFFICE MUST HAVE A PASS FROM HIS/HER TEACHER.
- Loitering around the classrooms is not allowed during lunch.
- Students are not to be in classrooms at any time when an adult is not present.
- Using profanity and vulgarity is not allowed at school or during any school function.
- If a student's personal item is missing or suspected stolen, the student is to report it at once and fill out a LOSS REPORT form in the office.
- **GUM IS NOT ALLOWED AT SCHOOL.**
- Students must walk in the corridors and courtyard.
- Students are not to ride bikes, skateboards or scooters on campus at any time. Bikes, skateboards and scooters are to be secured in the bike cage during the school day.
- Students are not allowed to sell any items on campus.
- Due to the District-adopted Healthy Kids policies, the number of students with various allergies, and

the disruption it causes, the office will not accept nor deliver any cupcakes, cakes, brownies, cookies, etc. to students. Please reserve your celebrations for a time outside of the school day.

PERMANENT INK MARKERS (i.e. Sharpies), ROLLER BLADES, IN-LINE SKATES, SKATES, MOTORIZED SCOOTERS, SPRAY PRODUCTS (AEROSOL AND NON-AEROSOL), RECORDERS, ELECTRONIC GAMES AND TOYS, ETC.

Students are NOT permitted to have the above items on school grounds.

COMPREHENSIVE SCHOOL WELLNESS POLICY

The Livermore School District's Comprehensive School Wellness Policy BP 5030 incorporates eight components, one of which is Nutrition. Helping kids make Healthy Choices in the meals and snacks they enjoy is our commitment. Our goal is to partner with parents and families in teaching students to make healthy food choices. Research demonstrates that good nutrition is linked to better behavior and academic performance.

We appreciate your understanding and support of this policy. Parents who might like additional information about BP 5030 may contact their school principal or access the policy and other information on the District web site at <http://lvusd.ca.schoolloop.com>.

SNACK GUIDELINES

Snacks served during the school day, and in before/after school programs must also follow state nutritional guidelines. In keeping with the district's Comprehensive School Wellness Policy BP 5030, (see <http://lvusd.ca.schoolloop.com/bp5000>), and state nutrition laws, guidelines for snacks, beverages, and classroom parties and celebrations are as follows:

Snack Items

- Not more than 35% of total calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit+nut/seed combo) **and**
- Not more than 10% of total calories from saturated fat (except reduced-fat cheese, dried fruit+nut/seed combo) **and**
- Not more than 35% of total weight from sugar (except fruit, non-fried veggies, dried fruit+nut/seed combo), **and**
- Not more than 0.5 grams trans fat per serving (no exceptions) **and**
- Not more than 230 milligrams sodium (no exceptions), **and**
- Not more than 200 calories per item/container (no exceptions)

AND must be meet one of the following:

- Be a fruit, vegetable, dairy, protein or whole grain

item (or have one of these as the first ingredient)

- Contain not less than 10% Daily Value for calcium or potassium or Vitamin D
- Be a combination food containing at least ¼ cup fruit or vegetable

Beverage Items Must Be Caffeine-Free (trace amounts are allowable)

- No beverage larger than 12 ounces, except water
- Fruit or vegetable juice: not less than 50% juice, no added sweeteners
- Milk: cow or goat's milk **and** 1% (unflavored), nonfat (flavored, unflavored) **and** contains Vitamins A and D **and** not more than 28 grams of total sugar per 8 fl. oz. **and** not less than 25% of the calcium Daily Value per 8 fl. oz. Non-dairy milk: nutritionally equivalent to milk **and** not more than 28 grams of total sugar per 8 fl. oz. **and** not more than 5 grams of fat per 8 fl. oz.

- Water: no added sweetener, no serving size

Candy, soda, ice cream, and chips are not permitted.

BULLYING AND CYBERBULLYING

Livermore Valley Joint Unified School District's Tip Reporting Service - We are committed to providing a safe environment in which students can learn and thrive. We are using [Tip Line](https://www.livermoreschools.org/Page/6541) (<https://www.livermoreschools.org/Page/6541>) as a way of ensuring that all concerns are addressed. Students, families, staff, and community members are encouraged to use [Tip Line](https://www.livermoreschools.org/Page/6541) to report any safety concern to school and/or District administration. [Tip Line](https://www.livermoreschools.org/Page/6541) can also be used to share positive comments.

Tips can be left anonymously or with contact information. Leaving contact information could allow for follow up or further inquiry about the tip. Please know that any contact information will be treated with confidentiality. Personal information will only be shared with staff that is tasked with addressing the tip. If you wish to submit your tip anonymously, we will follow up on it, but will not be able to communicate with you for clarification or to share resolution.

Please also feel free to contact your school principal or our Director of Student Services, Tracie Christmas, with any concern.

[Tip Line](https://www.livermoreschools.org/Page/6541) - Submit Your Concern or Compliment

[Tip Line](https://www.livermoreschools.org/Page/6541) is a real-time communication tool used to report both kudos and concerns around student safety and school safety. **While [Tip Line](https://www.livermoreschools.org/Page/6541) provides notifications to district staff when a report is made, please CALL 9-1-1 if you are witnessing an immediate threat or incident that requires emergency action.**

Use [Tip Line](https://www.livermoreschools.org/Page/6541) to report: Bullying, COVID-19 Safety Concern, Drugs, Fighting, Fraud, Personal Crisis,

Safety Risk, Threat, Vandalism, Weapons and Other. You can also use Tip Line to provide: Feedback and Kudos. [Tip Line](#) can also be accessed from the Livermore Schools App and each school site's webpage.

How to Deal with Being Bullied

If you have been bullied, it may affect you in many ways. You may not want to go to school or may find it hard to do your homework. You may be losing sleep, eating more or less than usual, having headaches or stomach aches, or getting sick more often. **Know that you do not have to feel this way.**

Your Feelings are Important

- **Do not blame yourself.** It is easy to question whether you are the problem. But no matter what someone says or does, you should not be ashamed of who you are or what you feel.
- **Be proud of who you are.** No matter what they say, there are wonderful things about you. Keep those in mind instead of the disrespectful messages you get from the people who are bullying you.
- **Do not be afraid to get help.** Sometimes it helps to just talk to someone who is not personally involved. Teachers, counselors, and others are there to help. Seeing a counselor or other professional does not mean there is something wrong with you.

What to Do When You Are Being Bullied

The first priority is always your safety. Here are some strategies for you to consider:

- **Tell them to stop.**
- **Walk away.** Do not let them get to you. If you walk away or ignore them, they will not get that satisfaction.
- **Protect yourself.** Sometimes you cannot walk away. If you are being physically hurt, protect yourself so that you can get away.
- **Tell an adult you trust.** Talking to someone could help you figure out the best ways to deal with the problem. In some cases, adults need to get involved for the bullying to stop.
- **Find a safe place.** Go somewhere that you feel safe and secure like the library, a favorite teacher's classroom, or the office.
- **Stick together.** Stay with a group or individuals that you trust.
- **Find opportunities to make new friends.** Explore your interests and join school or community activities such as sports, drama, or art. Volunteer or participate in community service.

Has Someone Called You a Bully?

You may feel pressured to bully others if your friends are doing it. You may think that you will no longer be

popular or that you may be bullied yourself if you do not join in.

Sometimes you may think that you are just joking around but your words and your actions may actually be hurting someone.

Did you know that teens who bully are more likely to have poor grades, drop out of school, use drugs, or commit crimes?

Learn more about the effects of bullying.

Put Yourself in Their Shoes

- **Consider how they must feel.** If it seems like you are hurting them at all, **stop.**
- **Ask the person being bullied how they feel.** Maybe they are afraid or too embarrassed to say something.
- **Do not let your friends bully others.** If your friends are bullying others, help them see how they are hurting others.

Make it Right

- **Apologize.** Sometimes telling someone you are sorry can go a long way.
- **Focus on doing things differently from now on.** Although you cannot change what has happened, you can change how you treat others in the future.

Get Help

- **Talk with an adult.** They may have good ideas about what you can do to change how you treat others.
- **Ask for help.** Seeing a counselor or a health professional may be helpful. Sometimes it is good to talk with someone who is not personally involved to help you find solutions.

The Stop Bullying information is from the <http://www.stopbullying.gov/> website. **StopBullying.gov** is an official U.S. Government Web site managed by the [Department of Health & Human Services](#) in partnership with the Department of Education and Department of Justice

CMS CORE VALUES

The Cougar community supports a positive school climate that promotes by being respectful, responsible, safe, and kind.

	Be Respectful	Be Responsible	Be Safe	Be Kind
Classrooms	Be willing to learn from and admit mistakes Follow the Golden Rule	Always give your best effort Be prepared to learn	Stay in your personal space Communicate concerns with your teacher	Have empathy for others Listen and show interest
Common Areas	Use appropriate voices and language Be aware of your surroundings	Leave it better than you found it Be aware of others' space	Walk yourself and your wheels on campus Report unsafe behavior to CMS staff	Smile and greet fellow students and staff Spread positivity
Lunch Area	Be inclusive Clean up after yourself	Mind your manners Put waste in the appropriate bin	Wait your turn Keep your hands to yourself	Set a good example See something, say something
Locker Rooms & Bathrooms	Respect the privacy and dignity of others	Use your time effectively Report problems to a staff member	Keep them clean Keep CMS substance free	Consider the feelings of others when making decisions
Technology	Look to help others when you can Treat equipment as if it's the only one	Follow LVJUSD/classroom guidelines Be productive and avoid disruptions	Use equipment appropriately Be mindful of your digital footprint	Send emails expressing gratitude Always T.H.I.N.K. before posting



CHRISTENSEN MIDDLE SCHOOL

2023-2024



5757 Haggin Oaks Avenue

Livermore, CA 94551

Telephone: (925) 606-4702

FAX: (925) 606-4705

Attendance Line: (925) 606-4702, Ext. 2

Website: livermoreschools.org/christensen

2023-2024 SCHOOL CALENDAR OF EVENTS

AUGUST

- 15 Student Orientation, 9-noon
- 21 First Day of School, Early Release Day
1:31 p.m. Dismissal
- 25 Picture Day, PE Classes

SEPTEMBER

- 4 Labor Day Holiday (No School)
- 14 Back-To-School Night, 6-8 p.m.
- 11-26 ASB Fundraiser

OCTOBER

- 4 Picture Make Up Day, PE Classes
- 6 Non-Student Day
- 13 ASB Dance, 7-9 p.m.
- 23-27 Red Ribbon Week

NOVEMBER

- 1 Professional Development Day (No School)
- 5 Daylight Saving Time Ends
- 10 Veterans Day Holiday Observed
(No School)
- 17 End of Trimester 1
- 20-24 Thanksgiving Break (No School)
- 27 Trimester 2 Begins

DECEMBER

- 21 Early Release Day, 1:31 Dismissal

Winter Break (No School)

December 22 – January 5

JANUARY

- 8 School Resumes
- 15 Martin Luther King Jr., Day (No School)
- 17 Winter Concert, Orchestra
- 18 Winter Concert, Band
- 26 ASB Dance, 7-9 p.m.

FEBRUARY

- 19 Presidents' Day (No School)

MARCH

- 7 End of Trimester 2
- 8 Non-Student Day
- 11 Trimester 3 Begins
- 10 Daylight Saving Time Begins
- 21 8th Grade Panoramic Picture Day
- 21 ASB Elective Fair

Spring Break (No School)

April 1-April 5

APRIL

- 8 School Resumes
- 17 Spring Picture Day, PE Class

State Testing Window

April 22 to May 31

MAY

- 10 ASB Dance, 7-9 p.m.
- 21 Spring Concert, Band
- 22 Spring Concert, Orchestra
- TBD 5th Grade Walking Field Trip
- 27 Memorial Day (No School)
- 29 Open House, 6-8 p.m.

JUNE

- 3 Regular Schedule, 2:31 p.m. Release
- 3 6th and 7th Grade Award Assemblies
- 4 Regular Schedule, 2:31 p.m. Release
- 5 Minimum Day, 1:31 p.m. Release
- 6 Last Day of School, 8:25 a.m.-12:25 p.m.
- 6 End of Trimester 3
- 6 8th Gr. Promotion Ceremony, 6 p.m.

230621 Subject to Change

CHRISTENSEN MIDDLE SCHOOL

BELL SCHEDULE

2023-2024

MON., TUES., THURS., FRI.

PERIOD 0 7:30 – 8:20
 PERIOD 1 8:25 – 9:15
 PERIOD 2 9:19 – 10:09

BREAK 10:09 – 10:15

PERIOD 3 10:19 – 11:14

PERIOD 4A 11:18 – 12:08
 PERIOD 4B 11:53 – 12:43

4A LUNCH 11:14 – 11:49
 4B LUNCH 12:08 – 12:43

PERIOD 5 12:47 – 1:37
 PERIOD 6 1:41 – 2:31

WED., EARLY RELEASE DAYS

PERIOD 0 7:30 – 8:20
 PERIOD 1 8:25 – 9:05
 PERIOD 2 9:09 – 9:49

BREAK 9:49 – 9:55

PERIOD 3 9:59 – 10:44

PERIOD 4A 10:48 – 11:28
 PERIOD 4B 11:23 – 12:03

4A LUNCH 10:44 – 11:19
 4B LUNCH 11:28 – 12:03

PERIOD 5 12:07 – 12:47
 PERIOD 6 12:51 – 1:31

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