

2025-2026



BALL JUNIOR HIGH SCHOOL

Home of the Blackhawks

1500 West Ball Road
Anaheim, CA 92802

 (714) 999-3663

 ball.auhsd.us

 @ballblackhawks

 balljhsblackhawks

Mrs. Maryanna Lee
Principal

Mrs. Veronica Kelii
Assistant Principal (7th)

Mr. David Dorosky
Assistant Principal (8th)

“Empowered to Dream and Grow Together”

The Anaheim Education High School District does not discriminate on the basis of race, color, national origin, sex, or disability in its program or activities and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination: Lorena Stout, Title IX Coordinator, 501 N Crescent Way, Anaheim, CA 92801, (714) 999-1221, Amy Kwon, 504 Coordinator, 501 N Crescent Way, Anaheim, CA 92801, (714) 999-5608, Melanie Thomasson, Title II Coordinator, 501 N Crescent Way, Anaheim, CA 92801, (714) 999-2576.



Ball Junior High School
Home of the Blackhawks

Empowered to Dream and Grow Together

Student Name: _____

My Counselor: _____ **My Assistant Principal:** _____

F A L L 2 0 2 5	Period	Class	Classroom
	Period 1		
	Period 2		
	Period 3		
	Period 4		
	Period 5		
	Advisory (Tuesdays & Fridays)	<i>Advisory</i>	
	Lunch		
	Period 6		
	Period 7		

S P R I N G 2 0 2 6	Period	Class	Classroom
	Period 1		
	Period 2		
	Period 3		
	Period 4		
	Period 5		
	Advisory (Tuesdays & Fridays)	<i>Advisory</i>	
	Lunch		
	Period 6		
	Period 7		

PE Locker # _____

SCHOOL ATTENDANCE MATTERS



Success starts with showing up! When students come to school every day and on time they stay on track to graduate and reach their goals. Let's work together to make sure they're here and ready to learn!

Parents & Guardians:

If your student is absent, please contact the Attendance Office on the day of the absence. If you're unable to call, send a written note with your student on their first day back. The note should include the date or dates of the absence, the reason for the absence, the student's name and grade, and your name.

Students:

If your absence has been excused by a parent/guardian call:

Go straight to class when you return.

If your absence has NOT been excused by a call:

Bring a written note from your parent or guardian to the Attendance Office before school starts. The note must include the date or dates of the absence, the reason for the absence, and your name and grade.

Acceptable Reasons for Absence:

- Illness
- Doctor appointments (Doctor's note REQUIRED)
- Dental appointments (Dentist's note REQUIRED)
- Family funeral
- Religious holidays
- Special circumstances (e.g., court appearance)

Attendance Office
(714) 999-5682

Email:

ball_attendance@auhsd.us
or send a message through
Parent Square

ASISTENCIA ESCOLAR



¡El éxito comienza con asistir! Cuando los estudiantes vienen a la escuela todos los días y a tiempo, se mantienen en camino hacia la graduación y el logro de sus metas. ¡Trabajemos juntos para asegurarnos de que estén presentes y listos para aprender!

Padres y Tutores:

Si su estudiante está ausente, por favor comuníquese con la Oficina de Asistencia el mismo día de la ausencia. Si no puede llamar, envíe una nota escrita con su estudiante el primer día que regrese a la escuela. La nota debe incluir la(s) fecha(s) de la ausencia, el motivo de la ausencia, el nombre y grado del estudiante, y su nombre.

Estudiantes:

Si su ausencia ha sido justificada con una llamada de su padre/tutor:

Vaya directamente a clase al regresar.

Si su ausencia NO ha sido justificada con una llamada:

Lleve una nota escrita de su padre o tutor a la Oficina de Asistencia antes de que empiece el día escolar. La nota debe incluir la(s) fecha(s) de la ausencia, el motivo de la ausencia, y su nombre y grado.

Motivos Aceptables para una Ausencia:

- Enfermedad
- Citas médicas (Se requiere nota del médico)
- Citas dentales (Se requiere nota del dentista)
- Funeral familiar
- Días festivos religiosos
- Circunstancias especiales (por ejemplo, comparecencia en la corte)

Oficina de Asistencia
(714) 999-5682
Correo Electrónico:
ball_attendance@auhsd.us
o envíe un mensaje a través
de Parent Square



BALL JUNIOR HIGH SCHOOL

Bell Schedule

Regular Day

PERIOD	BEGIN	END
Period 1	8:00 AM	8:46 AM
Period 2/ Announcements	8:51 AM	9:40 AM
Period 3	9:45 AM	10:31 AM
Period 4	10:36 AM	11:22 AM
Period 5	11:27 AM	12:13 PM
Lunch	12:13 PM	12:43 PM
Period 6	12:48 PM	1:34 PM
Period 7	1:39 PM	2:25 PM

Advisory - Tuesdays & Fridays

PERIOD	BEGIN	END
Period 1	8:00 AM	8:40 AM
Period 2/ Announcements	8:45 AM	9:28 AM
Period 3	9:33 AM	10:13 AM
Period 4	10:18 AM	10:58 AM
Period 5	11:03 AM	11:43 AM
Period 0 Advisory	11:48 AM	12:25 PM
LUNCH	12:25 PM	12:55 PM
Period 6	1:00 PM	1:40 PM
Period 7	1:45 PM	2:25 PM

Minimum Day

PERIOD	BEGIN	END
Period 1	8:00 AM	8:30 AM
Period 2/ Announcements	8:35 AM	9:10 AM
Period 3	9:15 AM	9:45 AM
Period 4	9:50 AM	10:20 AM
Period 5	10:25 AM	10:55 AM
NUTRITION	10:55 AM	11:10 AM
Period 6	11:15 AM	11:45 AM
Period 7	11:50 AM	12:20 PM

Late Start

PERIOD	BEGIN	END
Period 1	8:55 AM	9:33 AM
Period 2/ Announcements	9:38 AM	10:20 AM
Period 3	10:25 AM	11:03 AM
Period 4	11:08 AM	11:46 AM
Period 5	11:51 AM	12:29 PM
LUNCH	12:29 PM	12:59 PM
Period 6	1:04 PM	1:42 PM
Passing	1:42 PM	1:47 PM
Period 7	1:47 PM	2:25 PM

Ball JHS Contact Information

Main Office	Anai Agustin, Main Office Assistant Laura Becerra, Senior Admin. Assistant	(714) 999 – 3663
Counseling Office	Mary Jo Durkin, 8th Grade & Lead Olga Torres, 7th Grade	extension: 38950 extension: 38670
Family and Community Engagement Center	Stephanie Ibarra, FACES Mayra Salcedo, Community School Coordinator Jeff Cornelius, Community School Teacher Lead	extension: 38790 extension: 38560 extension: 38008
Registration Office	Tatiana Jiménez, Registrar	extension: 38640
Attendance Office	Rocio Luna, Attendance Clerk	(714) 999 – 5682 ball_attendance@auhsd.us

What?	Who?	Where?
Student Support Services: Academic Support, Social Emotional Support	Ms. Mary Jo Durkin, Counselor Ms. Olga Torres, Counselor Maggie Sebastian, Social Worker Mr. Mark Lopez, School Psychologist Mrs. Jane Phung, Speech-Language Pathologist	Support Services in the Main Office
Student Planner and School IDs: \$5 replacement cost	Ms. Anai Agustin, Main Office Assistant	Front Desk in Main Office
Attendance: Absences, Leaving early, Arriving late	Ms. Rocio Luna, Attendance Clerk	Attendance Office
Health Office	Maria Lopez, School Nurse (LVN)	Health Office in the Main Office
Library: Check out books	Ms. Letty Vasquez, Library Media Technician	Library
Technology Support: Chromebook and Hotspot Support	Mr. Dan Joseph, Technology Services Technician	Technology Services, Room 17
Lost & Found/Confiscated Items	Ms. Anai Agustin, Main Office Assistant	Front Desk in Main Office
Family and Community Engagement: Family & Parent Involvement/ Volunteering/ Workshops / OCTA bus passes	Ms. Stephanie Ibarra, Family & Community Engagement Specialist	Family and Community Engagement Center, Room 8
Community Schools: Community Resources/ Farmer's Market (Food Distributions)	Ms. Mayra Salcedo Community Schools Coordinator	Family and Community Engagement Center, Room 8
Registration/Transcripts	Ms. Tatiana Jiménez, Registrar	Registrar's Office
Hawk Learning Academy: Before & After School Assignment Help	Various teachers and aides	Room 26
Intramural After-School Sports Program	Mr. Tillman, Athletic Directors	Room 20 /Gym
Anaheim Achieves: After-School Program	Ms. Donna Frey, Anaheim Achieves Program Supervisor	Room 23



ANAHEIM UNION EDUCATIONAL PLEDGE

ACADEMIC REQUIREMENTS RUBRIC

2025-2026

		AUHSD Requirements	University of California (UC) and California State University (CSU) A-G Requirements		NCAA Requirements	Graduation Distinction Requirements
A	Social Science	World History US History Gov/ Econ	World History US History		World History US History	Academic Honors Minimum of a 3.5 total grade point average in 16 A-G courses
B	English	English 1 English 2 English 3 English 4 Or ELD 1, 2, 3	English 1 English 2 English 3 English 4 May include one year of ELD 3		English 1 English 2 English 3 English 4 *3 years for Div. 2	
C	Math	3 years of mathematics, coming from 3 different levels of math, including one year of Integrated Math 1 or its equivalent.	Algebra 1/Integrated Math 1 Geometry/Integrated Math 2 Algebra 2/ Integrated Math 3 (4 years recommended)		Three years of Math (must include Algebra 1 / Integrated Math 1) *2 years for Div. 2	A-G Completion of UC/CSU minimum requirements with a "C" or better in each course
D	Science	One Life Science One Physical Science **Science must be taken through junior year	Two years of Lab Science (3 or more years recommended) Living Earth, Chemistry in the Earth Systems, Physics of the Universe		Two years of lab science	CTE Pathway Completion Completion of a CTE Pathway sequence with a "C" average or better (with no F grades) in pathway classes
E	World Language	One year of a World Language	2 years of the same language (3 or more years recommended)		One additional Math, English or Lab Science	Dual Enrollment Successful completion of at least 4 units of dual enrollment from Cypress or Fullerton College. Units must include a COUN course
F	Visual or Performing Art	OR One year of a V.P.A.	AND One year of an approved V.P.A.			
G	Electives	One year of a career education class 55 additional elective credits	One year of a "G" approved elective		Four additional courses from above or may include World Language	
<i>Ed Code</i>	Physical Education	4 semesters required			Make an appointment with your counselor if NCAA applies to your goals	Seal of Biliteracy 2.0 minimum GPA in all ELA courses <ul style="list-style-type: none"> At or above "Standard Met" on CAASPP A demonstration of proficiency in one or more languages other than English (demonstrated via a variety of methods)
<i>Ed Code</i>	Health Science	1 semester				
	Minimum GPA	None	A "C" or better in all classes listed		2.3 GPA Div- 1	Gilbert High School Graduation Requirements <ul style="list-style-type: none"> English: 30 credits Mathematics: 20 credits Social Science: 30 credits Science: 20 credits VAPA or World Language: 10 credits Career Education: 10 credits Electives: 30 credits Physical Education: 20 credits Health: 5 credits Total Credits: 175
			CSU 2.5 minimum	UC 3.0 minimum		
	Other	<ul style="list-style-type: none"> 220 Credits Ethnic Studies <ul style="list-style-type: none"> Class of 2026-29: Students must TAKE at least one-semester of a course. Starting with class of 2030, students must PASS at least one semester. Students will reflect on their civic and service learning experiences through the Capstone Program and/or other approved written, oral, or visual methods. 	SAT Reasoning or ACT *Not accepted as part of application. Will only be used for placement purposes after acceptance.	SAT Reasoning or ACT *Not accepted as part of application. Will only be used for placement purposes after acceptance.	Qualifying index varies on division- refer to website for specifics	

BALL JHS PARTNERS IN LEARNING AGREEMENT

Ball Junior High School and stakeholders agree that this Partners in Learning Agreement outlines how parents, students, and the entire school staff will share the responsibility for improved student academic achievement, intellectual, emotional and physical growth.			
As a student, I will....	As a parent/guardian, I will...	As a teacher, I will...	As a member of Ball staff, I will...
<ul style="list-style-type: none"> ▪ Demonstrate Blackhawk PRIDE and model good character. ▪ Come to school on time daily with a positive attitude. ▪ Bring my Chromebook to school every day. ▪ Focus on developing the 5Cs: communication, creativity, collaboration, critical thinking, and character. ▪ Be prepared to be responsible, motivated, and an active learner who demonstrates pride in themselves and in school. ▪ Pay attention, listen, follow directions, and participate actively. ▪ Do my best, quality work daily. ▪ Ask for help and/or attend Hawk Learning Academy when needed. ▪ Have my materials daily and be ready to learn. ▪ Study for tests. ▪ Complete all assignments, even on the days I am absent. ▪ Always follow school and classroom behavior expectations. ▪ Follow the school's dress code and uniform policy. ▪ Use technology and social media appropriately and responsibly. ▪ Always carry my school ID. ▪ Read daily at home for at least 20 minutes. ▪ Check my email regularly. ▪ Access and complete assignments on e-Kadence regularly. ▪ Use the student planner as a tool for organization. 	<ul style="list-style-type: none"> ▪ Encourage Blackhawk PRIDE and model good character. ▪ Ensure that my student is ready to learn at school: well rested, fed, well groomed, and has school materials. ▪ Make sure my student charges his/her Chromebook at night and brings it to school every day. ▪ Help my student to develop the 5Cs: communication, creativity, collaboration, and critical thinking. ▪ Notify the school of any changes in my phone number and address. ▪ Maintain an open line of communication between myself, my student, and the school. ▪ Be respectful of the school, staff, students, and families. ▪ Check on my student's progress and attendance frequently through AERIES ▪ Attend conferences and school functions, as well as request additional conferences as needed. ▪ Make sure my student does his/her work in eKadence even when he/she is absent. ▪ Read and (if required) sign all communications from teachers and/or school and return required materials promptly. ▪ Provide reinforcement at home to support school policies and expectations. ▪ Seek out academic support for my student. ▪ Ensure that my student reads at home daily. ▪ Ensure that my student has both a time and a place to do assignments. ▪ Ensure that my student is using technology and social media appropriately and responsibly. ▪ Check my student's planner. 	<ul style="list-style-type: none"> ▪ Demonstrate/teach/support Blackhawk PRIDE and model good character. ▪ Provide high-quality, motivating, and interesting learning experiences in my classroom. ▪ Integrate the 5Cs into classroom activities. ▪ Use a variety of teaching strategies to meet student needs. ▪ Strive to address the individual learning needs of each student. ▪ Communicate high expectations for every student. ▪ Explain classroom goals and the grading system to students and parents. ▪ Maintain classroom and school behavior expectations. ▪ Be available to parents and students to provide extra support whenever possible. ▪ Communicate frequently and consistently with families about students' academics and behavior, through a phone call or an AERIES communication. ▪ Communicate my expectations through conferences, phone calls, etc. ▪ Supply clear evaluation of your child's progress and achievement by updating AERIES regularly. ▪ Post assignments on eKadence regularly. ▪ Keep current with contemporary educational philosophies; continue professional growth as an educator. ▪ Provide opportunities for my students to use their planners. 	<ul style="list-style-type: none"> ▪ Demonstrate/teach/support Blackhawk PRIDE and model good character. ▪ Provide support for communication with families, both written and verbal, with quick responses. ▪ Provide students with a 1:1 Chromebook ▪ Provide parents with support contacts (allow parents to feel comfortable in calling or visiting the school). ▪ Support teachers with professional training in 21st Century Skills (5Cs), Technical Skills, and Student Voice & Purpose. ▪ Support teachers with issues related to discipline, truancy, tardiness, supplies, equipment, curriculum, training, and positive reinforcement. ▪ Welcome and involve all families and the community. ▪ Provide information via phone calls, newsletters, and social media platforms. ▪ Provide follow-through and support between teachers and home (calls, absences, tardiness, etc.) ▪ Provide parents with specific strategies to enhance the education of all students. ▪ Provide parent involvement and engagement opportunities. ▪ Provide each student with a student planner and encourage its use.

BLACKHAWK PRIDE



	Classroom	Hallway	Lunch	School Events
P Be <u>P</u> ositive	<ul style="list-style-type: none"> Approach lessons with a willingness to learn. Encourage classmates by recognizing their contributions. Maintain a positive outlook even when faced with challenging topics. 	<ul style="list-style-type: none"> Smile and greet others with a friendly "hello." Offer assistance to anyone who looks lost or in need. Keep a positive attitude and avoid negative comments. 	<ul style="list-style-type: none"> Engage in positive conversations with peers. Share a kind word or compliment with someone. 	<ul style="list-style-type: none"> Cheer for your team and participants, regardless of the outcome. Help create a fun and inclusive atm Atmosphere for everyone.
R Be <u>R</u> espectful	<ul style="list-style-type: none"> Be in your assigned seat on time. Listen when the teacher or classmates are speaking. Follow classroom rules and procedures. Treat school property and materials with care. Practice good manners: Say "please", "thank you", "excuse me", and "you're welcome". 	<ul style="list-style-type: none"> Walk quietly to avoid disrupting classes. Respect personal space and avoid pushing or shoving. Use appropriate language. Keep our campus clean. 	<ul style="list-style-type: none"> Use appropriate language. Keep your hands to yourself. Throw away all your trash when you are done eating. Keep your voice at a reasonable volume. 	<ul style="list-style-type: none"> Follow event rules. Applaud politely for all participants. Be considerate of others' enjoyment of the event.
I Show <u>I</u> ntegrity	<ul style="list-style-type: none"> Do the right thing even when no one is looking. Take responsibility for your actions. Do your own work. 	<ul style="list-style-type: none"> Be an upstander and report bullying or inappropriate behavior. Return lost items to their rightful owners or the lost and found. 	<ul style="list-style-type: none"> Stand up for others who might be treated unfairly or unkindly. Don't take food that isn't yours. 	<ul style="list-style-type: none"> Acknowledge and give credit to others' efforts and achievements.
D <u>D</u> o Kind Things	<ul style="list-style-type: none"> Treat others the way you would like to be treated. Offer to help classmates who are struggling with their work. Share your supplies if someone needs them. 	<ul style="list-style-type: none"> Hold the door open for others. Help someone who has dropped their belongings. Offer a kind word to someone who seems upset. 	<ul style="list-style-type: none"> Invite classmates who are sitting alone to join your group. Finish lunch before the bell rings. Return materials neatly. Use the clean-up time wisely. 	<ul style="list-style-type: none"> Volunteer to help set up or clean up after the event. Be supportive and kind to all participants and attendees.
E Show <u>E</u> xcellence	<ul style="list-style-type: none"> Use your planner daily to stay organized. Turn assignments in on time. Utilize time wisely during class. Have all materials ready to use and organized each day. Study for quizzes and tests. Strive to do your best work on all assignments and projects. Participate actively and thoughtfully in class discussions. Set high standards for yourself and work diligently to meet them. 	<ul style="list-style-type: none"> Move promptly and efficiently between classes. Keep your personal belongings organized. Be a role model for others by demonstrating excellent behavior. 	<ul style="list-style-type: none"> Choose healthy food options and eat balanced meals. Engage in positive and meaningful conversations. Show respect and appreciation for the cafeteria staff. 	<ul style="list-style-type: none"> Participate fully and give your best effort in all activities. Display good sportsmanship, win or lose. Encourage and celebrate the efforts and successes of others.

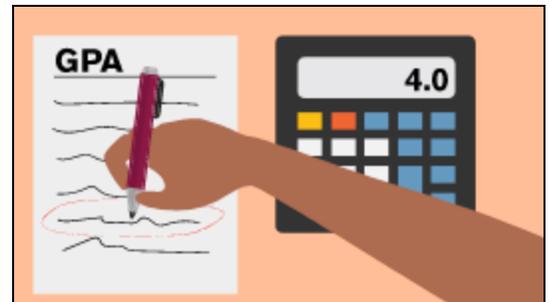
Academic Progress

Use the following graphic organizer to keep track of your progress in each class. In the spaces below, write down the letter grade you currently have in that class period.

Period / Subject	1ST QUARTER CHECK Progress Report: <u>September 12, 2025</u> Quarter ends on: <u>October 17, 2025</u>	2ND QUARTER CHECK Progress Report: <u>November 7, 2025</u> Quarter ends on: <u>January 9, 2026</u>	3RD QUARTER CHECK Progress Report: <u>February 6, 2026</u> Quarter ends on: <u>March 20, 2026</u>	4TH QUARTER CHECK Progress Report: <u>April 17, 2025</u> Quarter ends on: <u>May 22, 2025</u>
1:				
2:				
3:				
4:				
5:				
6:				
7:				
Current Grade Point Average (GPA)				

HOW TO CALCULATE

Grade Point Averages



SCAN ME

A student's **Grade Point Average (GPA)** is reviewed by teachers and colleges/universities as an indicator of a student's work ethic, study habits, and productivity. Over time, it is a measure of success and progress.

Scan the QR Code or go to:

<http://gpacalculator.net/high-school-gpa-calculator/>

to figure out your GPA!

(Where it says, "CREDITS," make sure it is set to "1".)

Academic Language Scripts

Requesting Assistance

- Could you please help me?
- I'm having trouble with this
- Would you mind helping me?
- Could you please show me how to do this, write this, draw this, pronounce this..., solve this?

Interrupting

- Excuse me, but.... (I don't understand.)
- Sorry for interrupting, but... (I missed what you said.)
- May I interrupt for a moment?
- May I add something here?

Asking for Clarification

- Could you repeat that?
- Could you give me an example of that?
- I have a question about that: ...?
- Could you please explain what _____ means?
- Would you mind repeating that?
- I'm not sure I understood that. Could you please give us another example?
- So, do you mean...?

Probing for Higher Level Thinking

- What examples do you have of . . . ?
- Where in the text can we find...?
- I understand . . . , but I wonder about. . . .
- How does this idea connect to . . . ?
- If _____ is true, then . . . ?
- What would happen if . . . ?
- Do you agree or disagree with his/her statement? Why?
- What is another way to look at it?
- How are _____ and _____ similar?
- Why is _____ important?
- How do you know that? Can you give an example?
- Is there another way to look at this?

Expressing an Opinion

- I think/believe/predict/imagine that...
- In my opinion...
- It seems to me that
- Not everyone will agree with me, but

Building on What Others Say

- I agree with what _____ said because ...
- You bring up an interesting point, and I also think...
- That's an interesting idea. I wonder . . . ? I think. . . . Do you think . . . ?
- I thought about that also, and I'm wondering why ...?
- I hadn't thought of that before. You make me wonder if . . . ? Do you think . . . ?
- _____ said that. . . . I agree and also think. . . .
- Based on the ideas from _____, _____, and _____, it seems like we all think that...."
- That's an excellent point, and I would add...

Soliciting a Response

- Do you agree?
- (name), what do you think?
- Can someone else ask a question or offer an opinion?
- (name), what did you understand from that answer?

Disagreeing

- I don't really agree with you because...
- I see it another way. I think...
- My idea is slightly different from yours. I believe that... I think that...
- I have a different answer than you...

Offering a Suggestion

- Maybe you/we could...
- Here's something you/we might try.
- What if you/we...?

Classroom Reporting

- _____ explained to me that...
- _____ pointed out that...
- _____ mentioned that...
- _____ shared with me that...
- _____ brought to my attention that...
- _____ pointed out something (interesting, intriguing, surprising)

Academic Vocabulary

Below is a list of commonly used words across many classrooms.

WORD	DEFINITION	WORD	DEFINITION
Analyze		Interpret	
Assess		Justify	
Cite		Method	
Compare		Objective	
Conclude		Opinion	
Context		Perspective	
Data		Plagiarism	
Define		Procedure	
Demonstrate		Question	
Describe		Research	
Distinguish		Result	
Evaluate		Sample	
Evidence		Source	
Explain		Summarize	
Factor		Theory	
Hypothesis		Thesis	
Infer		Variable	

Ball Junior High School Policies and Procedures

ACADEMIC HONESTY AND CHEATING POLICY:

At Ball Junior High School, we value academic integrity and honesty; therefore, we enforce a strict academic honesty and cheating policy.

Cheating is using dishonest means in an attempt to obtain credit for academic work. The following offenses, including but not limited to those below, are considered examples of cheating:

- Using/providing notes, documents, answers, or helping another student on any assessment (i.e. test, quiz, exam, etc.) or assignment unless expressly permitted by the teacher.
- Utilizing communication/electronic devices to send or obtain unauthorized information.
- Using any sources without proper citation including, but not limited to, generative AI tools.
- Looking at another student's paper, talking during an assessment, or violating any other expressed directions given by the teacher.

Plagiarism is any use of another individual's and/or entities (including, but not limited to AI and/or generative AI tools) ideas, words, or work without giving him/her and/or the entity appropriate credit.

Students who violate this rule may receive a failing grade on the assignment, a "U" in citizenship, referral to administration, and/or an on campus intervention. Second offenses may result in the above consequences and may also result in a lowered grade and a teacher, administration, parent, and student conference.

ATTENDANCE POLICIES: ABSENCES FROM SCHOOL

Regular attendance is vital to a student's success in school. A student who is absent misses direct instruction which cannot be made up even though written work may be completed.

When a student is absent, parents are required to call the attendance office (714) 999-5682 on the day of the absence before 9:30 a.m. If the absence is not verified by telephone, the student is to bring a note, signed by a parent/guardian, which includes the date(s) of the absence, reason for the absence, student's name, and grade. Absences will be considered unexcused if they have not been cleared within three school days.

- The only excused absences are those resulting from illness, medical/dental appointments, or death in the immediate family. ALL other absences are considered unexcused.
- Teachers are NOT required to provide homework, extend deadlines, or allow make-up work for

students with unexcused absences.

- Students are given the opportunity to make up class work missed due to excused absences. Full credit is given if the work is returned promptly to the teacher. Students can retrieve the most assignments from the online learning platform eKadence.
- If a student is absent for fewer than three days, the student should keep up with assignments by calling a "Study Buddy" and/or checking eKadence.
- **It is the responsibility of the student to get make-up class work from their teachers upon returning to school or to check for assignments in eKadence.**

ATTENDANCE POLICIES: STUDENT PICK UP DURING SCHOOL HOURS

- To minimize classroom disruptions, parents must call the attendance office at least one hour ahead of time or drop off a note to the attendance office, before picking up a child during the school day. We are unable to pull your student from class after 2:00pm because of the disruption caused to the learning environment.
- Ball JHS is a closed campus, and students may not leave the campus unless they are signed out by a parent or an adult designated by a parent or legal guardian. **Parents and adult designees must bring a picture ID in order to pick up a student.**

ATTENDANCE POLICIES: TARDY POLICY

- Students must be in their designated classroom at the sounding of the tardy bell.
- A student with more than six tardies is considered habitually tardy and therefore referred to administration for placement on an attendance contract. **Oversleeping, missing the bus, traffic, etc. are not excused tardies.**
- Students who arrive at school must sign in at the Attendance Office.

ATTENDANCE POLICIES: TRUANCY

According to the Education Code of the State of California, any pupil who is absent from school without a valid excuse, or tardy in excess of 30 minutes on each of more than three days in one school year, is truant and shall be reported to the administration. Students who truant are referred to the Attendance Monitoring Team (AMT) and/or assigned an on campus intervention.

The following are considered trancies:

- Being absent from school without the knowledge and consent of the parent.
- Being absent from school without a valid excuse.
- Leaving the school grounds during the day without

permission.

- Staying out of class without permission.

BEHAVIOR EXPECTATIONS:

The following standards of behavior are designed to provide Ball JHS students with a safe and supportive educational environment. All guidelines apply during the time students are on campus, walking to and from school, and during school extracurricular activities including, but not limited to, field trips, night performances, and dances.

GENERAL EXPECTATIONS:

- Respect people and property.
- Refrain from using profanity at any time, including slurs or derogatory language.
- Walk at all times while on campus.
- Avoid disruptive behavior when classes are in session.
- **NO** gum on school grounds.
- Keep the campus clean and healthy by not littering or spitting.
- Keep noise to a minimum.
- A pass is required to be outside of class during class time.
- No stuffed animals.
- Horseplay such as “play fighting,” pushing, shoving, and throwing items is dangerous and not allowed.
- It is expected that all students will be considerate of others and keep their hands, feet, and objects to themselves.
- Responsible behavior is expected in the classroom, cafeteria, gym, and outside area.
- No writing on body parts.
- No permanent markers (Sharpies) or paint pens.
- All sporting equipment, including balls, must be stored and secured inside a backpack or other bag while on campus. A student may secure placement of the ball and/or athletic equipment before school in his/her PE locker or with a willing teacher or coach. There will be no balls allowed, bouncing or holding, during passing periods, before or after school or in hallways and classrooms. Usage of balls and/or athletic equipment may be used during lunch on the appropriate court or field area.

LUNCH EXPECTATIONS:

- Students are individually responsible for keeping their eating area clean.
- All food is to be eaten within the lunch areas. Food is not allowed on the blacktop, library, or in classrooms.
- Trash is to be placed in trash containers and not thrown at any time.
- Students must stay in designated areas (defined by administrators) during lunch.
- Large groups of students are prohibited from

walking around the lunch area. Students in groups larger than three will be encouraged to have a seat.

- Students have the opportunity to go out to the field/blacktop and play sports during lunch.
- Spending time with other students during lunch is a privilege. If lunchtime standards are not followed, this privilege may be taken away.

CLASSROOM EXPECTATIONS:

- It is the student’s responsibility to come to school physically and mentally ready to learn.
- All students are expected to be at school and to be in class on time.
- Students are expected to follow the directions of school personnel at all times.
- No one is allowed to hinder the teacher from teaching or students from learning.
- All students are expected to know the school’s expectations and adhere to them at all times.
- Rules of the classroom are to be followed at all times. It is the student’s responsibility to understand each of their teacher’s classroom behavioral expectations.

DEFIANCE OF THESE EXPECTATIONS WILL RESULT IN PROGRESSIVE INTERVENTIONS and CONSEQUENCES.

BICYCLES, SKATEBOARDS and SCOOTERS:

You are welcome to ride bicycles, skateboards and scooters to school if you follow the standards outlined below.

- Bicycles, skateboards, and scooters must be stored inside the bicycle racks.
- Bicycles, skateboards, and scooters must be locked.
- Bicycles, skateboards, and scooters must not be ridden on school grounds.
- Bicycle racks are off limits except when parking and picking up bikes, skateboards, and scooters.

ELECTRIC BIKES & SCOOTERS:

- **Scooters and e-bikes (over 20 mph) are NOT allowed.**
- Helmets are required.
- E-bikes must be walked on campus and locked in designated bike racks.

CAMPUS CLEANLINESS:

The school is our shared environment. **All students are expected to help keep the campus clean.** While eating lunch, students must stay within the lunch areas and deposit all trash in the proper cans.

CELL PHONE /PERSONAL ELECTRONIC DEVICE POLICY:

Personal electronic devices are not needed on our school campus. These items are disruptive and are among the most lost, stolen, and broken items belonging to students.

Please note all personal electronic devices, including cell phones and wireless earbuds, must be turned off and must not be visible for any reason once the student has entered campus. Only **wired** headphones/earbuds may be used with

school-issued Chromebooks, with teacher permission.

If a student's personal electronic device is visible while on campus:

- The device will be confiscated from the student.
- The device will be returned to the parent/guardian of the student.
- Violation of this policy will result in a referral.
- Repeated violations will result in additional consequences according to progressive intervention policies, including a personal device ban from campus.

Confiscated personal electronic devices will be labeled with the student's name and kept in the Main Office until the parent/guardian takes possession.

Ball JHS personnel will NOT investigate the theft of personal electronic devices. The Anaheim Union High School District will NOT reimburse for any lost or stolen electronic devices, even if they are confiscated.

CHROMEBOOKS

Ball JHS is a 1:1 technology school. Students will be issued a chromebook through the school.

- Chromebooks should be charged daily before coming on campus.
- Students need to monitor their Chromebooks and MUST lock up the technology in PE.
- Families are responsible for the cost of lost, damaged, or stolen Chromebooks.
- Parents are able to purchase Chromebook Insurance for \$30.00 during in-person registration or when the device is first issued.

CLOSED CAMPUS:

- Ball JHS is a closed campus, and students may not leave the campus.
- Students may leave the campus if they are signed out by a parent or an adult designated by a parent or legal guardian.
- Parents and adult designees must bring a picture ID in order to pick up a student.
- ALL visitors must be cleared by the main or attendance office to be on the school grounds during school hours.

DANCE/SPECIAL EVENT CONTRACT:

When attending a Ball JHS dance/special event, the student will agree to act in accordance with the rules and regulations of the school. If the rules and regulations are broken during the dance/event, the student will be asked to leave without a refund and proper interventions will be assigned by administration.

To make the dance/special event appropriate for school and comfortable for everyone, the following rules and regulations

will be in effect:

- Ball students may not invite outside guests to the event.
- ID cards/wristbands are needed to enter the event.
- No inappropriate dancing will be permitted.
- No kissing, holding hands, or hugging.
- No fighting or arguing.
- No throwing or breaking items during the dance.
- Backpacks cannot be picked up until the student leaves.
- Students who are in after school programs may check into the dance/event late if escorted by a staff member.
- **Students will only be released from the dance/event early if a parent/guardian is present for pick-up.**
- Dances start at 2:30 p.m. and end at 3:45 p.m. Parents should pick up their children immediately after the dance. The Main Office phones will not be available.

DISCIPLINE: After School Intervention

Parent notification is **required** for students to serve after school detention with a teacher.

DISCIPLINE: PROGRESSIVE INTERVENTION

In keeping with the goal of maintaining an academically focused school in which every student has an opportunity to learn, Ball JHS has developed a Progressive Intervention Policy which is consistent with the Anaheim Union High School District's Policy of Progressive Intervention.

Our goal is to put in place consequences which successfully modify negative behavior patterns. Therefore, the following consequences are in place for major and minor incidents that cause harm to our learning environment:

- Verbal Warnings
- Classroom interventions
- Parent notification
- Parent Conference
- Behavior Contract
- Class Suspension
- Community Service
- On Campus Intervention
- Behavior Reflection Time
- Alternative to Suspension programs
- Suspension

DISCIPLINE: SUSPENSION/ ALTERNATIVE TO SUSPENSION

- Students who have received an Alternative to Suspension and/or Suspension are NOT allowed on campus or at school-sponsored events during the days in which they are suspended.
- Parents are to request classwork through the attendance office.
- Students will meet with an administrator for a re-entry meeting and/or Behavior Contract

DRESS "FOR SUCCESS" CODE:

The AUHSD Board of Trustees recognizes its obligation to provide an educational environment which will prepare

students for responsibilities necessary for a successful and productive adult life. While on campus, or at any school sponsored event, students and guests shall be dressed and groomed in a manner which reflects good taste and decency, and will not detract from or interfere with the educational environment, instructional program, general morale, or image of the school. All dress must be modest, neat, clean, and consistent with legal provisions. Shoes must be worn at all times. Any gang related apparel, if worn or displayed on a school campus may be determined to threaten the health/safety of the school environment.

Ball Junior High is a uniform school meaning polo shirts, spirit shirts, or college shirts MUST be worn daily, even if the student is wearing a jacket/outerwear. Students who are not following the dress code and uniform policy will be sent to the main office to change into school loaner clothing. Repeated violations will result in consequences & interventions.

- **Ball polo shirt or solid color polo shirt** – Students may only wear a school polo shirt or a plain solid color polo shirt.
- **Ball spirit shirts** (band, choir, AVID, ASB, Student Clubs, etc.) may be worn any day of the week.
- **College Shirts** may be worn any day of the week..
- **Outerwear** –Sweatshirts, jackets and sweaters must NOT contain offensive or obscene symbols, signs, or slogans degrading any cultural, religious, or ethnic values; or language or symbols oriented toward sex, drugs, violence, alcohol, or tobacco; or contain gang, tagger, crew, and/or clique symbols or display gang colors or clothing which denotes gang, tagger, crew, and/or clique affiliation.
- **Pants** – Must fit appropriately without exposing, underclothing. Minimal rips or tears allowed below appropriate length (see shorts/skirts).
- **Shorts/Skirts**– Must fit appropriately without exposing underclothing. Appropriate length between mid-thigh length or to knee level and cannot touch socks.
- **Shoes** – Must be worn at all times and cover the whole foot or have back straps. Slippers, flip flops, slides, sandals are NOT permitted.

The following items are NOT allowed:

- Hoods, hats without the school logo, or beanies.
- Physical Education (PE) clothes in classrooms.
- Pajama bottoms or tops, unless for approved ASB Spirit Day
- Cargo-pocket sweatpants
- Belt buckles with letters, pictures, oversized, or illuminated messages.
- Inappropriately sized clothing.
- Wallet chains, lanyards, or types of jewelry which may be considered unsafe.

- Steel-toed boots.
- **Any other items deemed by the administration to be dangerous or distracting.**

FREE DRESS OPPORTUNITY

Students will have the opportunity to earn free dress days by achieving the following:

- Quarterly honor roll
- Monthly attendance rewards

NOTE: Pajamas are prohibited on Free Dress Days or any school day except Spirit Days.

DRUGS, ALCOHOL AND TOBACCO

In keeping with the policies of the Anaheim Union High School District as set forth by the Board of Trustees, Ball Junior High School will enforce the rules and laws regarding drugs, alcohol and tobacco.

Illegal Substances Include: Alcohol, tobacco, tobacco products (vape, E-cigarettes & vape oils), marijuana, amphetamine, prescription medication, over-the-counter medication (Advil, Tylenol, cold medicine, etc.), other controlled substances and drug paraphernalia.

The following rules apply:

- Bringing illegal substances to school or holding them for someone may result in Alternative to Suspension, a 5 day suspension, transfer to another school, and/or arrest.
- Giving or selling illegal substances, in any amount, to someone else may result in Alternative to Suspension, a 5 day suspension, transfer to another school, and/or arrest.
- Being under the influence of an illegal substance while at school or a school sponsored event may result in Alternative to Suspension, a 5 day suspension, transfer to another school, and/or arrest.

Students who are under a doctor's care and require prescription medication throughout the day must give all medicine, as well as a physician's note, to the school health technician. **The school health technician will secure and dispense all medication per doctor's orders.**

FIELD TRIP POLICY

In the event of an elective field trip (i.e. not listed specifically in the standards and/or an assignment for which the student will receive a grade), teachers and administration is able to prohibit a student from attending a field trip if the student's current grade is below average (D, F) and/or if citizenship is unacceptable.

FORGOTTEN/MISSING MATERIALS

It is the student's responsibility to remember all books, lunches, PE clothes, and assignments and not to ask parents to bring missing supplies to school. However, if the

parent must leave items for their student, a Personal Property Delivery Form must be completed and attached to the items to be picked up. **There will be no interruption of classroom instruction to deliver missing or forgotten items.**

HARASSMENT/BULLYING

- It is the policy of this school that all students be treated with respect and feel comfortable attending school. Any harassment which substantially interferes with a student's school performance or creates an intimidating, hostile, or offensive learning environment will not be tolerated.
- The harassment of others based upon sexual, religious, racial, disability, sexuality, gender identity, or other themes will not be tolerated. Verbal or physical bullying, calling others names which put them down, using slurs which insult another person, touching others in an unacceptable manner, and making comments of a sexual nature are considered harassment.
- In addition, participating in harassment or bullying through the use of technology (telephone, text messaging, social media, or cyber bullying) will not be tolerated, and will result in referral to an administrator.
- If, at any time, you feel uncomfortable in dealing with other students or adults, you are responsible to report concerns to a teacher or administrator, who will assist you with your concerns.

ID CARDS

Students MUST carry their student identification cards with them at all times.

Student Identification Cards will be provided to every student at the beginning of the year. Students who do not receive their ID card during registration will be responsible for getting their ID card as soon as possible.

A student ID card authorizes a student to be on campus and **every** student must have their student ID card in their possession at all times while on campus. Students **will not** be permitted into dances without their school ID card. Students using a lunch account must also use their ID card. **A replacement ID card is available at a cost to the student of \$5.00.**

INJURY/ILLNESS

If any injury or illness occurs after a student arrives at school, he/she is to report to the teacher and then to the health office. It is a parent/guardian's responsibility to update work phone numbers and cell numbers. In an emergency, we cannot contact parents without correct parent contact information.

INTRAMURAL SPORTS

Intramural Sport will follow AUHSD's Intramural Eligibility

Policy (71101.04)

- All students enrolled in junior high school shall be eligible to participate in the after school intramural activities.
- Student-Athletes must hold a 2.0 GPA in order to participate in intramural sports and travel with the teams. This is based upon the prior grading period (quarter/semester).
- Any student who is in attendance at another school for disciplinary reasons shall be ineligible to compete on a school team until his/her disciplinary term is completed. During this time period, the student may participate in daily intramurals.
- Students selected to compete on the school team will complete an All Stars Ball Intramurals Behavior Agreement. Violation of the terms of the agreement may result in the removal from all future intramural all-star teams, detention, suspension from school, recommendation for transfer from Ball, recommendation for Expulsion from AUHSD, etc.. The All Stars Ball Intramurals Behavior Agreement will be signed by student, parent, and intramural coach.
- A list of the students who will be attending games during the school day will be sent to teachers. If a student will not be attending the game due to grades (D/F), the student will be notified by the teacher or the coach.

LOCKERS

Students will be assigned a PE locker. Clothes and valuables are to be secured in this locker during the PE class, using a lock. It is the student's responsibility to ensure all personal items and valuables are safely locked and **NOT LEFT IN THEIR BACKPACKS DURING THE PE PERIOD. School-issued Chromebooks must be securely stored in the locker room.** The school is **not** responsible for lost/stolen items.

LOCKER ROOM/RESTROOM

Cell phones or recording devices may not be used in the locker room or restroom for any reason. For any student with a visible cell phone or recording device in the locker room or restroom, the following consequences apply:

- The cell phone or recording device will be confiscated by a teacher/staff member/administrator.
- Parents will be required to meet with an administrator.
- The student will not be allowed to have a phone on campus for the remainder of the school year.

LOST AND FOUND

Each year a large number of items are turned into the office. If they are marked with a student's name, the office returns them. If there is no identification, they are placed into a lost and found container in the Main Office. Students or family members may come to the Main Office to ask for lost items. At the end of each semester, unclaimed items are donated to a charitable organization.

LUNCHES

- Breakfast and Lunch is FREE for all AUHSD students
- Ball JHS will not accept outside lunches, including delivery services, brought to campus. Lunches will not be delivered to students throughout the school day.

LIBRARY COMPUTER USE

The same AUHSD Computer-Use Regulations apply to the library. "The use of Anaheim Union High School District's technology is a privilege which may be revoked at any time. Any attempt to gain access to inappropriate or controversial materials shall be grounds for revocation of access to district technology and may result in other disciplinary action." Refer to the Acceptable Use Policy for more information.

Printing Charges: \$.10/page for black and white text.
\$.25/page for color and pictures.

LIBRARY CIRCULATION GUIDELINES

AUHSD Library resources are available for everyone. The following rules are in place to encourage students to return reading material in a timely manner and in good condition. Library fines and fees exist only to ensure that library materials will remain available for all readers throughout the year.

- All students need their ID to check out reading materials from their campus library.
- Students may check out a maximum number of three items at a time for two weeks.
- The due date will be communicated to the student at the time of check out.
- Students are responsible for returning or renewing library materials on or before the indicated due date.
- Unless an item has been reserved by someone else, most library materials may be renewed twice (i.e., two additional rental periods).
- Library materials that are returned late will accrue overdue fines of 10 cents (each) per day.
- Per school policy, all library fines must be paid or rectified at the end of the year.
- Collected library overdue or damaged fines are used to purchase new library materials.
- Library material that is not returned after two months past the due date will automatically be set to lost.
- Library material will be treated with care and returned in the same condition it was in at the time of check out.
- The maximum charge for lost or damaged library material is its replacement value.
- In lieu of paying to replace lost material, any replacement copy must be new, not used.

LIBRARY/MEDIA CENTER

Monday, Wednesday - Friday: 7:15 am to 3:30 pm
Late start Thursday: 8:30 am to 3:30 pm

Each AUHSD Library is a place to study, read, research, learn, create, and collaborate on school-related assignments.

Students are welcome to use the library for these stated purposes before and after school, as well as during lunch (when scheduling permits). AUHSD Libraries are considered an extension of the classroom. Therefore, students are expected to adhere to all campus and district rules. To ensure the welfare and comfort of everyone, and to support a variety of learning activities, students are expected to be respectful of others by talking at a non-distracting level. To safeguard equipment, food, gum, and drinks (including water) need to be consumed before entering the Library. Any and all electronic devices are also not allowed in the Library. When classes are in session, passes that have been signed by a teacher are required.

MEDICATION

Medication should be taken at home with parent supervision whenever possible. Prescriptive and non-prescriptive medication may be taken at school only under supervision of school personnel. Parents must deliver medication to the health office in the original container.

Under California Law, a medication form which includes dosage instructions must be completed by the parent and the physician before medication can be administered at school. These forms are available in the health office.

PARENT PARTNERSHIP/COMMUNICATION:

Several parent organizations and committees, such as PTA, School Site Council, ELAC, and VAPA Boosters provide valuable volunteer time, financial support and advice for the overall improvement of our school. School effectiveness is positively impacted by frequent parent participation. Meetings are published regularly in newsletters, school web pages and Parent Square Sunday and Wednesday Messages.

Class visitation is a courtesy extended to parents upon requests. Such visits are approved by the Assistant Principal in advance. This will assist in providing minimal interruption to the instructional program. To ensure the safety of our students, all visitors are required to check in through the main office **before** proceeding to a classroom.

When contacting a teacher please state your student's full name, period, and purpose of the contact.

Teachers communicate with parents about student progress in a variety of ways. These include telephone calls, notes, emails, and progress reports. Parents are encouraged to inform school personnel about significant changes in the home environment that may affect the student's school performance.

Parents are encouraged to attend scheduled Parent Learning Walks. During Parent Learning Walks, parents and guardians are guided through classroom observations to see dynamic learning and instruction in the 21st Century Classroom. Contact Ball's JHS's Family and Community Engagement Specialist in the Family and Community Engagement Center to learn more about this opportunity.

Parents are encouraged to volunteer for community events, committees, campus supervision, field trips chaperones, etc. Parents interested in being a Ball Community Volunteer should contact Stephanie Ibarra at ibarra_s@auhsd.us.

PERSONAL PROPERTY:

You are discouraged from bringing to school any personal property which is not directly related to your instructional program. Further, you should not bring personal items such as watches, jewelry, or clothing which are fragile, expensive or possible obstructions to the instructional program. The school will not be responsible for any student's personal property which is lost, stolen, or damaged.

PHYSICAL EDUCATION

Students are required to change into their Physical Education shirts and shorts for every Physical Education class.

- Shorts and shirts are to be kept in locked PE lockers and ready for class each day.
- Clothes will be taken home to be washed on Fridays and returned on Monday.
- If replacements need to be purchased, they are available at the school's main office.
- Students are expected to wear Ball JH PE shorts and shirts. Sweatpants (no pockets) may be worn after November 1st. If cold, students can wear a long sleeve shirt or sweatshirt (no pockets) **under** their regular PE shirt.
- PE Shirts and Shorts will be marked with the student's first and last name.
- Students not properly dressed for class may not receive full daily points for class.
- Parents will receive communications from their students' teacher if they do not dress out for more than 3 days. Communications will be done by Aeries communication email or phone calls from the office.

PUBLIC DISPLAYS OF AFFECTION:

Students must refrain from familiar contact at school, such as kissing, hugging, etc. Parents will be notified in cases where students violate this expectation.

SELLING ITEMS AT SCHOOL:

The selling of candy, food, or any kind of item or property by any student or group not authorized by the administration is **not** permitted on school grounds, or at any school-sponsored event. Items will be confiscated.

STUDENT PLANNER:

All students will be issued a Student Planner. Student Planners are recommended to be in your notebook and brought to school each day. If lost or damaged, the cost for replacement of the planner is \$5.00 and can be purchased from the Main Office before or after school.

STUDENT SEARCHES

Searches may be conducted by school officials when reasonable suspicion or cause exists that items, disruptive to school activities or illegal and/or dangerous objects or substances, may be present on school property or when some other violation of law, district policy, or school expectations is imminent or has occurred. Students may be required to empty their pockets and have their personal property searched.

THREATS, INTIMIDATION, FIGHTING

Students who engage in threats, intimidation, or fighting will be subject to school disciplinary consequences and may also be subject to law enforcement consequences. It is the expectation that students remove themselves from potential physical altercations and report behavior that may escalate to physical harm. **It is important to note that Education Code does not distinguish between mutual combatants with regards to who engaged first. All involved parties receive consequences accordingly should a physical altercation take place.** Should a student feel threatened, intimidated, or bullied, they need to report the action immediately to school administration. A conflict resolution will be held to correct the behavior and allow the offending party or parties to curb the unwarranted behavior. Should the behavior continue, progressive intervention will be used as deemed necessary for the health and safety of the students.

WEAPONS AND DANGEROUS OBJECTS:

It is our intent to make Ball Junior High School a safe place for everyone. Our policies are those of the Anaheim Union High School District as set forth by the Board of Trustees. We will enforce the rules and laws regarding weapons and dangerous items at school.

Weapons include: Real or fake knives of any shape or size, real or fake guns, and any other dangerous objects (lasers, poppers, fireworks, etc.).

Resulting Consequences: Bringing or possessing weapons (real or "look-alike") or dangerous objects at school may result in a 5 day suspension, transfer to another school, arrest, and possible expulsion from the district.

BALL JHS DRESS CODE

GUIDELINES FOR STUDENTS

TOPS

- Polo shirts with school logo or plain in any SOLID color. (NO stripes or prints)
- Ball Spirit Shirts and College Gear are allowed.

BOTTOMS

- Shorts must reach fingertip length or longer. NO PRO CLUB shorts allowed.
- Jeans: Rips no higher than fingertip length.
- No bike shorts, leggings, or yoga pants allowed.
- Pants must fit at the waist. NO sagging or baggy pants. PRO CLUB cargo sweatpants with pockets are NOT allowed.
- No CROCS or open-toe shoes allowed.
- No pajamas, hats, or beanies allowed.
- ONLY Ball JHS hats are allowed.

 Dress code is enforced daily.

Let's represent Ball JHS with **pride** and **professionalism!**

No 



Your Wellness Plan and Coping Strategies

Student name: _____

Date: _____

School staff, friends, and family want to make sure I am safe at all times. I understand that I have a part in keeping myself safe, and I am making this agreement to stay safe and to seek help when I am in a crisis. This plan is designed to help ensure my safety and to increase well-being.

STEP 1 - The one thing that is most important to me and worth living for is: _____

STEP 2 Warning signs (thoughts, images, mood, situation, behavior) or triggers that cause me to feel overwhelmed: _____

STEP 3 Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity): _____

STEP 4 Names of trusted family members or friends I can ask for help: Name(s) & phone #: _____

STEP 5 Social settings, places, or things that I can do to take my mind off my problems when I am not around a trusted adult/friend: _____

STEP 6 Making my environment safe (What can I do to keep myself safe): _____

STEP 7 People whom I can ask for help: Professionals or agencies I can reach out for help include the following:

- If I am at school, I will talk to a school counselor or other trusted school staff.
- If I am not at school, I will talk to a trusted family member or friend.
- If I am unable to reach anyone above, I agree to call 911. Emergency services will help to keep me safe and assist with transportation to the nearest hospital.
- Call or text the crisis hotline centers listed below.

Dial 988 - Help is just three numbers away

Chat with Lifeline: [988california.org](https://www.988california.org)

- **The Trevor Lifeline: 24/7: [1-866-488-7386](https://www.1-866-488-7386)**
- **Text “START” to 678-678**

- **California Coalition for Youth – Call 800-843-5200 to talk**
- **[calyouth.org](https://www.calyouth.org) – To Chat or Text**

I _____, agree that I will immediately seek help if I have thoughts or urge to harm myself, either accidentally or on purpose.

Student Signature: _____

Date/Time: _____

Name/Title of School Staff: _____ Signature: _____

Positive Self-Talk

Your self-talk can be **POSITIVE** or **NEGATIVE**

What is positive self-talk? Positive self-talk is a strategy that we can use to help us get through stressful situations. It helps us to break stress up and involves focusing on positive rather than negative statements.

There are three key stages: *preparation*, *coping*, and *review*.

Preparation	Coping	Review
<p>As we are about to enter a situation or face something that we find overwhelming, we can help ourselves to prepare with positive statements such as:</p> <ul style="list-style-type: none"> ✓ “It’s not going to be as bad as I think.” ✓ “It won’t last long, and I can cope.” ✓ “I am getting better and need to re-build my confidence.” ✓ “If I do get bad feelings, I know they won’t last long, and I can cope with them.” 	<p>To help us cope and stay in the situation, we can use positive statements such as:</p> <ul style="list-style-type: none"> ✓ “Concentrate on what is going on.... not how I feel.” ✓ “Concentrate on what I have to do.” ✓ “I know I am going to be OK.” ✓ “The feelings always pass.” ✓ “Relax and think positively.” ✓ “One step at a time.” ✓ “Anxious feelings are unpleasant, but not harmful or dangerous.” 	<p>Comments to help you review your achievement and give yourself praise:</p> <ul style="list-style-type: none"> ✓ “I coped with that.” ✓ “I achieved that; I am getting better.” ✓ “I handled that; it should be easier next time.” ✓ “I can be pleased with the progress I’m making.” ✓ “If I keep this up, I’m going to get really good at this.”

Even when things do not go according to plan, you should still take time to review the situation and praise yourself for what you have achieved. Each small step is progress, so try to focus on the positives rather than the negatives.

Develop a healthy sleep routine.

Eat healthy foods and drink plenty of water. Your nutrition can have an impact on how we feel.

Exercise often.

Take a break from technology and social media.

Prioritize resting and be consistent with how many hours you sleep every night

Get outdoors.

Connect with your friends

Connect with family and friends in ways that do not required technology





Don't Be
MEAN
Behind the
SCREEN

BEFORE YOU POST, **THINK:**

is it... **TRUE?**

is it... **HURTFUL?**

is it... **ILLEGAL?**

is it... **NECESSARY?**

is it... **KIND?**



AUGUST 2025

MONTHLY
GOALS

MONDAY

TUESDAY

WEDNESDAY

1

4

5

6

2

11

12

13

3

18

19

20

4

25

26

27

5

6

THURSDAY

FRIDAY

1 _____

SATURDAY

2 _____

SUNDAY

3 _____

7 _____

8 _____

9 _____

10 _____

14 _____

15 _____

16 _____

17 _____

21 _____

22 _____

23 _____

24 _____

28 _____

29 _____

30 _____

31 _____

NOTES

SEPTEMBER 2025

MONTHLY
GOALS

MONDAY

TUESDAY

WEDNESDAY

1 _____

2 _____

3 _____

8 _____

9 _____

10 _____

15 _____

16 _____

17 _____

22 _____

23 _____

24 _____

29 _____

30 _____

1

2

3

4

5

6

THURSDAY

FRIDAY

SATURDAY

SUNDAY

4 _____

5 _____

6 _____

7 _____

11 _____

12 _____

13 _____

14 _____

18 _____

19 _____

20 _____

21 _____

25 _____

26 _____

27 _____

28 _____

NOTES

OCTOBER 2025

MONTHLY
GOALS

MONDAY

TUESDAY

WEDNESDAY

1

1

2

6

7

8

3

13

14

15

4

20

21

22

5

27

28

29

6

THURSDAY

FRIDAY

SATURDAY

SUNDAY

2 _____

3 _____

4 _____

5 _____

9 _____

10 _____

11 _____

12 _____

16 _____

17 _____

18 _____

19 _____

23 _____

24 _____

25 _____

26 _____

30 _____

31 _____

NOTES

NOVEMBER 2025

MONTHLY
GOALS

MONDAY

TUESDAY

WEDNESDAY

1

3

4

5

2

10

11

12

3

17

18

19

4

24

25

26

5

6

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 _____

2 _____

6 _____

7 _____

8 _____

9 _____

13 _____

14 _____

15 _____

16 _____

20 _____

21 _____

22 _____

23 _____

27 _____

28 _____

29 _____

30 _____

NOTES

DECEMBER 2025

MONTHLY
GOALS

MONDAY

TUESDAY

WEDNESDAY

1 _____

2 _____

3 _____

8 _____

9 _____

10 _____

15 _____

16 _____

17 _____

22 _____

23 _____

24 _____

29 _____

30 _____

31 _____

1

2

3

4

5

6

THURSDAY

FRIDAY

SATURDAY

SUNDAY

4 _____

5 _____

6 _____

7 _____

11 _____

12 _____

13 _____

14 _____

18 _____

19 _____

20 _____

21 _____

25 _____

26 _____

27 _____

28 _____

NOTES

JANUARY 2026

MONTHLY
GOALS

MONDAY

TUESDAY

WEDNESDAY

1

5

6

7

2

12

13

14

3

19

20

21

4

26

27

28

5

6

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 _____

2 _____

3 _____

4 _____

8 _____

9 _____

10 _____

11 _____

15 _____

16 _____

17 _____

18 _____

22 _____

23 _____

24 _____

25 _____

29 _____

30 _____

31 _____

NOTES

FEBRUARY 2026

MONTHLY
GOALS

MONDAY

TUESDAY

WEDNESDAY

1

2

3

4

2

9

10

11

3

16

17

18

4

23

24

25

5

6

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 _____

5 _____

6 _____

7 _____

8 _____

12 _____

13 _____

14 _____

15 _____

19 _____

20 _____

21 _____

22 _____

26 _____

27 _____

28 _____

NOTES

MARCH 2026

MONTHLY
GOALS

MONDAY

TUESDAY

WEDNESDAY

1

2

3

4

2

9

10

11

3

16

17

18

4

23

24

25

5

30

31

6

THURSDAY

FRIDAY

SATURDAY

SUNDAY

_____	_____	_____	1 _____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

5 _____	6 _____	7 _____	8 _____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

12 _____	13 _____	14 _____	15 _____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

19 _____	20 _____	21 _____	22 _____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

26 _____	27 _____	28 _____	29 _____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

NOTES

APRIL 2026

MONTHLY
GOALS

MONDAY

TUESDAY

WEDNESDAY

1

1

2

6

7

8

3

13

14

15

4

20

21

22

5

27

28

29

6

THURSDAY

FRIDAY

SATURDAY

SUNDAY

2 _____

3 _____

4 _____

5 _____

9 _____

10 _____

11 _____

12 _____

16 _____

17 _____

18 _____

19 _____

23 _____

24 _____

25 _____

26 _____

30 _____

NOTES

MAY 2026

MONTHLY GOALS

MONDAY

TUESDAY

WEDNESDAY

1

4

5

6

2

11

12

13

3

18

19

20

4

25

26

27

5

6

THURSDAY

FRIDAY

1 _____

SATURDAY

2 _____

SUNDAY

3 _____

7 _____

8 _____

9 _____

10 _____

14 _____

15 _____

16 _____

17 _____

21 _____

22 _____

23 _____

24 _____

28 _____

29 _____

30 _____

31 _____

NOTES

PUNCTUATION



END PUNCTUATION

Every sentence must have punctuation at its end. There are three marks that can be used at the end of a sentence: A period, a question mark, or an exclamation point.

EXAMPLE:

I don't understand. Do you really mean that? Wow!



COMMA

Use a comma if a sentence contains a list of people things, or ideas.

EXAMPLE:

Jeff, John, and Andy are in my history class.

Use a comma before conjunctions when the sentences joined by the conjunction both have a subject and a verb.

EXAMPLE:

The class went on a field trip, but John stayed home. Use a comma to separate dates:

EXAMPLE:

I Started school on August 1, 2011.



HYPHEN

Use a hyphen to make a compound word.

EXAMPLE:

I got my first ten-speed bicycle as a nine-year-old.

Use a hyphen to join two or more words serving as a single adjective before a noun.

EXAMPLE

Krusty is a well-known clown.



PARENTHESES

Use parantheses to enclose explanatory or supplementary material that interrupts the normal sentence structure.

EXAMPLE:

I was born in Santa Ana (California) on December 1st (the first day of the month).



SLASH

Use a slash between terms to indicate that either term is acceptable.

EXAMPLE:

Sometimes a nap and/or food can put me in a better mood.



QUOTATION MARKS

Use quotation marks before and after direct quotes.

EXAMPLE:

At the end of the interview she said, "You're hired".



COLON

Use a colon to direct attention to an explanation or summary, a series, or a quotation.

EXAMPLE:

They brought many items to the party: chips, soda, music, gifts and games.

Use a colon to introduce a list, at the end of a salutation, or between numbers used to indicate time.

EXAMPLE:

Dear Katie: the party starts at 7:30.



SEMICOLON

Use a semicolon between main clauses not linked by a coordinating conjunction (and, but, for, or, nor, so, yet).

EXAMPLE:

Listen carefully; the story gets better.

Use a semicolon to separate a series of items which themselves contain commas.

EXAMPLE:

The pet store sells food, toys, cages; cats, dogs, mice; and an assortment of animal leashes.



BRACE

Use the brace to group information together, particularly in note taking.

EXAMPLE:

Dogs
Elephants
Cats } ARE ALL EXAMPLES OF ANIMALS.



BRACKETS

Use brackets around material added to someone else's quotation.

EXAMPLE:

"We [citizens of the United States] have nothing to fear but fear itself."



APOSTROPHE

Use an apostrophe to show ownership or possession.

EXAMPLES:

Mr. Hansen's gloves are in his car.

The girl's locker room is at the end of the hall.

Use an apostrophe to show where letters have been left out of shortened words.

EXAMPLES:

I'll (sha- or wi- have been omitted.)

O'clock (of the clock is shortened.)

We're (a- has been omitted.)

MEASUREMENTS AND CONVERSIONS

MEASUREMENTS

METRIC			ENGLISH			
mm	millimeter	.001 m	1 foot (ft)	=	12 inches (in)	1sq mile = 640 acres
cm	centimeter	.01 m			1'=12"	1 tablespoon (T)= 3 teaspoons (t)
dm	decimeter	.1 m	1 yard (yd)	=	3 feet	1 cup (c) = 16 tablespoons
m	meter	1 m	1 mile (mi)	=	1,760 yards	1 pint (pt) = 2 cups
dam	decameter	10 m	1 sq. foot	=	144 sq inches	1 quart (qt) = 2 pints
hm	hectometer	100 m	1 sq. yard	=	9 sq. feet	1 gallon (gal) = 4 quarts
km	kilometer	1000 m	1 acre	=	4,840 sq. yards	16 ounces (oz) = 1 pound (lb)
Note:						
Prefixes also apply to L (liter) and g (gram).						
Canadian preferred spelling: metre, litre.						1 ton = 2,000 pounds

CONVERSIONS

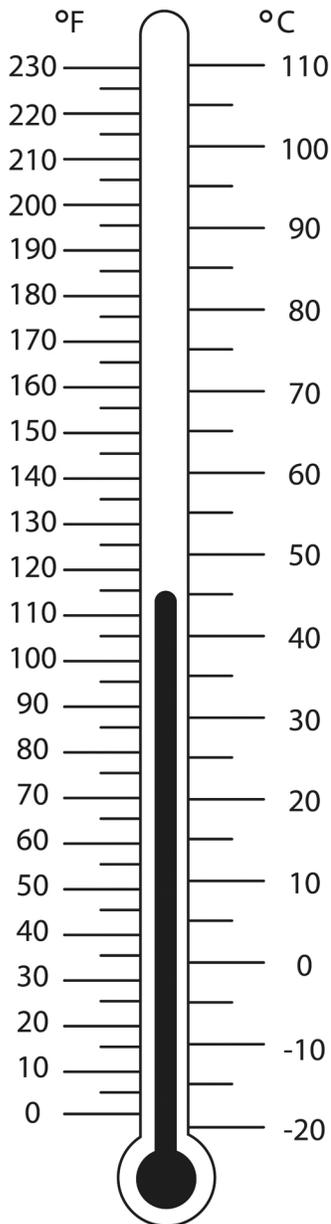
LENGTH / Area						WEIGHT / Capacity									
to go from	to	multiply by	to go from	to	multiply by	to go from	to	multiply by	to go from	to	multiply by				
cm	→	in	0.3937	mi	→	km	1.609	g	→	oz	0.0353	T	→	t	0.9072
in	→	cm	2.54	m ²	→	ft ²	10.76	oz	→	g	28.35	mL	→	fl oz	0.0338
m	→	ft	3.2808	ft ²	→	m ²	0.0929	kg	→	lb	2.2046	fl oz	→	mL	29.575
ft	→	m	0.3048	km ²	→	mi ²	0.3861	lb	→	kg	0.4536	L	→	US gal	0.2642
km	→	mi	0.6214	mi ²	→	km ²	2.59	t	→	T	1.1023	USgal	→	L	3.785

COMMON Units used with the International System

UNITS OF MEASURE	ABBREVIATION	RELATION	UNITS OF MEASURE	ABBREVIATION	RELATION
meter	m	length	degree Celsius	°C	temperature
hectare	ha	area	kelvin	K	thermodynamic temp
tonne	t	mass	pascal	Pa	pressure, stress
kilogram	kg	mass	joule	J	energy, work
nautical mile	M	distance (navigation)	newton	N	force
knot	kn	speed (navigation)	watt	W	power, radiant flux
liter	L	volume or capacity	ampere	A	electric current
second	s	time	volt	V	electric potential
hertz	Hz	frequency	ohm	Ω	electric resistance
candela	cd	luminous intensity	coulomb	C	electric charge

METRIC CONVERSIONS

TEMPERATURE



Fahrenheit to Celsius:
subtract 32, then multiply
by 5 and divide by 9.

Celsius to Fahrenheit:
multiply by 9, divide by 5,
then add 32.

AREA

1 sq. hec. :	2.47105 sq. acres
1 sq. cm. :	0.1550 sq. in.
1 sq. mile:	2.58999 sq. km.
1 sq. ft. :	0.0929 sq. m.
1 sq. km. :	0.386102 sq. miles
1 sq. m. :	10.764 sq. ft.
1 sq. yd. :	0.83613 sq. m.
1 sq. m. :	1.19599 sq. yd.
1 sq. acre :	0.404686 sq. hec.

CAPACITY

1 gal. can. :	4.5461 litres (dm)
1 litre:	0.2200 gal. can.

DISTANCE

1 in:	2.54. cm.
1 m. :	1.09361 yd.
1 cm. :	0.3937 in.
1 mile:	1.6093 km.
1 ft. :	0.3048 m.
1 km. :	0.6214 mile
1 m. :	3.2808 ft
1 yd. :	0.9144 m.

VOLUME

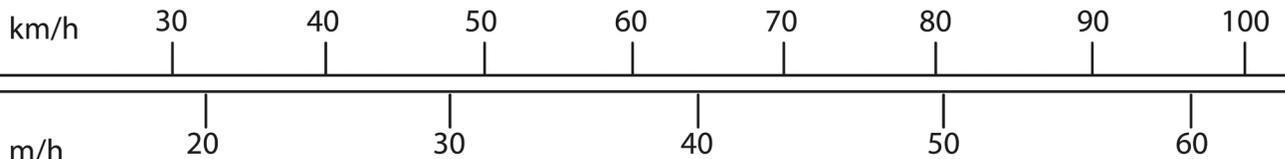
1 cu. in. :	16.871 cu. cm
1 cu. ft. :	0.0283 cu. m.
1 cu. cm. :	0.061024 cu. in.
1 cu. m. :	35.315 cu. ft
1 cu. yd. :	0.76455 cu. m.
1 cu. m. :	1.30795 cu. yd.

WEIGHT

1 oz. :	28.3495 g.
1 lb. :	0.4536 kg.
1 g. :	0.03527 oz.
1 kg. :	2.2046 lb.

km/h vs m/h

The exact transformation-coefficient from km/h to mph is 0.6214



ALGEBRA

The REAL NUMBER SYSTEM is made up of the following sets of numbers:

Naturals	Integers	Rationals	Irrationals
N all positive integers	Z ..., -3, -2, -1, 0, 1, 2, 3, ...	Q all numbers that can be expressed as a fraction a/b, b ≠ 0	Q' all non-ending, non-repeating decimal numbers

R = QUQ'

STEPS TO PROBLEM SOLVING

- Read the problem carefully. Identify what is being asked and what is given.
- Identify the related variables.
- Write the equation.
- Solve the equation.
- Answer the question.
- Verify your answer.

ORDER OF OPERATION

- Do operations within parentheses.
- Do powers (exponents) and roots.
- Do multiplication and division in order from left to right.
- Do addition and subtraction in order from left to right.



SYMBOLS

< Is smaller than	≤ Is smaller or equal to
> Is greater than	≥ Is greater or equal to
= Is equal to	≠ Not equal to
≈ Approximate	

ROMAN NUMERALS

I = 1	V = 5	X = 10	L = 50
C = 100	D = 500	M = 1000	

SQUARES / SQUARE ROOTS

n	n ²	√n	n	n ²	√n	n	n ²	√n
1	1	1	7	49	2.646	15	225	3.873
2	4	1.414	8	64	2.828	20	400	4.472
3	9	1.732	9	81	3	25	625	5
4	16	2	10	100	3.162	100	10,000	10
5	25	2.236	11	121	3.317	1/2	1/4	0.707
6	36	2.449	12	144	3.464	1/4	1/16	1/2

Numerator $\frac{2}{3}$
Denominator

FRACTIONS

To **add or subtract** different fractions: first obtain the lowest common denominator

$$\frac{2}{3} + \frac{4}{5} = \frac{10}{15} + \frac{12}{15} = \frac{22}{15} = 1\frac{7}{15}$$

To **multiply**:

$$\frac{2}{3} \times \frac{4}{5} = \frac{2 \times 4}{3 \times 5} = \frac{8}{15}$$

To **divide**: Multiply the first fraction by the reciprocal of the second fraction

$$\frac{2}{3} \div \frac{4}{5} = \frac{2 \times 5}{3 \times 4} = \frac{10}{12} = \frac{5}{6}$$

Note: Reduce your final answer
Writing a mixed number as an improper fraction:

- Multiply the whole number by the denominator
- Add the numerator to the product
- Write the sum over the denominator

$$2\frac{1}{3} = \frac{(2 \times 3) + 1}{3} = \frac{7}{3}$$

FRACTIONS / PERCENTAGES

Divide the Fraction x 100

Fraction	Decimal	Percentage
1	= 1.0	= 100%
1/2	= 0.5	= 50%
1/3	= 0.3̄	= 33.3̄%
1/4	= 0.25	= 25%
1/5	= 0.2	= 20%
1/6	= 0.16̄	= 16.6̄%
1/8	= 0.125	= 12.5%
1/9	= 0.1̄	= 11.1̄%
1/10	= 0.1	= 10%
1/12	= 0.083̄	= 8.3̄%
2/3	= 0.6̄	= 66.6̄%
3/4	= 0.75	= 75%

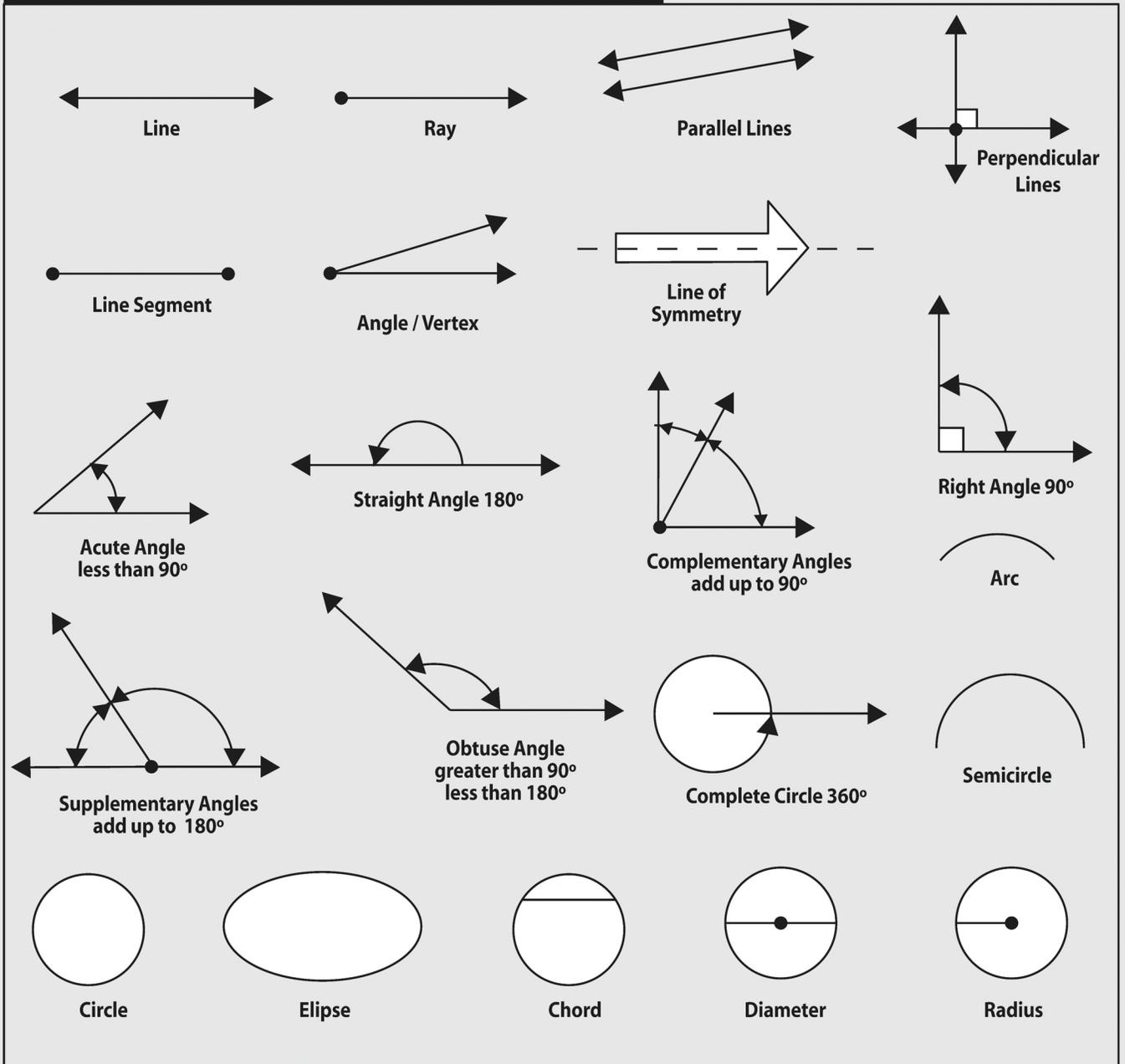
BASIC IDENTITIES

Properties of Addition and Multiplication

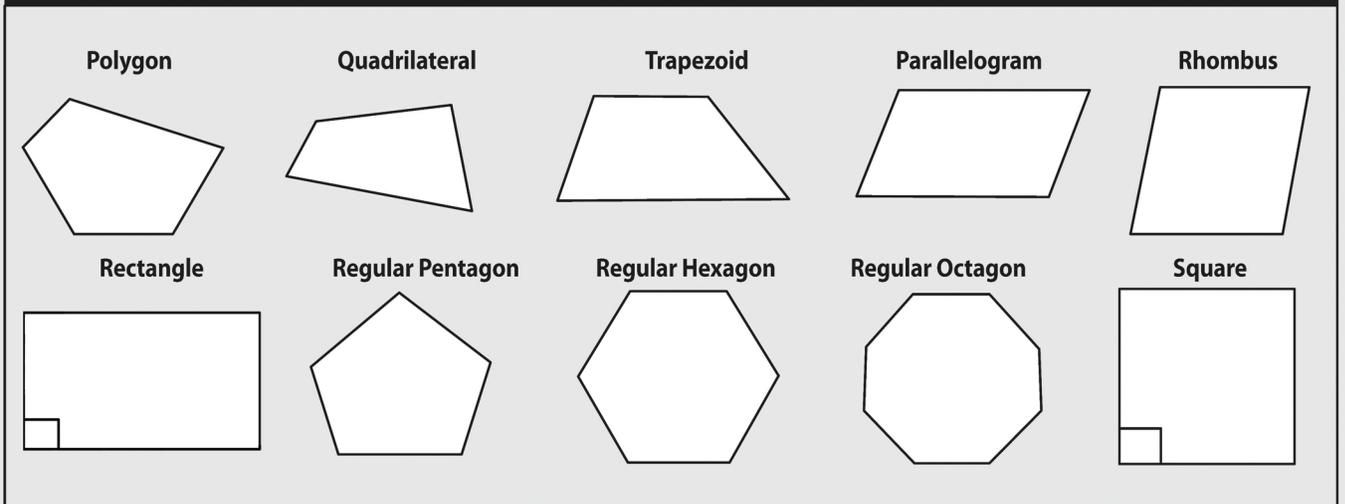
Additive Identity	$a + 0 = a$
Additive Inverse	$a + (-a) = 0$
Associative of Addition	$(a + b) + c = a + (b + c)$
Commutative of Addition	$a + b = b + a$
Definition of Subtraction	$a - b = a + (-b)$
Multiplicative Identity	$a * 1 = a$
Multiplicative Inverse	$a * (1/a) = 1$ ($a \neq 0$)
(Multiplication times 0)	$a * 0 = 0$
Associative of Multiplication	$(a * b) * c = a * (b * c)$
Commutative of Multiplication	$a * b = b * a$
Distributive Law	$a(b + c) = ab + ac$
	$a(b - c) = ab - ac$
Definition of Division	$a/b = a(1/b)$

GEOMETRY SHAPES

SHAPES / SIZES / MODELS



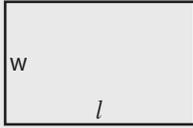
POLYGONS



GEOMETRY FORMULAS

FORMULAS: AREAS & VOLUMES

Rectangle



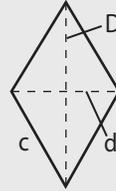
Area = lw
Perimeter = $2(l + w)$

Square



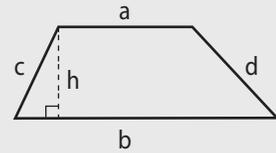
Area = s^2
Perimeter = $4s$

Rhombus



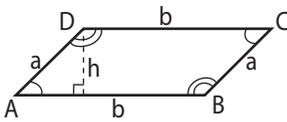
Area = $\frac{Dd}{2}$
Perimeter = $4c$

Trapezoid



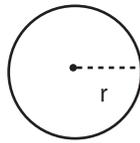
Area = $\frac{h(a+b)}{2}$
Perimeter = $a + b + c + d$

Parallelogram



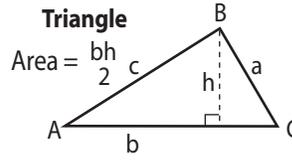
Area = bh
Perimeter = $2a + 2b$

Circle



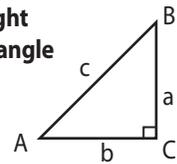
Area = πr^2
Circumference = $2\pi r$

Triangle



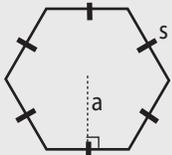
Area = $\frac{bh}{2}$
Area = $\frac{bc \sin A}{2}$
Area = $\sqrt{p(p-a)(p-b)(p-c)}$
 $p = \frac{a+b+c}{2}$

Right triangle



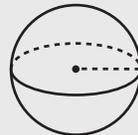
Area = $\frac{ab}{2}$
 $c^2 = a^2 + b^2$
(Pythagorean theorem)

Regular Polygon



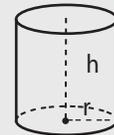
Sum of interior angles = $(\# \text{ of sides} - 2) \times 180$
Perimeter = $(\# \text{ of sides}) \times s$
Area = $\frac{\text{perimeter} \times \text{apothem}}{2}$

Sphere



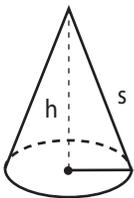
Surface area = $4\pi r^2$
Volume = $\frac{4\pi r^3}{3}$

Cylinder



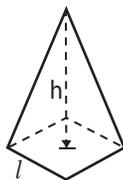
Surface area = $2\pi rh + 2\pi r^2$
Volume = $\pi r^2 h$

Cone



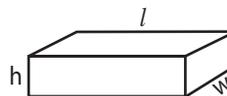
Surface area = $\pi r^2 + \pi rs$
Volume = $\frac{\pi r^2 h}{3}$

Pyramid



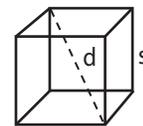
Volume = $\frac{\text{Area of base} \times h}{3}$

Rectangular Solid



Volume = lwh
Surface area = $2l + 2w + 2h$

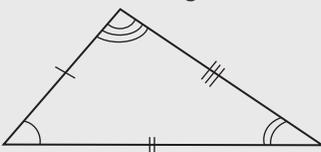
Cube



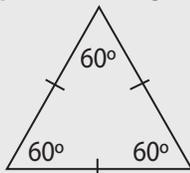
Volume = s^3
 $d = (1.732)s$
Surface area = $6s^2$

TRIANGLES

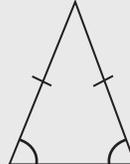
Scalene Triangle



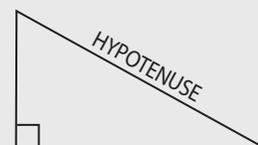
Equilateral Triangle



Isoceles Triangle



Right Triangle



PERIODIC TABLE OF THE ELEMENTS

1 1A	1 H Hydrogen 1.01	2 2A	2 Be Beryllium 9.01	3 3B	4 4B	5 5B	6 6B	7 7B	8 8B	9	10	11 1B	12 2B	13 3A	14 4A	15 5A	16 6A	17 7A	18 8A																																																																																																																																																																																																																																																																																																			
1	H Hydrogen 1.01	2	He Helium 4.00	3	21 Sc Scandium 44.96	22 Ti Titanium 47.87	23 V Vanadium 50.94	24 Cr Chromium 52.00	25 Mn Manganese 54.94	26 Fe Iron 55.85	27 Co Cobalt 58.93	28 Ni Nickel 58.69	29 Cu Copper 63.55	30 Zn Zinc 65.39	31 Ga Gallium 69.72	32 Ge Germanium 72.61	33 As Arsenic 74.92	34 Se Selenium 78.96	35 Br Bromine 79.90	36 Kr Krypton 83.80																																																																																																																																																																																																																																																																																																		
2	3 Li Lithium 6.94	4	Be Beryllium 9.01	5	19 K Potassium 39.10	20 Ca Calcium 40.08	21 Sc Scandium 44.96	22 Ti Titanium 47.87	23 V Vanadium 50.94	24 Cr Chromium 52.00	25 Mn Manganese 54.94	26 Fe Iron 55.85	27 Co Cobalt 58.93	28 Ni Nickel 58.69	29 Cu Copper 63.55	30 Zn Zinc 65.39	31 Ga Gallium 69.72	32 Ge Germanium 72.61	33 As Arsenic 74.92	34 Se Selenium 78.96	35 Br Bromine 79.90	36 Kr Krypton 83.80																																																																																																																																																																																																																																																																																																
3	11 Na Sodium 22.99	12 Mg Magnesium 24.31	13 Al Aluminum 26.98	14 Si Silicon 28.09	15 P Phosphorus 30.97	16 S Sulfur 32.07	17 Cl Chlorine 35.45	18 Ar Argon 39.95	19 K Potassium 39.10	20 Ca Calcium 40.08	21 Sc Scandium 44.96	22 Ti Titanium 47.87	23 V Vanadium 50.94	24 Cr Chromium 52.00	25 Mn Manganese 54.94	26 Fe Iron 55.85	27 Co Cobalt 58.93	28 Ni Nickel 58.69	29 Cu Copper 63.55	30 Zn Zinc 65.39	31 Ga Gallium 69.72	32 Ge Germanium 72.61	33 As Arsenic 74.92	34 Se Selenium 78.96	35 Br Bromine 79.90	36 Kr Krypton 83.80																																																																																																																																																																																																																																																																																												
4	37 Rb Rubidium 85.47	38 Sr Strontium 87.62	39 Y Yttrium 88.91	40 Zr Zirconium 91.22	41 Nb Niobium 92.91	42 Mo Molybdenum 95.94	43 Tc Technetium (98)	44 Ru Ruthenium 101.07	45 Rh Rhodium 102.91	46 Pd Palladium 106.42	47 Ag Silver 107.87	48 Cd Cadmium 112.41	49 In Indium 114.82	50 Sn Tin 118.71	51 Sb Antimony 121.76	52 Te Tellurium 127.60	53 I Iodine 126.90	54 Xe Xenon 131.29	55 Cs Cesium 132.91	56 Ba Barium 137.33	57 La Lanthanum 138.91	58 Ce Cerium 140.12	59 Pr Praseodymium 140.91	60 Nd Neodymium 144.24	61 Pm Promethium (145)	62 Sm Samarium 150.36	63 Eu Europium 151.96	64 Gd Gadolinium 157.25	65 Tb Terbium 158.93	66 Dy Dysprosium 162.50	67 Ho Holmium 164.93	68 Er Erbium 167.26	69 Tm Thulium 168.93	70 Yb Ytterbium 173.04	71 Lu Lutetium 174.97																																																																																																																																																																																																																																																																																			
5	87 Fr Francium (223)	88 Ra Radium (226)	89 Ac Actinium (227)	90 Th Thorium 232.04	91 Pa Protactinium 231.04	92 U Uranium 238.03	93 Np Neptunium (237)	94 Pu Plutonium (244)	95 Am Americium (243)	96 Cm Curium (247)	97 Bk Berkelium (247)	98 Cf Californium (251)	99 Es Einsteinium (252)	100 Fm Fermium (257)	101 Md Mendelevium (258)	102 No Nobelium (259)	103 Lr Lawrencium (262)	104 Rf Rutherfordium (261)	105 Db Dubnium (262)	106 Sg Seaborgium (266)	107 Bh Bohrium (264)	108 Hs Hassium (269)	109 Mt Meitnerium (268)	110 Ds Darmstadtium (271)	111 Rg Roentgenium (272)	112 Cn Copernicium (285)	113 Nh Nihonium (284)	114 Fl Flerovium (289)	115 Mc Moscovium (288)	116 Lv Livermorium (293)	117 Ts Tennessine (294)	118 Og Oganesson (294)	119 Uu Ununennium (295)	120 Uub Unbibium (296)	121 Uut Untrium (297)	122 Uuq Unquadrium (298)	123 Uuq Unquadrium (298)	124 Uuq Unquadrium (298)	125 Uuq Unquadrium (298)	126 Uuq Unquadrium (298)	127 Uuq Unquadrium (298)	128 Uuq Unquadrium (298)	129 Uuq Unquadrium (298)	130 Uuq Unquadrium (298)	131 Uuq Unquadrium (298)	132 Uuq Unquadrium (298)	133 Uuq Unquadrium (298)	134 Uuq Unquadrium (298)	135 Uuq Unquadrium (298)	136 Uuq Unquadrium (298)	137 Uuq Unquadrium (298)	138 Uuq Unquadrium (298)	139 Uuq Unquadrium (298)	140 Uuq Unquadrium (298)	141 Uuq Unquadrium (298)	142 Uuq Unquadrium (298)	143 Uuq Unquadrium (298)	144 Uuq Unquadrium (298)	145 Uuq Unquadrium (298)	146 Uuq Unquadrium (298)	147 Uuq Unquadrium (298)	148 Uuq Unquadrium (298)	149 Uuq Unquadrium (298)	150 Uuq Unquadrium (298)	151 Uuq Unquadrium (298)	152 Uuq Unquadrium (298)	153 Uuq Unquadrium (298)	154 Uuq Unquadrium (298)	155 Uuq Unquadrium (298)	156 Uuq Unquadrium (298)	157 Uuq Unquadrium (298)	158 Uuq Unquadrium (298)	159 Uuq Unquadrium (298)	160 Uuq Unquadrium (298)	161 Uuq Unquadrium (298)	162 Uuq Unquadrium (298)	163 Uuq Unquadrium (298)	164 Uuq Unquadrium (298)	165 Uuq Unquadrium (298)	166 Uuq Unquadrium (298)	167 Uuq Unquadrium (298)	168 Uuq Unquadrium (298)	169 Uuq Unquadrium (298)	170 Uuq Unquadrium (298)	171 Uuq Unquadrium (298)	172 Uuq Unquadrium (298)	173 Uuq Unquadrium (298)	174 Uuq Unquadrium (298)	175 Uuq Unquadrium (298)	176 Uuq Unquadrium (298)	177 Uuq Unquadrium (298)	178 Uuq Unquadrium (298)	179 Uuq Unquadrium (298)	180 Uuq Unquadrium (298)	181 Uuq Unquadrium (298)	182 Uuq Unquadrium (298)	183 Uuq Unquadrium (298)	184 Uuq Unquadrium (298)	185 Uuq Unquadrium (298)	186 Uuq Unquadrium (298)	187 Uuq Unquadrium (298)	188 Uuq Unquadrium (298)	189 Uuq Unquadrium (298)	190 Uuq Unquadrium (298)	191 Uuq Unquadrium (298)	192 Uuq Unquadrium (298)	193 Uuq Unquadrium (298)	194 Uuq Unquadrium (298)	195 Uuq Unquadrium (298)	196 Uuq Unquadrium (298)	197 Uuq Unquadrium (298)	198 Uuq Unquadrium (298)	199 Uuq Unquadrium (298)	200 Uuq Unquadrium (298)	201 Uuq Unquadrium (298)	202 Uuq Unquadrium (298)	203 Uuq Unquadrium (298)	204 Uuq Unquadrium (298)	205 Uuq Unquadrium (298)	206 Uuq Unquadrium (298)	207 Uuq Unquadrium (298)	208 Uuq Unquadrium (298)	209 Uuq Unquadrium (298)	210 Uuq Unquadrium (298)	211 Uuq Unquadrium (298)	212 Uuq Unquadrium (298)	213 Uuq Unquadrium (298)	214 Uuq Unquadrium (298)	215 Uuq Unquadrium (298)	216 Uuq Unquadrium (298)	217 Uuq Unquadrium (298)	218 Uuq Unquadrium (298)	219 Uuq Unquadrium (298)	220 Uuq Unquadrium (298)	221 Uuq Unquadrium (298)	222 Uuq Unquadrium (298)	223 Uuq Unquadrium (298)	224 Uuq Unquadrium (298)	225 Uuq Unquadrium (298)	226 Uuq Unquadrium (298)	227 Uuq Unquadrium (298)	228 Uuq Unquadrium (298)	229 Uuq Unquadrium (298)	230 Uuq Unquadrium (298)	231 Uuq Unquadrium (298)	232 Uuq Unquadrium (298)	233 Uuq Unquadrium (298)	234 Uuq Unquadrium (298)	235 Uuq Unquadrium (298)	236 Uuq Unquadrium (298)	237 Uuq Unquadrium (298)	238 Uuq Unquadrium (298)	239 Uuq Unquadrium (298)	240 Uuq Unquadrium (298)	241 Uuq Unquadrium (298)	242 Uuq Unquadrium (298)	243 Uuq Unquadrium (298)	244 Uuq Unquadrium (298)	245 Uuq Unquadrium (298)	246 Uuq Unquadrium (298)	247 Uuq Unquadrium (298)	248 Uuq Unquadrium (298)	249 Uuq Unquadrium (298)	250 Uuq Unquadrium (298)	251 Uuq Unquadrium (298)	252 Uuq Unquadrium (298)	253 Uuq Unquadrium (298)	254 Uuq Unquadrium (298)	255 Uuq Unquadrium (298)	256 Uuq Unquadrium (298)	257 Uuq Unquadrium (298)	258 Uuq Unquadrium (298)	259 Uuq Unquadrium (298)	260 Uuq Unquadrium (298)	261 Uuq Unquadrium (298)	262 Uuq Unquadrium (298)	263 Uuq Unquadrium (298)	264 Uuq Unquadrium (298)	265 Uuq Unquadrium (298)	266 Uuq Unquadrium (298)	267 Uuq Unquadrium (298)	268 Uuq Unquadrium (298)	269 Uuq Unquadrium (298)	270 Uuq Unquadrium (298)	271 Uuq Unquadrium (298)	272 Uuq Unquadrium (298)	273 Uuq Unquadrium (298)	274 Uuq Unquadrium (298)	275 Uuq Unquadrium (298)	276 Uuq Unquadrium (298)	277 Uuq Unquadrium (298)	278 Uuq Unquadrium (298)	279 Uuq Unquadrium (298)	280 Uuq Unquadrium (298)	281 Uuq Unquadrium (298)	282 Uuq Unquadrium (298)	283 Uuq Unquadrium (298)	284 Uuq Unquadrium (298)	285 Uuq Unquadrium (298)	286 Uuq Unquadrium (298)	287 Uuq Unquadrium (298)	288 Uuq Unquadrium (298)	289 Uuq Unquadrium (298)	290 Uuq Unquadrium (298)	291 Uuq Unquadrium (298)	292 Uuq Unquadrium (298)	293 Uuq Unquadrium (298)	294 Uuq Unquadrium (298)	295 Uuq Unquadrium (298)	296 Uuq Unquadrium (298)	297 Uuq Unquadrium (298)	298 Uuq Unquadrium (298)	299 Uuq Unquadrium (298)	300 Uuq Unquadrium (298)	301 Uuq Unquadrium (298)	302 Uuq Unquadrium (298)	303 Uuq Unquadrium (298)	304 Uuq Unquadrium (298)	305 Uuq Unquadrium (298)	306 Uuq Unquadrium (298)	307 Uuq Unquadrium (298)	308 Uuq Unquadrium (298)	309 Uuq Unquadrium (298)	310 Uuq Unquadrium (298)	311 Uuq Unquadrium (298)	312 Uuq Unquadrium (298)	313 Uuq Unquadrium (298)	314 Uuq Unquadrium (298)	315 Uuq Unquadrium (298)	316 Uuq Unquadrium (298)	317 Uuq Unquadrium (298)	318 Uuq Unquadrium (298)	319 Uuq Unquadrium (298)	320 Uuq Unquadrium (298)	321 Uuq Unquadrium (298)	322 Uuq Unquadrium (298)	323 Uuq Unquadrium (298)	324 Uuq Unquadrium (298)	325 Uuq Unquadrium (298)	326 Uuq Unquadrium (298)	327 Uuq Unquadrium (298)	328 Uuq Unquadrium (298)	329 Uuq Unquadrium (298)	330 Uuq Unquadrium (298)	331 Uuq Unquadrium (298)	332 Uuq Unquadrium (298)	333 Uuq Unquadrium (298)	334 Uuq Unquadrium (298)	335 Uuq Unquadrium (298)	336 Uuq Unquadrium (298)	337 Uuq Unquadrium (298)	338 Uuq Unquadrium (298)	339 Uuq Unquadrium (298)	340 Uuq Unquadrium (298)	341 Uuq Unquadrium (298)	342 Uuq Unquadrium (298)	343 Uuq Unquadrium (298)	344 Uuq Unquadrium (298)	345 Uuq Unquadrium (298)	346 Uuq Unquadrium (298)	347 Uuq Unquadrium (298)	348 Uuq Unquadrium (298)	349 Uuq Unquadrium (298)	350 Uuq Unquadrium (298)	351 Uuq Unquadrium (298)	352 Uuq Unquadrium (298)	353 Uuq Unquadrium (298)	354 Uuq Unquadrium (298)	355 Uuq Unquadrium (298)	356 Uuq Unquadrium (298)	357 Uuq Unquadrium (298)	358 Uuq Unquadrium (298)	359 Uuq Unquadrium (298)	360 Uuq Unquadrium (298)	361 Uuq Unquadrium (298)	362 Uuq Unquadrium (298)	363 Uuq Unquadrium (298)	364 Uuq Unquadrium (298)	365 Uuq Unquadrium (298)	366 Uuq Unquadrium (298)	367 Uuq Unquadrium (298)	368 Uuq Unquadrium (298)	369 Uuq Unquadrium (298)	370 Uuq Unquadrium (298)	371 Uuq Unquadrium (298)	372 Uuq Unquadrium (298)	373 Uuq Unquadrium (298)	374 Uuq Unquadrium (298)	375 Uuq Unquadrium (298)	376 Uuq Unquadrium (298)	377 Uuq Unquadrium (298)	378 Uuq Unquadrium (298)	379 Uuq Unquadrium (298)	380 Uuq Unquadrium (298)	381 Uuq Unquadrium (298)	382 Uuq Unquadrium (298)	383 Uuq Unquadrium (298)	384 Uuq Unquadrium (298)	385 Uuq Unquadrium (298)	386 Uuq Unquadrium (298)	387 Uuq Unquadrium (298)	388 Uuq Unquadrium (298)	389 Uuq Unquadrium (298)	390 Uuq Unquadrium (298)	391 Uuq Unquadrium (298)	392 Uuq Unquadrium (298)	393 Uuq Unquadrium (298)	394 Uuq Unquadrium (298)	395 Uuq Unquadrium (298)	396 Uuq Unquadrium (298)

