

Richlands High
School

Power
HOUR

The graphic features the word 'Power' in a dark blue, cursive script font. Below it, the word 'HOUR' is written in a bold, teal, sans-serif font. The letter 'O' in 'HOUR' is replaced by a white clock face with a teal border and hands. To the right of the 'R' in 'HOUR' is a teal pencil holder containing several colorful writing instruments: a red pencil, a yellow pencil, a blue pencil, a black pen, and a silver fountain pen.

2017-2018

What is PowerHour?

PowerHour is approximately one hour during the school day (from 11:40 a.m. - 12:45 p. m.) in which students may eat lunch, attend tutoring, go to club meetings, or several other activities. PowerHour is designed to allow students to make the most out of their lunch hour with a focus on academic Success and student enrichment.

2017-2018 POWERHOUR ACTIVITIES

Below is a sample of activities that will be offered during PowerHour. This list is subject to change based on teachers' schedules and student interest. Be aware that not ALL activities are open to ALL students. Please see the teacher for the membership requirements of their group or organization.

Academic Success-Tutoring

BETA

Battle of the Books

Chess Club

FBLA

Graduation Project Help
Sessions

Gaming

HOSA

Hula Basics

Meditation

Odyssey of the Mind

Open Gym

Open Track

SAT/ACT Prep

Skills USA

Sports Tutoring Sessions

Student2Student

Student Council Organization

SCHEDULE AND PROCEDURES

- Each day at 11:40 a.m. a bell will ring indicating that PowerHour has started.
- PowerHour is divided into two 30 minute halves:
 - A – 11:40-12:12
 - B – 12:12-12:45
- A unique bell will ring at 12:12 p.m. to indicate that the “B” period has begun.
- Students can eat lunch and participate in activities or tutoring during these times. Activities are scheduled for 30 minute periods (either the A or B time)
- A bell will ring at 12:45 to indicate the end of PowerHour. At this point, you have 5 minutes to report to 4th period.
- Do not leave early for 4th period and wait in the hallway outside that teacher’s door.

NOTES ABOUT POWERHOUR SCHEDULE :

- The most current PowerHour schedule of activities will be posted in each teacher’s classroom and on the RHS school website.
- Students should **PLAN AHEAD** with their teachers, sponsors, and coaches so that they are certain of the activities in which they plan to participate each day.
- Students may be **REQUIRED** to attend tutoring. Your teachers will let you know when and where you are required to attend tutoring.
- No loitering in hallways. Students must continually be moving, unless in approved areas (i.e. cafeteria, commons, classroom).
- If a teacher is absent, their scheduled activity may be cancelled. You will need to report to another activity or go to the cafeteria.
- All activities such as taking notes to the office (other than bus notes), seeing a guidance counselor, submitting a records request, or any fees paid to the front office will happen only during PowerHour.
- There will be no all calls during PowerHour- therefore any checkouts will need to be communicated prior to PowerHour.

ATTENDANCE

- Teachers will keep a record of each student that attends tutoring, meetings, or other functions during PowerHour.
- Students will sign-in to every activity.
- Teachers will submit their sign-in sheets to their department chair weekly on Friday.

EATING LUNCH

- A full lunch will be offered from 11:40 a.m. – 12:45 p.m. every day.
- Students may get in line for lunch at any time.
- Places that you may eat:
 - Cafeteria
 - Commons Area
 - Picnic Tables
 - Outside
 - All students must stay within the painted blue lines
- All students are responsible for cleaning up their trash and placing it in proper receptacles. Students caught littering will be placed in lunch detention and risk a referral to administration.
- Trash receptacles are placed throughout the school. Do not throw food trash away in a teacher's classroom.

**IT IS VERY IMPORTANT THAT ALL STUDENTS UNDERSTAND
EATING SCHOOL LUNCH RIGHT AT THE BEGINNING OF
POWERHOUR CAN CAUSE LONG LINES. PLEASE TRY TO SPREAD
YOUR EATING TIME OVER THE FULL HOUR.**

ACADEMIC SUCCESS-TUTORING

- Tutoring dates and times vary, check with your teachers and reference the schedule to locate when tutoring is offered.
- If you are required to attend tutoring, this takes priority over all other activities.
- Anyone with a class average below a 70 will be required to attend mandatory tutoring for a minimum of 3 weeks until progress reports/report cards indicate students have brought their grades to a minimum of a 70 or with teacher discretion.
- Failure to attend mandatory tutoring will result in lunch detention. Tutoring time must be made up.
- Teachers may assign mandatory tutoring, if you are falling behind in a class, or have make-up assignments, a teacher will **REQUIRE** you to attend tutoring. If you do not attend this tutoring, you will be assigned lunch detention.
- Teachers will maintain a spreadsheet of students required to attend tutoring, and will inform students of tutoring dates, times, and locations.
- If you have been told to be in two tutoring sessions at one time, please notify both teachers. The teachers will communicate and give an adjusted tutoring schedule.

CLUBS AND ORGANIZATION MEETINGS

- Clubs and Honor Societies will meet regularly during PowerHour.
- Some of these organizations have specific requirements for membership. It is the student's responsibility to find out what is required for membership.
- You are expected to attend all meetings for your club or organization, unless mandated tutoring arises.
- If you are scheduled to attend **REQUIRED** tutoring that causes you to miss a club or organization meeting, you must attend tutoring. Penalties or consequences will not be given for this instance.
- If you have more than one club meeting at the same time on the same day, inform the teachers and they will communicate and let you know when and where to go.

ELECTRONICS

- During PowerHour, students will be allowed to use cell phones and other electronic devices.
- Students are permitted to use their electronic devices with personal headphones during PowerHour in these areas only:
 - Cafeteria, Commons, Outside within the blue lines
 - Headphones must be in at all times if listening to any type of media.
 - Teacher discretion during Academic Success- Tutoring time.
- Students in violation of the electronics procedures will be subject to lunch detention, loss of electronic privileges, and ISS/OSS.

OPEN GYM / OPEN TRACK

- The Gym and Track areas will be open during PowerHour for students wanting to participate in sports or workouts. **THERE ARE NO SPECTATORS ALLOWED.** All students must be actively participating and moving.
- Each area will be limited to 100 students per session in the GYM (A and B) and 50 on the track.
- **To attend open gym:**
 - Students will line up by the Gym Entrances.
 - Open gym students will be checked in by a teacher.
 - After the 100th student is allowed in, the remaining students need to go to lunch or another activity.
 - Once a student leaves the open gym line, they must return to the back of the line.
 - The gym doors will remain locked.
 - Students allowing others into the gym through the main doors or skipping in line will be subject to lunch detention, loss of gym/track privileges, and ISS/OSS.
- **To attend open track:**
 - Students will line up at the stadium entrance. Open track students will be checked in by a teacher.
 - After the 50th student is allowed in, the remaining students need to go to lunch or another activity.
 - Once a student leaves the open track line, they must return to the back of the line.
 - The gate will remain closed.
 - Students skipping in line or entering without being checked in are subject to lunch detention, loss of gym/track privileges and ISS/OSS.

PLEASE NOTE THAT THERE WILL BE NO LOCKER ROOM ACCESS DURING POWERHOUR. THESE DOORS WILL REMAIN LOCKED. IF YOU LEAVE THE GYM, YOU FORFIT YOUR SPOT DURING POWERHOUR.

EARLY RELEASE

- Students with early release will be released after third period at 11:40 a.m.
- These students may be required to stay for tutoring and/or Grad Project Help Sessions during PowerHour at teacher request.
- If the required tutoring or Grad Project Help Session is during the “A” session, then students may leave after that session at 12:12 p.m.
- If the required tutoring or Grad Project Help Session is during “B” session, then the student may not leave until after the conclusion of PowerHour, 12:45 p.m.
- Students with early release will be issued a special nametag and lanyard. These tags **MUST** be worn around the neck for students to leave for early release.
- Students leaving for early release will check out with the teacher assigned to parking lot duty.
- You may not leave until that teacher has arrived at their post (on the sidewalk by the 300 building) and you have signed out with them.
- Students attempting to leave without nametags around the neck will be sent back to the building to remain in lunch detention until 12:40 p.m.
- Students who leave early instead of attending required tutoring or seminar sessions will be subject to lunch detention, loss of parking privileges, and/or loss of early release.
- Students who attempt to leave campus without checking out with the parking lot teacher will be subject to lunch detention, loss of parking privileges, and/or loss of early release.
- Students who attempt to leave the school grounds (skip) that do not have early release will be subject to lunch detention, loss of parking privileges, and ISS/OSS.

NON-POWERHOUR DAYS

There will be days during the school year in which RHS will run a schedule with no PowerHour. Some examples of these days are:

- The first 10 days of school
- Weather delays
- Early release days
- Testing days
- Pep Rally or Activity days

During these days, a lunch schedule will be provided to the teachers.

LUNCH DETENTION

- A student may be assigned to lunch detention as a discipline consequence.
- Lunch detention will be written up in ABE and assigned by the In-School Suspension Coordinator.
- The student will be assigned a specific day (or days) for lunch detention.
- For lunch detention, students will report to Hut 7 at 11:40 a.m.
- Lunch detention is for the entire PowerHour (1 hour).
- Students may bring their lunch or eat a cafeteria lunch.
- Students in lunch detention will surrender personal electronics to teacher and are not permitted to socialize.
- Students breaking lunch detention rules are subject to additional days of lunch detention and possibly ISS/OSS.



RHS MASTER BELL SCHEDULE 2017-2018

PERIOD	1 st Period	2 nd Period			3 rd Period	POWERHOUR		4 th Period
POWERHOUR- REGULAR SCHEDULE	7:15- 8:40	8:45- 10:10			10:15-11:40	A Lunch 11:40- 12:12	B Lunch 12:12- 12:45	12:50-2:15
NON POWERHOUR SCHEDULE	7:15- 8:45	8:50- 10:25			10:30-12:35 Lunch A 10:25- 10:53 Lunch B 11:17- 11:44 Lunch C 12:08- 12:35			12:40-2:15
Homeroom	7:15- 8:45	8:50- 10:25	Homeroom 10:30- 11:10		11:15-1:00 Lunch A 11:10- 11:38 Lunch B 11:52- 12:19 Lunch C 12:33- 1:00			1:05-2:15
TWO HOUR DELAY	9:15- 10:08	10:12- 11:05	A Lunch 11:05- 11:38	B Lunch 11:38- 12:15	12:20- 1:15	PowerHour will be between 2nd and 3rd period		1:20-2:15
THREE HOUR EARLY RELEASE	7:15- 8:10	8:15- 9:10			9:15-10:10			10:15-11:00 *At 11:00 there will be a series of announcements to release the buildings. When released, students may pick up a lunch in the cafeteria and then go straight to their bus, car, or walk home.