



MALDEN CATHOLIC

The Codivisional High School

Girls Program
Welcome Packet
Class of 2024

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School Calendar

July '20						
Su	M	Tu	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August '20						
Su	M	Tu	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September '20						
Su	M	Tu	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October '20						
Su	M	Tu	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November '20						
Su	M	Tu	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December '20						
Su	M	Tu	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

January '21						
Su	M	Tu	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February '21						
Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

March '21						
Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April '21						
Su	M	Tu	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May '21						
Su	M	Tu	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

June '21						
Su	M	Tu	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



School Closed/ Holidays



Underclassman Final Exams



Orientations



First and Last Day of School



Offices Closed

Schedule Overview

September 2020

Tuesday, 1st and Wednesday, 2nd Boys & Girls Orientations - Grade 9
Thursday, 3rd Girls Leadership Day – Grade 9
Tuesday, 8th 1st Day of Classes
Monday, 14th No Classes – Patriots Day

October 2020

Friday, 9th No Classes – Faculty & Staff Retreat
Monday, 12th No Classes – Columbus Day

November 2020

Wednesday, 11th No Classes – Veterans Day
Wednesday, 25th No Classes
Thursday, 26th No Classes – Thanksgiving
Friday, 27th No Classes

December 2020

Monday, 21st to Thursday, 31st No Classes - Christmas Recess

January 2021

Friday, 1st No Classes – New Year's Day
Monday, 18th No Classes – ML King Day

February 2021

Monday, 15th to Friday, 19th No Classes - Winter Recess

April 2021

Monday, 19th to Friday, 23rd No Classes - Spring Recess

May 2021

Monday, 31st No Classes – Memorial Day

June 2021

Friday, June 4 Last Day of Classes (Grades 9 thru 11)
Monday, 7th to Thursday, 10th Underclass Exams

Sample Grade 9 Schedule

Time	Subject	Semester	Credits
A	Science	ALL	1.0
B	Theology	ALL	1.0
C	Social Studies	ALL	1.0
D	Mathematics	ALL	1.0
E	Foreign Language	ALL	1.0
F	English	ALL	1.0
G	Elective 1	S1	0.5
G	Elective 2	S2	0.5

Start	End	Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7*	
7:30		Shadow								
8:01		Warning Bell								
8:05	8:52	1 st Period	0:47	A	B	C	D	E	F	G
8:56	9:43	2 nd Period	0:47	B	C	D	E	F	G	A
9:47	10:34	3 rd Period	0:47	C	D	E	F	G	A	B
10:38	11:03	4 th Period (Lunch A)	0:25	D	E	F	G	A	B	C
11:07	11:50	4 th Period	0:43							
11:54	12:02	Homeroom	0:08	HR	HR	HR	HR	HR	HR	HR
12:06	1:06	5 th Period	1:00	E	F	G	A	B	C	D
1:10	1:56	6 th Period	0:46	F	G	A	B	C	D	E
2:00	2:30	Activity	0:30	H	H	H	H	H	H	H

Note: Leadership class meets in lieu of Theology on Day 7.

Activity Period

Our Activity Period (thirty minutes), which will meet after the end of the last academic period of the day, will remain locked in place while the seven (7) academic periods move in rotation. For Grade 9 students, the Activity Period may include:

- Seminar/Study Period;
- Club/Activity Period; or
- Class Meeting/Assembly Period.

Dress Code

We have made our dress code consistent and complementary to our educational goals. We trust that it best serves the image of Malden Catholic and our students. It is our belief that an important part of the educational experience requires a student's attention to her personal appearance. We also maintain that our students should understand the meaning of situation-appropriate attire. Therefore, neatness and cleanliness are the prevailing considerations.

Students are required to be in dress code during the entire school day, and when they are conducting official school business.

PANTS: Grey, navy, or khaki colored pants may be worn. Pants must be free of designs or embroidery work. No jean styles, cargo, yoga, or painter's pants, no cut or altered pants. Pants are required to have a button on the waist band and a zipper. Pants with drawstring waist or banded/elastic cuffs are not allowed.

PLAID KILT: Kilt may be worn in place of approved pants and is **REQUIRED** for formal events. Kilt must be purchased only from the official MC uniform store. Kilt length must reach the top of the knee when standing.

SHIRTS: An MC-monogrammed polo shirt, purchased only from the MC uniform store may be worn. A white button-down oxford/dress shirt may also be worn under an MC monogrammed sweater. All students are required to own one Navy blue MC polo shirt.

MC LOGO APPAREL: MC logo apparel only may be worn over a regulation MC shirt. No other fleece or apparel is authorized. Turtleneck shirts may be worn underneath a regulation MC shirt. Students may not wear "overshirts" or long-sleeved T-shirts under short sleeve shirts. Hooded sweatshirts and hooded jackets are not allowed. Winter coats are not allowed.

FOOTWEAR: Boat shoes, flats or low-cut sneakers and socks are to be worn at all times. Students may not wear heels, slippers, moccasins, sandals or open toe shoes. All shoes with laces must be tied. Students may wear boots during cold or inclement weather provided they are neat.

PERSONAL APPEARANCE: Hair must be neatly groomed and of natural color. Final judgment about what constitutes "natural color" lies with the administration. Students will be given a day to make the correction or face disciplinary action including suspension. No extreme hair styles or hair colors. Visible body piercing other than pierced ears, including tongue piercing, is not allowed. Hats are not to be worn in the building at any time during or after school hours or at any school function. Tattoos and body scarring are highly discouraged. Any student with a previously existing tattoo must cover it at all times during the school day, and at all school-sanctioned activities.

Dress Code

PROVISIONAL DRESS CODE:

Tag Day Guidelines: Sneakers or regular shoes must be worn. NO sandals or flip-flops. NO tank tops, sleeveless shirts, jewelry, or gym shorts. No clothing containing alcohol, tobacco, sexual or drug references.

Liturgies, Funerals, Semi-Formal and Other Events: All students must wear dress shoes (no boots or sneakers), plain white dress shirts, khaki pants, and Malden Catholic v-neck pullover sweater when the school community gathers for school wide liturgies or other occasions as announced by the Administration. Malden Catholic sweaters can be purchased from the MC uniform store, [Collegiate House](#). When attending school funerals or wakes or other occasions announced by the Administration, students are expected to be attired in the mass attire. Students are expected to be similarly attired at other formal events as announced by the Administration.

Required Mass/Formal Attire



White Oxford Shirt



MC V-Neck Sweater



MC Polo



Dry-Fit MC Polo



MC Long Sleeve Polo



MC Cardigan



MC Pullover 1/4 Zip



Khaki Pants



Required: Plaid Kilt

COLLEGIATE HOUSE

SCHOOL UNIFORMS

970 Fellsway, Medford, MA 02155 781-219-4952 www.collegiatehouse.com



Malden Catholic

Online School Code: MCHS

GIRLS UNIFORM CHOICES

2020

QTY	DESCRIPTION	SIZE	PRICE
	Navy Knit Polo Shirt Short Sleeve w/Embroidery of School Name	Youth Sz – YM, YL, YXL Adult Sz –S, M, L, XL	\$18.99 \$19.99
	Navy Knit Polo Shirt Long Sleeve w/Embroidery of School Name	Youth Sz – YM, YL, YXL Adult Sz –S, M, L, XL	\$20.99 \$21.99
	Navy Charles River Ladies Dry-Fit Shirt w/Striped Collar Short Sleeve w/Embroidery of School Name	Adult Sz – XS, S, M, L, XL	\$27.99
	*White Pointed Collar Long Sleeve Blouse MUST BE WORN W/V-NECK PULLOVER BELOW	Sz. XS, S, M, L, XL	\$15.99
	*Navy V-Neck Long Sleeve Pullover w/Embroidery of School Name	Youth Sz. YM, YL, YXL Adult Sz. S, M, L, XL	\$30.99 \$33.99
	Plaid Kilt MUST BE PURCHASED FROM COLLEGIATE HOUSE	Sz.5 thru 18 Sz. 10.5 thru 16.5	\$46.99 \$48.99
	Girls Khaki, Navy, or Grey Mid-Rise Stretch Pants May be purchased anywhere	Junior sz.1-15 Junior sz.17-33	\$26.99 \$27.99
	Navy V-Neck Cardigan w/2 Pockets w/Embroidery of School Name	YL, YXL, S,M,L,XL	\$36.99
	Navy Charles River Stealth ¼ Zip Pullover	Adult Sz. XS, S, M, L, XL	\$50.99
	Navy Opaque, Orlon, or Cotton Knee-Hi	9-11, 10-13	\$ 5.99
	Malden Catholic Belt	Adult Sz. XS, S, M, L, XL	\$25.00

*Required mass attire

	AMOUNT PAID->	
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Mail orders: Please include: \$10.00 for shipping, handling, and insurance. Checks not accepted during time of pickup.

EXCHANGES ALLOWED WITHIN 4 WEEKS OF DATE OF PURCHASE.

No cancellations, returns, or exchanges allowed on special orders or embroidered items other than polo shirts.

Orders MUST be placed by July 1st to ensure delivery in time for the opening of school.

Name of Student _____ Grade Entering _____
(please print)

Address _____ Phone _____

City,State,Zip _____

Summer Reading 2020 Reflection Paper Guidelines

1. WHY READ DURING THE SUMMER? To keep your skills sharp... It's good for you!

University of Tennessee, Knoxville, faculty members Richard Allington and Anne McGill-Franzen completed in 2010 a three-year study showing a significantly higher level of reading achievement in students who did summer reading. They found that children who do not read in the summer lose two to three months of reading development while kids who do read tend to gain a month of reading proficiency.

Research shows that reading just twenty minutes a day drastically improves school performance, vocabulary, thinking skills and reading skills. Research also demonstrates that choice makes a very important contribution to achievement, so we will allow you a choice within a limited range of books.

2. CHOOSE A BOOK:

Using at least two of the following criteria, please choose your book from the list.

- Personal interest
- Knowledge of the author
- Interest in a specific genre
- Recommendation from a friend, parent, teacher, or librarian

3. IDENTIFY A THEME

A **theme** is a central, unifying idea that that helps the reader to understand something about themselves and their world through the reading experience. Theme conveys the author's "message."

After reading your book, think about how your book demonstrated one of the following themes:

- Search for Identity
- Love
- Death
- Coming of Age
- Good vs. Evil
- Power and Corruption
- Survival
- Courage and Heroism
- Prejudice
- Individual vs. Society
- War
- (Non-fiction) ... How to

4. WRITE A REFLECTION PAPER

After reading your selected book, type at least a two-page, double-spaced reflection paper with one-inch margins.

Include the following reflections:

1. Why did you choose this book and justify your choice selection.
2. Include the Title and Author and give at least two reasons why you chose it.
3. Explain how the book fits with the theme above that you chose? Please use at least 4 direct quotes with the page numbers from the text to support your response.
4. Briefly provide an overview of the story's content, which includes the main characters, the main conflict, and the resolution to the problem. (Or for non-fiction, a summary of main points and examples).
5. Explain why you would or would not recommend this book to a friend. Be sure to include the overall message or main points of the work.

5. OTHER IMPORTANT INFORMATION

- If you do not sign up for a book within five days of the opportunity, one will be assigned to you.
- Please make sure you save your work electronically.
- Your Reflection Essay is due Thursday, September 10th.
- Plagiarized work will result in School disciplinary sanctions.
- Failure to complete the assignment will result in a grade penalty.
- You will meet with the teacher / staff member who sponsored the book and turn in the essay after discussing it with your group.
- The sponsor will assess your participation in the discussion and evaluate the paper based on the rubric below:

Summer Reading Grading Rubric

Grading Categories:

- High Pass..... 3 Points
- Pass..... 2 Points
- Low Pass..... 1 Point

Grading Rubric Points for Summer Reading

Scoring standards: 0 = below average 1= low average 2=average 3=above average

Reader will assign scores of 0, 1, 2, or 3 for each of the following five questions.

1. Identifies and explains at least two reasons for choosing the text, includes title and author. If book is assigned, how does the topic relate to prior knowledge you may have in this area or what did you hope to learn?
2. Explains how the text fits with the specific theme. • 4 quotes to support the theme with page citations.
3. Explanation includes the full scope of the text. Who are the main characters? What is the main conflict? How does it all end? (For non-fiction, provides a summary of main points and examples).
4. Includes an insightful recommendation to a friend which includes the overall message of the text.
5. Paper is free from grammar and spelling errors.

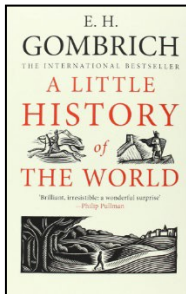
Summer Reading Assignment - AP World History

All AP World History students will be asked to complete an additional summer assignment. The assignment will be referred to through the course, so it will be imperative that each student completes the work over the summer.

As you may expect, an advanced course like this will require students to push their limits and challenge themselves. In addition to the school-wide summer reading assignments, AP students will be asked to complete the following:

Assignment:

All AP World History students will be asked to read an additional summer reading book and write an essay response to the reading.



“A Little History of the World” by E.H. Gombrich
ISBN 13: 9780300143324

The book is available in paperback but also is available here electronically for free in the Summer Assignment Google Drive Folder. You can access this folder with your MC account.

<https://drive.google.com/open?id=1qfpyGJaA9eRt67dH4-45MkjtBfFEwUb0>

Essay Response:

1. Read Chapters 1-25 (up to page 162) of “A Little History of the World” by E.H. Gombrich.
 2. Write a 5 to 7 sentence response to the first chapter answering the following questions:
 - a. How did the author describe history?
 - b. What did you find interesting about this description?
 - c. What do you think history is?
 3. Choose one chapter that you feel best addresses each of the following themes:
 - a. Human and Environment interaction
 - b. Cultural Developments and Interactions between cultures
 - c. Forms of Governance
 - d. Economic Systems
 - e. Social Interactions and Social Organization
 - f. Technology and Innovation
- Explain how the author describes that theme in the chapter.
 - Include one quote from each chapter that you think shows a strong example of the theme. Be sure to include the page number where you found the quote.
 - The same chapter may be used for multiple themes.

Typed essays will be due at the end of the first week of the school year and will be turned in during class. The rubric for how the responses will be graded is located in the Shared Google Drive Folder.

Please contact Mr. Tim Endicott with any questions at endicottt@maldencatholic.org

Extracurricular Activities & Sports Programs

Extracurricular activities are a key part of the Malden Catholic High School experience. Being involved in clubs and activities allows students to explore and develop new interests, build solid friendships and find a creative outlet.

EXTRACURRICULAR ACTIVITIES: (* Counts as Team Credit for Girls Program)

30 Day Challenge	MC Rock Project
Admissions Ambassadors	MC Strength & Conditioning
Art Club	Mock Trial*
Broadcast Media	Model Bridge
Chemistry Club	Model Congress
Chess Club	Model UN
Comicon Club	Multicultural Club
Crystal 99 Newspaper	Music Ministry
Crystal Radio	National Honor Society
Dance Company*	Quiz Bowl
Habitat for Humanity	Robotics Team
Lancer Buddies	Spanish Club
Lancer Drama*	Spanish National Honor Society
Lancer Unity	STEM Club
Lancers-In-Action	Stock & Trade Club
Lancer Short Story Club	Student Council
Math Team	Yearbook (The Lance)

SPORTS PROGRAMS:

Season	Sport	Boys		Girls	
		Varsity	Junior Varsity	Varsity	Junior Varsity
Fall	Cheer			✓	✓
	Cross Country	✓	✓	✓	✓
	Football	✓	✓		
	Golf	✓	✓		
	Soccer	✓	✓	✓	✓
	Swim ⁽¹⁾	✓	✓	✓	✓
	Volleyball			✓	✓
Winter	Basketball	✓	✓	✓	✓
	Cheer			✓	✓
	Hockey	✓	✓	✓ ⁽²⁾	✓ ⁽²⁾
	Indoor Track	✓	✓		
	Swim ⁽¹⁾	✓	✓	✓	✓
	Track & Field			✓	✓
	Wrestling	✓	✓		
Spring	Baseball	✓	✓		
	Crew ⁽³⁾	✓	✓	✓	✓
	Lacrosse	✓	✓	✓	✓
	Outdoor Track	✓	✓	✓	✓
	Rugby	✓	✓		
	Softball			✓	✓
	Tennis	✓	✓	✓	✓

Notes:

- Swim will take place either this Fall or Winter.
- Girls Varsity and JV Hockey teams are anticipated.
- Crew is a new sport starting Spring '21.

Grade 9/Reserve Teams are developed and run when possible.

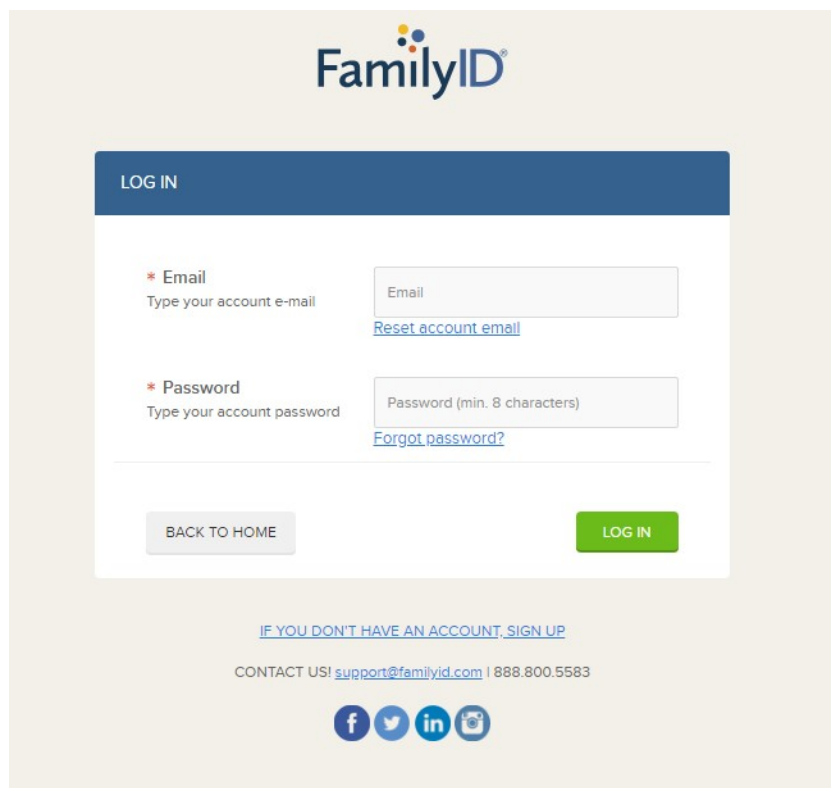
Athletic Registrations

Malden Catholic will be using FamilyID for online athletic registrations. All Student Athletes must register with FamilyID before the start of every athletic season.

Instructions for new parents and links to the seasonal athletic registration forms are found on the Athletics homepage on Malden Catholic's website, <https://www.maldencatholic.org/athletics>

Family ID Registration for Fall 2020 Athletics will open on June 8th.

Please contact the Athletic Department with any questions at 781.475.5320.



The image shows the FamilyID login interface. At the top is the FamilyID logo. Below it is a 'LOG IN' header. The form contains two main sections: 'Email' and 'Password'. The 'Email' section has a label 'Type your account e-mail', a text input field, and a 'Reset account email' link. The 'Password' section has a label 'Type your account password', a text input field with a placeholder 'Password (min. 8 characters)', and a 'Forgot password?' link. At the bottom of the form are two buttons: 'BACK TO HOME' and 'LOG IN'. Below the form, there is a link 'IF YOU DON'T HAVE AN ACCOUNT, SIGN UP', contact information 'CONTACT US! support@familyid.com | 888.800.5583', and social media icons for Facebook, Twitter, LinkedIn, and Instagram.

Concussion Education Summer Requirement

As you know, recent research on head trauma has underscored the need for general awareness of safe practices following head injury. The Commonwealth of Massachusetts Department of Public Health now requires that all students participating in any activity including gym class, intramural sports, and athletics must learn about the consequences of head injury and concussion through on-line training programs and written materials. Since head injury can happen outside of athletics, too, we want all students to be informed through the taking of a short, free on-line summer course.

To help ensure the safety of all Malden Catholic students, we are requiring that all students this summer must complete a free online course and return a certificate of completion to the School Nurse. The certificate will be generated automatically at completion of the course. The program is brief, taking only about 20 minutes. (Parents might benefit from viewing the course, too!)

Students will bring the certificate of completion to their August Orientation, unless they are fall athletes, in which case they will be required to submit their certificate on the first day of practice in order to participate.

You may choose one of the following free on-line courses:

- The National Federation of High School Coaches:
<http://nfhslearn.com/courses/38000>
- The Center for Disease Control (CDC):
<http://www.cdc.gov/headsup/youthsports/training/index.html>
Student Training Course: <https://www.train.org/cdctrain/course/1089855/>



Please note that both online courses are addressed to coaches, but are open to all. You may be asked to register or create an account to login. The entire course, including registration, can be completed in a brief period of time.

Your certificate will be valid for one year and will need annual renewal while at Malden Catholic. Should you have any questions, please feel free to contact School Nurse Mrs. Elizabeth Paquette R.N. at 781-475-5318 or paquettee@maldencatholic.org.

MIAA RECOMMENDED SPORTS CANDIDATE MEDICAL QUESTIONNAIRE



(Reference MIAA Rule 56)

PART A ~ HISTORY

DATE of EXAM _____

Student's Name _____ Sex _____ Age _____ Date of Birth _____

Grade _____ School _____ Sport(s) _____

Address _____ Tel _____

Physician _____ Tel _____

IN CASE OF AN EMERGENCY, CONTACT:

Name _____ Relationship _____ Tel (H) _____ (W) _____

EXPLAIN "YES" ANSWERS BELOW. CIRCLE QUESTIONS YOU DON'T KNOW THE ANSWERS TO.

	YES	NO		YES	NO
1. Have you had a medical illness or injury since your last check up or sports physical?	<input type="radio"/>	<input type="radio"/>	30. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)?	<input type="radio"/>	<input type="radio"/>
2. Have you ever been hospitalized overnight?	<input type="radio"/>	<input type="radio"/>	31. Have you had any problems with your eyes or vision?	<input type="radio"/>	<input type="radio"/>
3. Have you ever had surgery?	<input type="radio"/>	<input type="radio"/>	32. Do you wear glasses, contacts, or protective eyewear?	<input type="radio"/>	<input type="radio"/>
4. Do you have a missing or diseased paired organ?	<input type="radio"/>	<input type="radio"/>	33. Have you ever had a sprain, strain, or swelling after injury?	<input type="radio"/>	<input type="radio"/>
5. Are you currently taking any prescription or nonprescription (over-the-counter) medications or pills or using an inhaler?	<input type="radio"/>	<input type="radio"/>	34. Have you broken or fractured any bones or dislocated any joints?	<input type="radio"/>	<input type="radio"/>
6. Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance?	<input type="radio"/>	<input type="radio"/>	35. Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints?	<input type="radio"/>	<input type="radio"/>
7. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?	<input type="radio"/>	<input type="radio"/>	<i>If yes, check appropriate box and explain below:</i>		
8. Have you ever had a rash or hives develop during or after exercise?	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/> Head	<input type="checkbox"/> Elbow	<input type="checkbox"/> Hip
9. Have you ever passed out during or after exercise?	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/> Neck	<input type="checkbox"/> Forearm	<input type="checkbox"/> Thigh
10. Have you ever been dizzy during or after exercise?	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/> Back	<input type="checkbox"/> Wrist	<input type="checkbox"/> Knee
11. Have you ever had chest pain during or after exercise?	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/> Chest	<input type="checkbox"/> Hand	<input type="checkbox"/> Shin/Calf
12. Do you get tired more quickly than your friends do during exercise?	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/> Shoulder	<input type="checkbox"/> Finger	<input type="checkbox"/> Ankle
13. Have you ever had racing of your heart or skipped heartbeat?	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/> Upper Arm		<input type="checkbox"/> Foot
14. Have you had high blood pressure or high cholesterol?	<input type="radio"/>	<input type="radio"/>	36. Do you want to weigh more or less than you do now?	<input type="radio"/>	<input type="radio"/>
15. Have you ever been told you have a heart murmur?	<input type="radio"/>	<input type="radio"/>	37. Do you lose weight regularly to meet weight requirements for your sport?	<input type="radio"/>	<input type="radio"/>
16. Has any family member or relative died of heart problems or of sudden death before age 50?	<input type="radio"/>	<input type="radio"/>	38. Do you feel stressed out?	<input type="radio"/>	<input type="radio"/>
17. Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?	<input type="radio"/>	<input type="radio"/>	39. Record the dates of your most recent immunizations (shots) for:		
18. Has a physician ever denied or restricted your participation in sports for any heart problems?	<input type="radio"/>	<input type="radio"/>	Tetanus _____ Measles _____		
19. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)?	<input type="radio"/>	<input type="radio"/>	Hepatitis B _____ Chickenpox _____		
20. Have you ever had a head injury or concussion?	<input type="radio"/>	<input type="radio"/>	FEMALES ONLY:		
21. Have you ever been knocked out, become unconscious, or lost your memory?	<input type="radio"/>	<input type="radio"/>	40. When was your first menstrual period? _____		
22. Have you ever had a seizure?	<input type="radio"/>	<input type="radio"/>	41. When was your most recent menstrual period? _____		
23. Do you have frequent or severe headaches?	<input type="radio"/>	<input type="radio"/>	42. How much time do you usually have from the start of one period to the start of another? _____		
24. Have you ever had numbness or tingling in your arms, hands, legs, or feet?	<input type="radio"/>	<input type="radio"/>	43. How many periods have you had in the last year? _____		
25. Have you ever had a stinger, burner, or pinched nerve?	<input type="radio"/>	<input type="radio"/>	44. What was the longest time between periods in the last year? _____		
26. Have you ever become ill from exercising in the heat?	<input type="radio"/>	<input type="radio"/>	<i>Explain "Yes" answers here:</i> _____		
27. Do you cough, wheeze, or have trouble breathing during or after activity?	<input type="radio"/>	<input type="radio"/>	_____		
28. Do you have asthma?	<input type="radio"/>	<input type="radio"/>	_____		
29. Do you have seasonal allergies that require medical treatment?	<input type="radio"/>	<input type="radio"/>	_____		

I HEREBY STATE THAT TO THE BEST OF MY KNOWLEDGE, MY ANSWERS TO THE ABOVE QUESTIONS ARE COMPLETE AND CORRECT.

Signature of Athlete/Date _____ Signature of Parent-Guardian/Date _____

(continued)

Revised 6/17/13

PART B ~ PHYSICAL EXAMINATION

DATE of EXAM _____

STUDENT (Please print) _____ Date of Birth _____

Height _____ Weight _____ % Body Fat (optional) _____ Pulse _____ BP _____ / _____ (_____ / _____ , _____ / _____)

Eyes: R20/ _____ L20/ _____ Corrected: Y N Pupils: Equal _____ Unequal _____

	NORMAL	ABNORMAL FINDINGS	INITIALS*
MEDICAL			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

Station-based examination only*PART C ~ CLEARANCE**☐ Cleared☐ Cleared after completing evaluation/rehabilitation for: _____

☐ Not cleared for: _____ Reason: _____

DATE of EXAM _____

Name of physician (Please print): _____

Signature of physician: _____ Date: _____

Address: _____ Tel: _____

Permission for Emergency Treatment Form

Student's Name: _____

YOG: _____

School: ☐ Boys or ☐ Girls

The school nurse will see ailing students and determine whether to treat them or to send them home. The nurse will dispense prescribed medication during the day to any student under a doctor's care. Such medication should be accompanied by a doctor's medication order and be in a labeled prescription bottle. (Medication should be kept in the Health Office and not on one's person or in one's locker.)

Additionally, in the event we cannot contact you immediately, we need your permission to administer emergency treatment to your child, and/or to arrange for the transportation of your child to any acute emergency facility. Once at that facility, they may provide treatment that may be medically necessary. All of this is with the understanding that every effort will be made to contact you before a transfer.

The nurse will dispense the following over-the-counter (OTC) medications to your child if the nurse deems it appropriate. Please check appropriate dosage:

Advil 200 mg, by mouth ☐ 1 tablet or ☐ 2 tabletsTylenol 500 mg, by mouth..... ☐ 1 tablet or ☐ 2 tabletsExtra Strength Tylenol 500, mg by mouth..... ☐ 1 tablet or ☐ 2 tabletsPepto Bismol 262 mg, by mouth..... ☐ 1 tablet or ☐ 2 tabletsTums (Calcium Carbonate) 750 mg by mouth ☐ 1 tablet or ☐ 2 tabletsAny known allergies? ☐ No ☐ Yes, please describe below:Has Epi-Pen? ☐ No ☐ YesAny know medical conditions? ☐ No ☐ Yes, please describe below:

List other medications Student is presently taking below:

Your signature below indicates that we indeed have your permission for emergency treatment and dispensing of OTC and prescription medications.

Parent/Guardian:

Signature: _____ Relationship: _____ Date: _____

Phone Numbers: _____
Home Cell Work**Emergency Contact:**

Name: _____ Relationship: _____ Date: _____

Phone Numbers: _____
Home Cell Work

Confidential Health & School Counseling Form

Please assist us in caring for your child by providing the following information. This information will be utilized both confidentially and internally by faculty and staff in order to develop not only a better understanding of your child's health/school counseling status, but also to be able to work more closely with your child socially and academically.

Student's Name: _____

YOG: _____

School: ☐ Boys or ☐ Girls

Services provided to students are connected to a comprehensive counseling model which focuses on the needs of the students in three areas of development: academic, career, and personal/social. These areas are interrelated and cannot be addressed in isolation. Comprehensive, developmental counseling services are designed for all students. Counselors are guided by the **American School Counselors Association** ethical standards and are faithful to the tradition of Xaverian education.

***Does your child have any limitations in the following areas?
(Please check and give an explanation)***

No Yes

- ☐ ☐ Vision: _____
- ☐ ☐ If glasses or contacts worn, are they needed in the classroom?
- ☐ ☐ Speech: _____
- ☐ ☐ Hearing: _____
- ☐ ☐ Other Physical Issues: _____
- ☐ ☐ Emotional Difficulties: _____
- ☐ ☐ Food Allergies/Anaphylaxis: _____
- ☐ ☐ Has Epi-Pen?
- ☐ ☐ Does your child have a current IEP/504/other education plan? (within the last 2 years).

If yes, the date of the most recent evaluation: _____

If yes, please explain the reason for the evaluation and the outcome.

Please arrange to have all Educational Plans and Assessments sent in with this form no later than July 1st. Delayed receipt of Educational Plans and Assessments will result in untimely reporting to teachers and accommodations on school/standardized testing.

Confidential Health & School Counseling Form

Student's Name: _____

YOG: _____

School: ☐ Boys or ☐ Girls**No Yes**

- ☐ ☐ Is there a family situation which could impact your child's performance?
Examples might include single parent home, serious illness in family, recent death, parent disability, grandparent guardians, parents in process of divorce or separation, recent residency change etc.? (Please update the School Counseling Office by telephone or email during the school year.)
- ☐ ☐ Is there any other information that would be useful in helping your child during their high school years?
- ☐ ☐ Are there are any issues regarding sharing of information with a non-custodial parent?
If yes, please explain and send a copy of the court order.

Parent/Guardian:

Signature: _____ Relationship: _____ Date: _____

Phone Numbers: _____
Home Cell Work

Student Technology

Student Mobile Learning Devices

Starting with the Class of 2022, Malden Catholic began implementing a BYOD program for student mobile learning devices. All incoming Grade 9 and transfer students, and returning sophomores and juniors are required to bring their own laptop. Returning seniors can continue to use the iPads they currently own, but they may find that laptops are preferable for distance learning.

Microsoft Office 365

All Malden Catholic students have Office 365 accounts which provides them with access to online services such as OneDrive (cloud storage up to 1 TB), Word, Excel, PowerPoint, OneNote, etc.

Important note: You do not need to purchase Microsoft Office. As part of our license agreement with Microsoft, all students can download and install the latest version of Microsoft Office onto their laptops at no cost.

G Suite for Education (formerly Google Apps for Education)

All Malden Catholic students will also have G Suite for Education accounts which provides them with access to online services such as Google Drive (unlimited cloud storage), Docs, Sheets, Slides, Classroom, etc.

Sophos Endpoint Advanced with Intercept X

Malden Catholic provides each student with a copy of Sophos Endpoint Advanced with Intercept X that must be installed on the student's laptop before the laptop can be used on Malden Catholic's wireless network. This endpoint protection software is integrated with Malden Catholic's Sophos firewall to provide comprehensive protection of all computing resources utilized at Malden Catholic.

Classroom Web Portal - LancerLink

All Malden Catholic students have accounts to access LancerLink. LancerLink is Malden Catholic's classroom web portal which provides real-time integration with teachers' gradebooks, classroom pages (homework, resources, etc.) and student information. Students can view current grades and scores for their classes on interactive dashboards. LancerLink activation instructions for student accounts will be emailed to parents early in July.

Single Sign-On (SSO)

Incoming students will be assigned their own single sign-on credentials that will consist of a user ID (Malden Catholic email address) and unique password. Students will use their Single Sign-On credentials to log into both their Microsoft Office 365 and G Suite for Education accounts. Students will also use the same user ID to log into LancerLink. While students can select their own LancerLink password, it is highly recommended that they use their MC- provided password. *Fewer things to remember = fewer things to forget.*

Virtual Technology Orientation

The Technology Department will be conducting virtual technology orientations during the first two weeks of August for all incoming Grade 9 and transfer students. In early July, students will receive an email with details on this orientation and a link to register for a session on Sign-Up Genius.

Laptop Guidelines

For incoming Grade 9 and transfer students, please follow these guidelines for purchase of laptops:

Windows Laptop or Convertible Tablet/Laptop

- Operating System - Windows 10 or later
- Minimum Screen Size - 11"
- Minimum Screen Resolution - 1024x768
- Hard Drive/Storage Capacity - 256GB
- RAM (Memory) - 8GB
- Wireless Capability – Dual Band Wireless AC Adapter (5 Ghz 802.11 ac or n)
- Camera, microphone and speaker
- At least one full-size USB port or adapter
- Minimum Battery Life - 7 hours
- Required Browser - Chrome
- Required Antivirus Software – Sophos Endpoint Advanced (Provided by MC)
- Required Accessory – USB Headphones with integrated microphone
- Preferred but not required: Touch screen and stylus (pen)

Required for All Devices

- An additional power/charging cable to keep at school
- Protective case or sleeve
- Durability to withstand the daily handling by a high school student

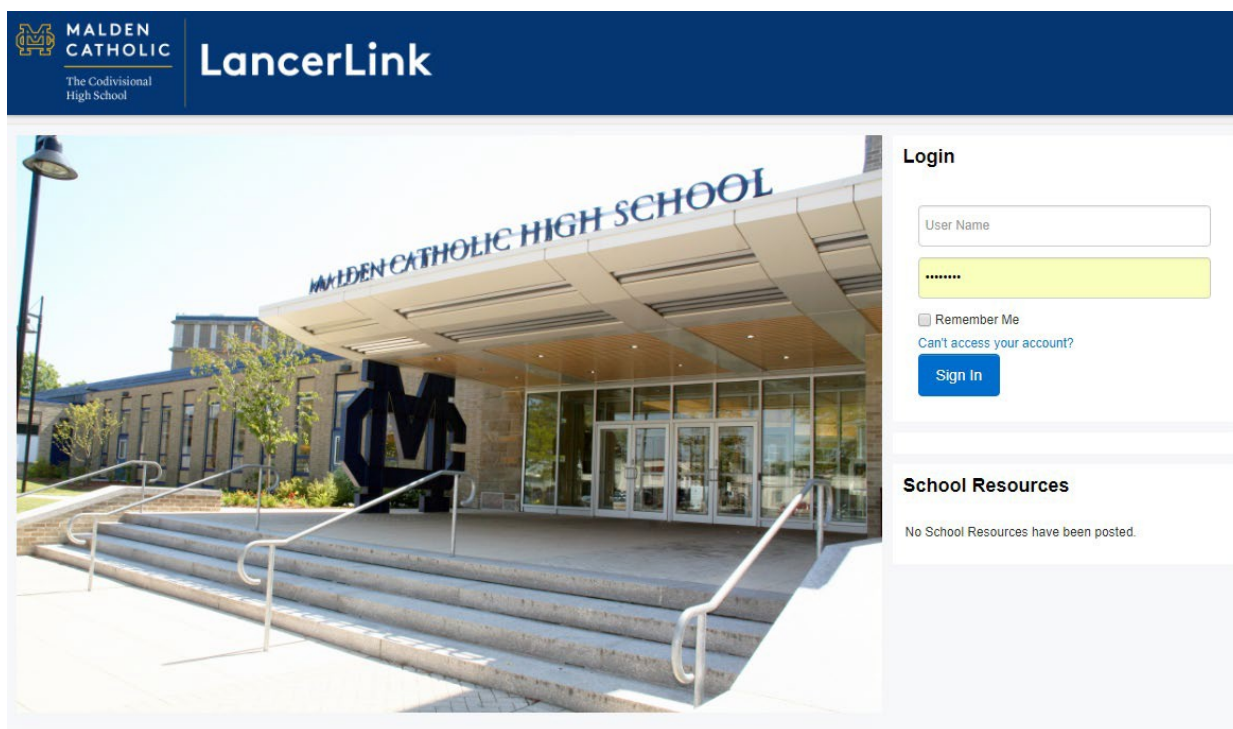
Highly Recommended for All Devices

- Extended warranty to cover accidental damage
- Insurance policy to cover lost/stolen devices

Parent Resources

Classroom Web Portal - LancerLink

For parents and guardians to be able to check on the status of their investment (i.e. current grades and scores), parents and guardians will need to activate their LancerLink parent accounts. Since LancerLink uses an email address as an account's User Name, any parent or guardian that has provided Malden Catholic with a valid email address will receive an email with account activation instructions. LancerLink activation instructions for parent accounts will be emailed to parents early in July.



For Parents on the Go

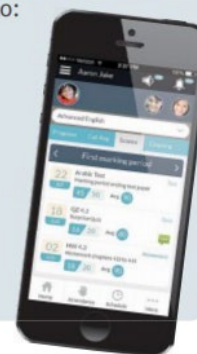
Using the Rediker ParentPlus app, parents and guardians can view the same grades, scores and homework assignments available on LancerLink from their mobile IOS or Android device.

Note: One must first activate their LancerLink parent account before the mobile app can be used....

Mobile Apps for Parents and Students

ParentPlus and StudentPlus mobile apps for iOS and Android® provide access to:

- ✓ Grades
- ✓ Attendance
- ✓ Class Schedules
- ✓ Discipline
- ✓ Announcements
- ✓ Alerts
- ✓ Calendars and more!



Parent Communications

Parent Email Addresses

Malden Catholic communicates with parents electronically using parent-provided email addresses. To ensure that you receive these communications, it is important that you not only provide us with the email address for at least one parent or guardian, but that you inform the Front Office of any email address changes.

Academic Information

Academic information and communications sent to parents and guardians is primarily delivered via email. Report Cards are emailed within two weeks after an academic quarter has closed. Course schedules are emailed out mid-July (right before the online bookstore opens) and then right before the start of the first and second semesters.

Mass Notification System

Malden Catholic uses Rediker's AdminPlus Notify to send out school cancellation notices and other important communication alerts. These notifications can be sent out via email, text messages and phone calls.

Weekly Window

Malden Catholic emails out a weekly newsletter to families using Constant Contact. All families are asked to read the newsletter regularly to receive important updates and the latest news from Malden Catholic.


MALDEN CATHOLIC
The Codivisional High School



Weekly Update


John Thornburg
Headmaster
thornburgj@maldencatholic.org

Dear Parents,

It was wonderful to be able to see all of the Seniors walking through the halls and courtyard at Malden Catholic yesterday. During Senior Visit Day, I had the chance to hear about their plans for next year, while maintaining an appropriate social distance. I could also see their smiles underneath their masks. We are very excited about the plans we have in place to celebrate our Seniors. Everyone in the class will receive a special gift next week and the Rolling Rally is scheduled for June 20, so we will all be able to celebrate at MC in a safe manner. For more information, please join me for my **Headmaster Coffee today at 4 PM**.
<https://global.gotomeeting.com/join/786865501>
Access Code: 786-865-501

We also are very proud of our Underclassmen! They have been working hard all semester and we will host our Virtual Girls'

Daily Bulletin

For daily information updates about what's happening at Malden Catholic, you can view the Daily Bulletin that is posted on Malden Catholic's website, under [Student Life/Daily Bulletin](#).

Food Account

Malden Catholic's cafeteria is operated by Aramark. Students can purchase breakfast and lunch with cash or by using their prepaid Aramark food account. Parents can choose to load funds to their child's Aramark food account with cash, checks made payable to "Aramark", or electronically by using PaySchools Central.

PaySchools Central

Aramark's online portal for loading money onto student lunch accounts is now live. Please visit <https://payschoolscentral.com> and follow steps for new user registration to create an account. Families will be asked to use their child's Student ID number generated by Malden Catholic when creating an account for the first time. Please note that credit card loading carries a 4.35% service fee and \$1.50 transaction charge.



Please note that new accounts cannot be setup until late August. Parents will receive an email from Malden Catholic once Aramark has set up all incoming Grade 9 and transfer students with food accounts. Your child's student ID number will be included in that email.

As a reminder, families may still load funds to student lunch accounts with cash or check payable to "Aramark." Please contact the Business Office with any questions. For immediate inquiries, please contact foodservices@maldencatholic.org.

Grade 9 Supply List

(Please bring all supplies to Orientation on September 1st)

- 1) Flexible 3 ring binder with a zip or Velcro closure. It should be 2 or 3 inches deep.

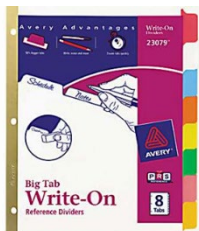
Recommendation: Purchase two [Case-it Mighty Zip Tab 3" 3-Ring Zipper Binders](#)



These will get very beat up and usually students need to change them about half-way through the year, but they can be hard to find around December.

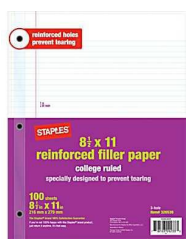
- 2) 8-Tab *WRITE-ON* dividers.

Recommendation: Purchase 2 packs of [Avery Big Tab Write & Erase Paper Dividers, 8-Tab, Multicolor \(23079\)](#).



Please avoid the type where students need to insert small tabs to label the sections.

- 3) 5 packs of loose leaf paper or six single subject notebooks.



Recommendation: The type that has reinforced holes – but it can be expensive – watch for sales at Staples over the summer.

- 4) A large box (at least 25) of blue or black pans.

Recommendation: [BIC Round Stic Grip Xtra Comfort Ballpoint Pens, Blue 36 Pack](#) or [BIC Round Stic Grip Xtra Comfort Ballpoint Pens, Black, 36 Pack](#)



- 5) A large box (at least 25) of pencils.

Recommendation: [Ticonderoga The World's Best Pencil Wooden Pencils, No. 2 Soft Lead, 2 Dozen \(13924\)](#)



Ticonderoga are best because they sharpen very well in the school sharpeners. (Sometimes the cheaper ones cannot be sharpened.)

- 6) One set of colored pencils.



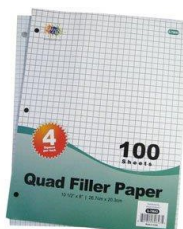
- 7) One pencil case that has three-hole rivets on the side.



- 8) One package of multicolor highlighters.



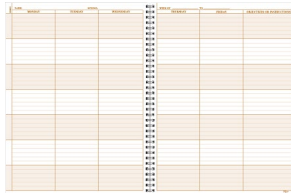
- 9) One pack of graph paper.



- 10) [One Texas Instruments T-I 84 Graphing Calculator.](#)



- 11) Each girl will be given a school agenda book at freshmen orientation.



*DO NOT BUY – MC will provide

Parent Checklist

Please read all of these documents and forms listed below. **All electronic forms are to be completed and signed electronically, and emailed back to the sender.** All items listed below with a check box need to be received in our school office no later than July 1st, unless noted otherwise.

Note: Please ☒ check off the boxes as you complete the form/obtain the requested information.

Electronic Forms:

Due Date:

- ☐ 2020 Confidential Health & School Counseling July 1st
- ☐ 2020 Permission for Emergency Treatment Form July 1st

Other Required Documents:

- ☐ Official final transcript & health record to be sent by your child's current school July 1st
- ☐ Birth Certificate (copy) July 1st
- ☐ Most current physical (copy) July 1st
- ☐ Concussion Education Certificate of Completion Sept. 1st

Parents:

- ☐ I am aware that it is my responsibility to inform the school if any vital information changes. (We will follow-up with a verification form in the coming weeks.)
- ☐ I have registered on Family ID if my child will be playing a fall sport.
- ☐ I have sent my child's physical, medical documents and any other learning documents as instructed in the welcome packet.
- ☐ I have ensured that my child has set up their Malden Catholic email account.
- ☐ I have ordered my child's books using their school email address.
- ☐ I have activated my parent LancerLink account.
- ☐ My child is ready for school with the following:
 - ☐ Supplies
 - ☐ Calculator
 - ☐ Books
 - ☐ Uniform
 - ☐ Laptop
- ☐ I have loaded my child's lunch money onto her ID.
- ☐ If I am unsure or unable to complete any steps – I can contact Malden Catholic for help.
 - o Spanish speaker available
 - o Computers available for use at the school

Student Checklist

- ☐ I have reviewed the registration information with my parents and have verified it is correct.
- ☐ I have previewed the summer reading book descriptions sent on Friday, May 29th, and I have registered for a summer reading book with the Sign-Up Genius on June 1st.
- ☐ I understand the guidelines and requirements for the summer reading. I also know that the book and the reflection paper must be completed by Thursday, September 10th.
- ☐ I have the following items ready for school:
 - ☐ My books
 - ☐ My supplies
 - ☐ My laptop
 - ☐ My uniform
 - ☐ My calculator
 - ☐ A copy of my schedule
- ☐ I have set up my Malden Catholic email account.
- ☐ I have activated my student LancerLink account.
- ☐ I have registered for a virtual technology orientation.
- ☐ I have obtained a free Zoom user account.
- ☐ I completed a virtual technology orientation using Zoom.
- ☐ I have completed the online concussion education course and printed the certificate of completion.
- ☐ I have helped my parents send in a copy of my physical and any other required documents.
- ☐ I have left any fears or negative thoughts behind, and I am coming to high school with a positive, open, and excited attitude- ready to learn, make friends, have fun and become a world changer.