



MEETING POSTING

TOWN OF NANTUCKET

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Committee/Board/s | Nantucket School Committee Meeting

Day, Date, and Time | Tuesday, March 21, 2023, 6:00 pm

Location / Address | Nantucket Public Schools
Nantucket High School, LGI
10 Surfside Road, Nantucket MA 02544

**Signature of Chair or
Authorized Person**

Katrina Bednar

WARNING:

IF THERE IS NO QUORUM OF MEMBERS PRESENT, OR IF MEETING POSTING IS NOT IN COMPLIANCE WITH THE OML STATUTE, NO MEETING MAY BE HELD!

AGENDA

- I. Call to Order
- II. Welcome and approval of agenda
- III. Comments from the Public
- IV. Superintendent's Report
 - a) Student Enrollment
 - b) Technology Update
 - c) Additional Updates
- V. Presentations and discussions of issues of interest to the Committee
 - a. Multi-Tiered System of Support in Grades K-5 - Kim Albertson, NES Asst. Principal; Donna Johnson, NIS Asst. Principal
 - b. FONPS - Friends of Nantucket Public Schools - Nan Gilch
 - c. Updates to Athletic Department Documents - Travis Lombardi, Director of Athletics
- VI. Committee discussions and votes to be taken
 - a. Vote to Approve NHS Culinary Travel to Foxborough, MA for Culinary Competition, March 21-22, 2023
 - b. Vote to Approve donation in the amount of \$1880.54, from FONPS to NIS for Clay/Art Supplies

- c. Vote to Approve donation in the amount of \$500.00 from Grainne Maggio to the NHS Culinary Arts Department gift account
- d. Vote to Approve donation in the amount of \$1000.00 from Nantucket Island Lumber to the NHS Woodshop Department gift account
- e. Vote to Approve fundraising check in the amount of \$1687.57 from Hayward Photography to the NHS Activity account
- f. January 24, 2023 Meeting Minutes
- g. February 2, 2023 Workshop Meeting Minutes
- h. February 21, 2023 Public Hearing Meeting Minutes
- i. February 21, 2023 Meeting Minutes
- j. February 22, 2023 Workshop/Executive Session Meeting Minutes
- k. Vote to Approve Transfers & Invoices

VII. Sub-Committee/Work Group Report

VIII. Student Council Representative – Natalie Mack

IX. Agenda for the next meeting, April 11, 2023 - Workshop - NPS District Improvement Plan/ Midyear Review, 2022 District Report Card Overview/Data Dive

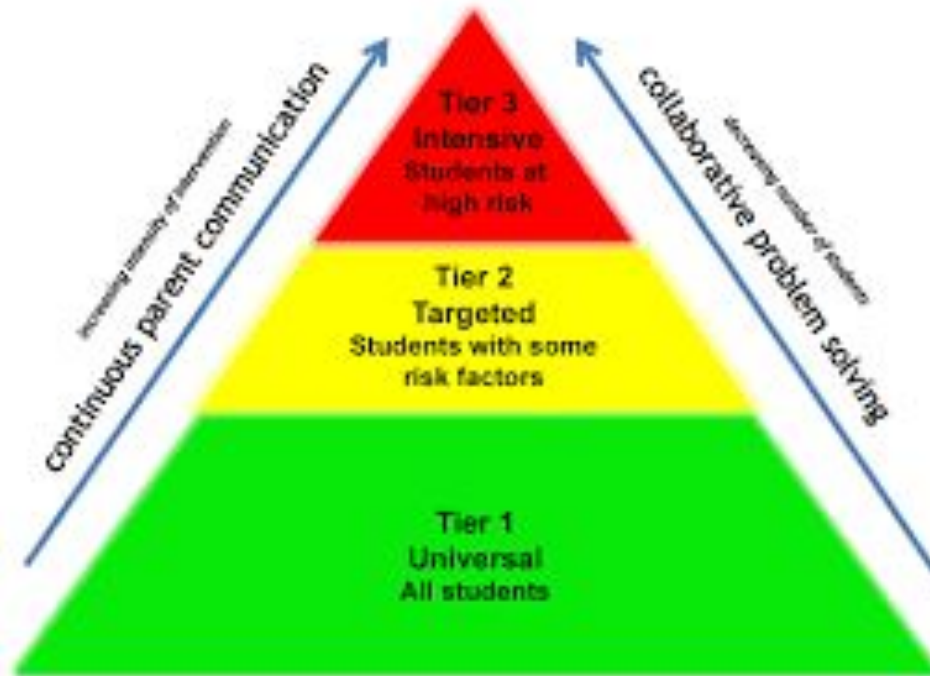
X. Adjournment

MTSS at NES/ NIS

Using data to match high quality
instruction and intervention in
order to meet the needs of
students

What MTSS is....

Multi-Tiered System of Support



Tier 1

Universal Instruction and Support - General instruction (behavioral and academic) that is designed and differentiated to meet the needs of all students (Core Instruction)



Tier 2

Targeted interventions and support- Focused and targeted instruction/intervention and supplemental support ***in addition*** and aligned to the core academic and behavior curriculum and instruction. This does not take the place of Tier 1 instruction.



Tier 3

Intensive Interventions and support- More focused and intensive instruction/intervention and supplemental support ***in addition*** and aligned to the core academic and behavior curriculum and instruction. This does not take the place of Tier 1 or 2 instruction.



Focus Areas for MTSS

Academic	Behavioral	Social Emotional
<p>The design of academic instruction should allow all students equitable access to grade-level standards, or entry points, in learning experiences that are engaging and personalized to meet their needs. Academic instruction integrates evidence-based practices in all content areas so students can make effective progress.</p>	<p>In schools implementing MTSS, educators understand that behavior, like academics, is learned. As a result, those skills must be explicitly taught, modeled, and positively reinforced and students must be given ample feedback and opportunities for practice.</p>	<p>SEL is the process through which students acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.</p>

MTSS Process

1. As a school we identify who is achieving at the lowest ~20% of the grade level (according to MAP/MCAS) and identify what types of support they are currently receiving.
 - Are they appropriate?
 - Should they be tweaked?
 - Are there none in place?
 - Do these children need changes to the Tier 1 instruction? ---> If they need changes to Tier 1, move to step 2.

MTSS Process

2. Meet as a team and discuss what the root of the problem may be and what possible changes that can be made to the student's Tier 1 instruction. Teachers are asked to document what you are doing and collect data for at least 20 days. If this does not support student growth. The teacher shares the concern with the parent and is encouraged complete a referral to the MTSS team.

MTSS Process

3. The facilitator (APs) review the referral and schedule a team meeting for the student.

The team may be comprised of the following team members:

Administrator, regular education teacher, SPED teacher, counselors, EL teachers, BCBA, school psychologist and interventionists, content specialists nurse, parent

The Process

- The referring teacher will present the case to the team and further discussion about the hypothesis as to why the problem is occurring will take place.
- The team will create a Tier 2 Intervention Plan.
- The plan will be shared with all teachers associated with the student by the grade level child study representative or referring teacher.
- Parents will also be notified of what we are doing to support the child. If there is more than one area of concern, more than one plan may need to be created.
- The team reconvenes after a given amount of time to evaluate the progress using the data collected.



Data this year from NES and NIS

	Behavior	Social Emotional	Academic	Multiple concerns
NES	2	4	6	5
NIS	8	2	7	4

Positive Outcomes and What is Working

- Teachers taking a deeper dive into the strengths and needs of students
- Understanding of the value of Tier 1 and Tier 2
- Understanding of rates of progress
- Collaboration and working as a team to support the whole student.
- Student success and growth
- Students who need extra support are being identified and individual success plans are being created and in place.



Nantucket High School / Cyrus Peirce
Middle School Athletics
Emergency Action Plan
2022-2023

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INTRODUCTION

Emergency situations may arise at any time during athletic practices and events. Expedient action must be taken in order to provide the best possible care to the athletes in emergency

and/or life threatening conditions. Preparation for emergency and/or life threatening conditions involves formulation of an emergency action plan, proper coverage of events, maintenance of appropriate emergency equipment and supplies, utilization of appropriate emergency medical personnel, and continuing education in the area of emergency response.

Through careful pre-participation physical screenings, adequate medical coverage, safe practice and training techniques and other safety avenues, potential emergencies may be averted. However, accidents and injuries are inherent with sports participation. Proper preparation on the part of Nantucket High School (NHS) and Cyrus Peirce Middle School's (CPS) Department of Athletics will enable each emergency situation to be managed appropriately.

Participation in sports benefits student-athletes by complementing an education program, teaching valuable lessons for practical situations, and fostering success in later life. However, many of these activities involve the risk of injury. As a result, approximately 715,000 sport-related and recreation related injuries occur in US school settings each year. Although most of these injuries are minor, serious and death resulting injuries can happen suddenly and without warning regardless of the type of activity and level of performance. When these emergent situations happen during any athletic event, appropriate and timely response must be implemented to provide the best possible outcome for the student.

The Nantucket High School and Cyrus Peirce Middle School's Athletic Department takes on the responsibility of providing the best possible care to our student athletes. This Emergency Action Plan is developed to help ensure that student-athletes receive consistent and appropriate care while participating in sporting events. This plan includes identifying essential emergency personnel, training in cardiopulmonary resuscitation (CPR) and Automatic Electronic Defibrillator (AED) use, having a communication plan in place, and coordinating efforts with the local Emergency Medical System (EMS).

Although the information in this plan is structured for the student-athletes within Nantucket's athletic program, it can also be used to treat/resuscitate spectators, administration or coaching staff.

Nantucket High School is fortunate to have two certified athletic trainers on staff, Tyler Konopka- the district's full time athletic trainer and Matthew Hunt- the district's assistant athletic director. Tyler and Matthew work very closely with our school physician- Dr. Timothy Lepore and our district's nursing department to provide a safe and healthy environment for all student-athletes.

EMS AND EMERGENCY TRANSPORTATION GUIDELINES

Depending on the location of events, the Nantucket Fire Department, EMS can be reached by calling 911. They will be notified of events as seen fit by Nantucket High School and Cyrus Peirce's Athletic Directors, School Nurses, Athletic Trainer and/or coaches..

In the event that they are not present when an injury occurs, activate the system by calling 911 as quickly as possible.

When an athlete has been severely injured or requires activation of the EMS system, the athlete will be transported by EMS to Nantucket Cottage Hospital.

Nantucket Cottage Hospital
57 Prospect Street
Nantucket, MA 02554
Telephone: (508) 825-8100

AED Locations

Nantucket High School

There is one AED located in the front lobby, one AED in the pool, one AED in the nurse's office, one AED in the athletic trainer's office- between the locker rooms in the cabinet above the sink labeled "AED" and a transportable AED will travel with the athletic trainer to all outdoor athletic events on-campus and off-campus. When playing hockey games at the Nantucket Ice Rink, there is an AED on the wall behind the benches, in the instance the athletic trainer is not in attendance, EMS services on-site will also provide access to an AED. All AEDs are checked weekly by whomever they are assigned to.

Cyrus Peirce Middle School

There is one AED located in the front lobby, one AED in the nurse's office and a transportable AED will travel with the athletic trainer to all outdoor home games on-campus and off-campus. When playing hockey games at the Nantucket Ice Rink, there is an AED on the wall behind the benches, in the instance the athletic trainer is not in attendance, EMS services on-site will also provide access to an AED. All AEDs are checked weekly by whomever they are assigned to.

Nantucket Intermediate School

There is one AED located in the front lobby, one AED in the nurse's office, and a transportable AED will travel with the athletic trainer to all outdoor home games on-campus and off-campus. When playing hockey games at the Nantucket Ice Rink, there is an AED on the wall behind the benches, in the instance the athletic trainer is not in attendance, EMS services on-site will also provide access to an AED. All AEDs are checked weekly by whomever they are assigned to.

Nantucket Elementary School

There is one AED located in the front lobby, one AED in the nurse's office, and a transportable AED will travel with the athletic trainer to all outdoor home games on-campus and off-campus. When playing hockey games at the Nantucket Ice Rink, there is an AED on the wall behind the benches, in the instance the athletic trainer is not in attendance, EMS services on-site will also provide access to an AED. All AEDs are checked weekly by whomever they are assigned to.

Land Line Locations

Although there are many phones located on the campus of Nantucket High School and Cyrus Peirce Middle School, for emergencies the following phones will be used for emergency purposes.

Nantucket High School:

- The main office of Nantucket High School: (508) 228-7280
- Athletic Director's office-

- Travis Lombardi: (508) 228-7280 ext. 1350
- Matthew Hunt: (508) 228-7280 ext. 1218
- Athletic Trainer - Tyler Konopka ATC, LAT: (508) 228-7280 ext. 1230
 - (203) 927-7340 - cell phone
- NHS School Nurse
 - Kelsey Perkins, MSN, APRN, AGPCNP-BC: (508) 228-7280 ext. 1404

Cyrus Peirce Middle School

- The main office of Cyrus Peirce Middle School: (508) 228-7283
- Athletic Director's office-
 - Travis Lombardi: (508) 228-7280 ext. 1350
 - Matthew Hunt: (508) 228-7280 ext. 1218
 - Athletic Trainer- Tyler Konopka ATC, LAT: (508) 228-7280 ext. 1230
 - (203) 927-7340 - cell phone
- School Nurse
 - Camilla Woodley-Oliver: (508) 228-7280 ext. 1404

Nantucket Intermediate School

- The main office of Nantucket High School: (508) 228-7290

Nantucket Elementary School

- The main office of Nantucket High School: (508) 228-7290

PLAN FOR ACUTE CARE IN EMERGENCY SITUATIONS

Action Plan

- First qualified responder will lead the efforts to resuscitate/treat the student. This person will be referred to as the FIRST RESPONDER in this plan.
- The FIRST RESPONDER should be designated before each sporting event. In most cases it will be the athletic trainer, Tyler Konopka.
- This person should be a coach, athletic trainer, or administrator trained in First Aid, CPR and the use of an AED.
- Head and Assistant Coaches need to know and familiarize themselves with the location of the closest AED and telephone. This can be a cell phone but signal and amount of charge remaining would need to be checked prior to each event.
- All coaches are encouraged to have current certification in CPR/AED training
- In the case that a physician is among the first responders, they can assume the role of leading the CPR but school personnel familiar with the emergency plan should remain in the team leader role.
- When in doubt, call 911 and initiate the EMS. Time is essential in a true emergency.
- Once EMS has arrived on the scene, they are in charge of the athlete's care.

First Responder Responsibilities:

1. Assess the athlete and situation. Obtain student medical history (e.g. allergies, medical conditions, etc.).
2. Identify the person to activate the Emergency Medical System (call 911 or notify EMS if present).
3. Identify the person to retrieve emergency equipment such as an AED or other first aid supplies if needed.

4. Lead/coordinate CPR efforts if appropriate until EMS personnel are present to assume care.
5. Identify the person to direct EMS to the scene.
6. Identify the person to do crowd control. Only persons involved in the care of the athlete should be present.
7. Identify the person to contact parents. This person should retrieve student's emergency information that all coaches are required to have on hand. They should also share this information with the person designated to call EMS.

Person activating Emergency Medical System responsibilities:

1. Call 911 immediately.
2. Be prepared to give as much information as possible including:
 - a. Your name, address, telephone number of caller
 - b. Why you are calling (e.g. student collapsed while practicing).
 - c. Condition of athlete (breathing, pulse, level of consciousness, etc.)
 - d. Any treatment initiated by FIRST RESPONDER
 - e. Location of athlete (which Nantucket field,, Nantucket Ice Rink, NHS gym, CPS gym, tennis courts etc.)
 - f. Directions if needed.
 - g. Other information requested by dispatcher
3. NEVER HANG UP, STAY on the line. After ending the call, report back to the FIRST RESPONDER that EMS has been called and is on the way.

Person retrieving Emergency Equipment responsibilities:

1. Retrieve AED first and return to the scene. Notify the FIRST RESPONDER that the AED is present.
2. All teams have a first aid kit but additional supplies such as splints, slings can be obtained from the athletic trainer's medical kit or athletic training room inside of Nantucket High School.

Person directing EMS to scene responsibilities: (Assistant Coach, Administrator, Athletic Director)

1. If more than one person is needed, request additional help.
2. Go to the entrance of the area. If the area is not easy to locate, you may want to have several people to get into strategic areas to "flag down" EMS personnel and direct them to the scene.

Person doing crowd control responsibilities: (Assistant Coach, Administrator, Athletic Director)

1. Limit the scene to necessary people (This should be limited to Athletics' personnel, parent of athlete, and administration). Move bystanders away from the area.
2. If CPR is in progress, there will need to be several people available to do chest compressions, etc. Determine a couple of people trained in CPR that can assist with this. Have them stand to the side a few feet behind the person doing chest compressions.
3. If the parents/family are present, have someone stand with them for support. Do not try to remove the family but try to prevent them from hindering care.

Person that will contact the parent responsibilities: (Assistant Coach, Administrator, Athletic Director)

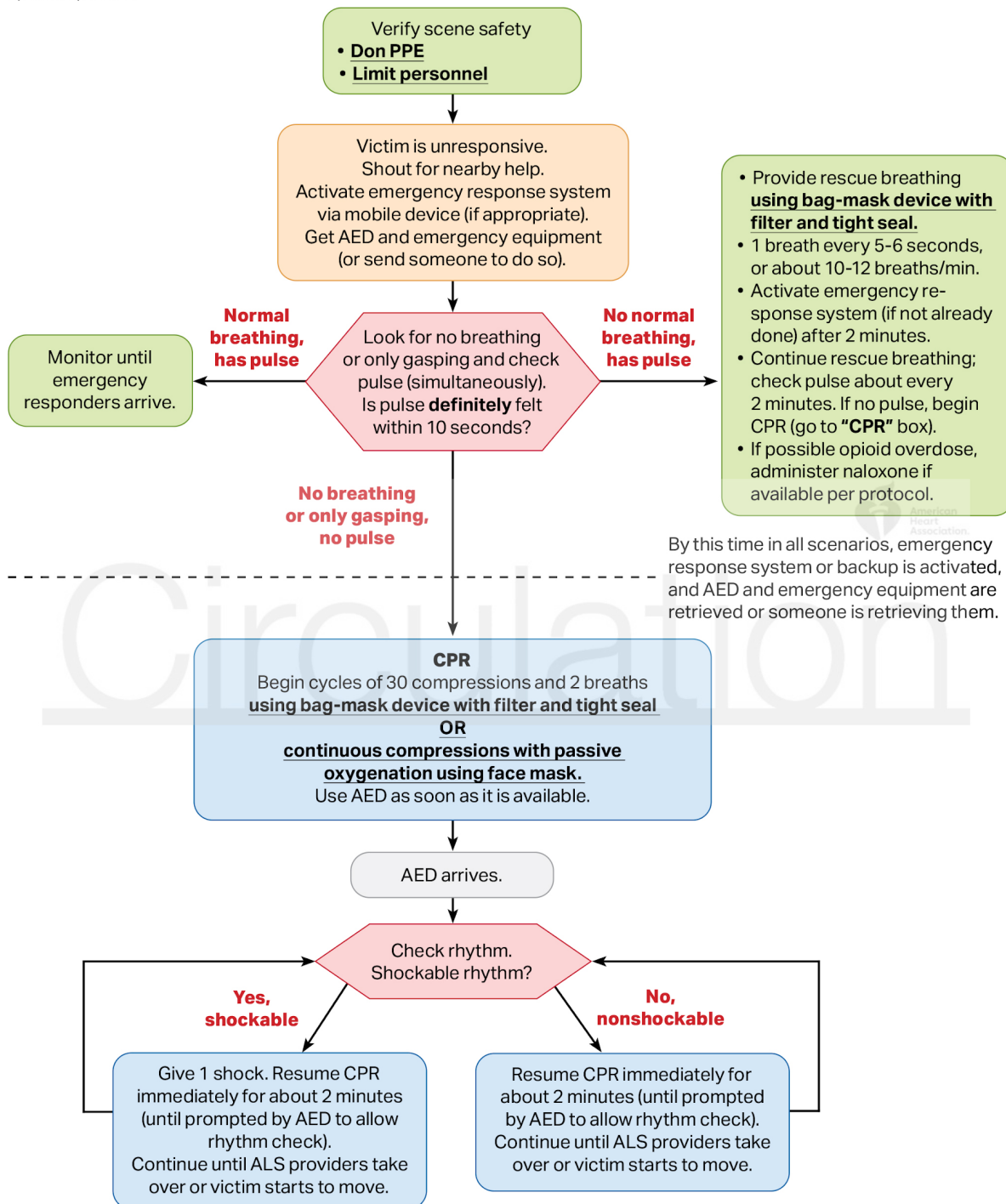
Obtain information to relay to parents. Permission of treatment and emergency contact forms for every student-athlete can be found with the head coaches and athletic trainer.

1. Information needed to share may include:
 - a. Your name
 - b. Brief description of event leading to student's emergency. (Jane collapsed during soccer practice)
 - c. Current condition (He is awake and talking)
 - d. Any treatment received
 - e. Other pertinent information. (EMS is here and has started an IV)
2. Be prepared to give parents directions to the hospital if needed.

SUDDEN CARDIAC ARREST (SCA) ALGORITHM SIGNIFICANT/CATASTROPHIC EVENT WHILE TRAVELING

BLS Healthcare Provider Adult Cardiac Arrest Algorithm for Suspected or Confirmed COVID-19 Patients

Updated April 2020



Emergency Response Issues & Decisions Checklist

Significant= Fracture, dislocation of a major joint, surgery, major illness, head injury, cardiac issues

Catastrophic= Paralysis, loss of organ, loss of limb, coma, death

If hospitalized short term (emergency room) or long term (overnight):

- Notification
 - Family
 - Athletic Director/s - Travis Lombardi & Matthew Hunt
 - Athletic Trainer - Tyler Konopka
 - Athlete's Primary Care Physician- pending type of incident
- Phone numbers needed
 - Staff - Head/Assistant Coaches
 - Athletic Director/s - Travis Lombardi & Matthew Hunt
 - Athletic Trainer - Tyler Konopka
 - Local Medical Staff
 - Hospitals, local Physicians, etc.
- Who stays with athlete?
 - ATC, Family, Coach, Parent
- Biographical Information of Student-Athlete
 - DOB, Social Security Number
 - Address
 - Allergies, Current medications
 - Insurance information
- Communication for person staying at site - cell phone
- If needed: Hotel, transportation home, food, etc.

ATHLETICS AWAY VENUES

If a student-athlete is injured at an away venue the following protocol must be followed in order to provide the appropriate care to the athlete.

MASSACHUSETTS SCHOOLS- (ATC info subject to change)

Cape and Islands:

- Barnstable High School (Keith Chagaris ATC)
- Cape Cod Academy (No ATC info listed)
- Dennis-Yarmouth Regional High School (Kylie Hallam ATC)
- Falmouth Academy (No ATC info listed)
- Falmouth High School (Tim Wakefield ATC)
- Martha's Vineyard Regional High School (Tania Laslovich ATC)
- Monomoy Regional High School (Taylor Murray ATC)
- Nantucket High School (Tyler Konopka ATC)
- Nauset Regional High School (Michele Pavlu ATC)
- Rising Tide Charter School (No ATC info listed)
- Saint John Paul II High School (Greg Folino ATC)
- Sandwich High School (Jillian DeCuffa ATC)
- Sturgis East Charter School (No ATC info listed)

- Sturgis West Charter School (No ATC info listed)

Eastern Athletic

- Bishop Feehan High School
- Bishop Stang High School
- Coyle & Cassidy High School
- Martha's Vineyard Charter School (Tania Laslovich ATC)

Independent

- Atlantis Charter School
- South Shore Christian Academy
- Trinity Christian Academy

Mayflower

- Avon Middle/High School
- Bishop Connolly High School
- Blue Hills Regional Technical High School
- Bristol County Agricultural High School
- Bristol-Plymouth Reg Vocational Technical High School
- Cape Cod Regional Technical High School
- Diman Regional Vocational Technical High School
- Holbrook Jr./Sr. High School
- Norfolk County Agricultural
- Old Colony Regional Vocational Technical High School
- Sacred Heart High School
- South Shore Vocational Technical High School
- Southeastern Reg. Vocational Technical High School
- Tri-County Regional Vocational Technical High School
- Upper Cape Cod Regional Vocational Technical High School
- West Bridgewater Mid/Sr. High School
- Westport High School

South Coast Large

- Apponequet Regional High School
- Dighton-Rehoboth Regional High School
- Greater New Bedford Regional Vocational Technical High School
- Old Rochester Regional High School
- Somerset Berkley Regional High School

South Coast Small

- Bourne High School
- Fairhaven High School
- Joseph Case High School
- Seekonk High School
- Wareham High School

Southeast Conference

- Bridgewater-Raynham Regional High School
- Brockton High School
- Dartmouth High School
- Durfee High School
- New Bedford High School

LIGHTNING GUIDELINES

Over the past century, lightning has consistently been 1 of the top 3 causes of weather-related deaths in this country. It kills approximately 100 people and injures hundreds more each year. Lightning is an enormous and widespread danger to the physically active population, due in part to the prevalence of thunderstorms in the afternoon to early evening during the late spring to early fall. While the probability of being struck by lightning is extremely low, the odds are significantly greater when a storm is in the area and the proper safety precautions are not followed.

The National Athletic Trainers' Association recommends a proactive approach to lightning safety, including the implementation of a lightning-safety policy that identifies safe locations for shelter from the lightning hazard. Further components of this policy are monitoring local weather forecasts, designating a weather watcher and establishing a chain of command.

Additionally, a flash-to-bang count of 30 seconds or more should be used as a minimal determinant of when to suspend activities. Waiting 30 minutes or more after the last flash of lightning or sound of thunder is recommended before athletic or recreational activities are resumed.

Lightning safety strategies include avoiding shelter under trees, avoiding open fields and spaces, and suspending the use of landline telephones during thunderstorms. The existence of blue sky and the absence of rain are not protection from lightning. Lightning can, and does strike as far as 10 miles away from the rain shaft. It does not have to be raining for lightning to strike.

Guidelines for NHS/CPS Athletics (referenced with MIAA guidelines):

1. Prevention:
 - a. Designate a chain of command as to who monitors threatening weather and who makes the decision to remove teams or individuals from an athletic site or event. An emergency plan should include planned instructions for participants as well as spectators.
 - b. Obtain a weather report each day before a practice or event. Be aware of potential thunderstorms that may form during scheduled interscholastic athletic events or practices.
 - c. Be aware of National Weather Service-issued (NWS) thunderstorm watches and warnings as well as the signs of thunderstorms developing nearby. A watch means conditions are favorable for severe weather to develop in an area; a warning means that severe weather has been reported in an area and for everyone to take proper precautions.
 - d. Know where the closest safe structure or location is to the field or playing area, and know how long it takes to get to that safe structure or location.

- i. Any building normally occupied or frequently used by people, i.e. a building with plumbing and/or electrical wiring that acts to electrically ground the structure. Avoid using shower facilities for safe shelter and do not use the showers or plumbing facilities during a thunderstorm.
 - ii. In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled-up windows can provide a measure of safety. A vehicle is certainly better than remaining outdoors. It is not the rubber tires that make a vehicle a safe shelter, but the hard metal roof which dissipates the lightning strike around the vehicle. **DO NOT TOUCH THE SIDES OF THE VEHICLE!**
- e. Be aware of how close lightning is occurring. The flash-to-bang method is the easiest and most convenient way to estimate how far away lightning is occurring. Thunder always accompanies lightning, even though its audible range can be diminished due to background noise in the immediate environment, and its distance from the observer. To use the flash-to-bang method, count the seconds from the time the lightning is sighted to when the clap of thunder is heard. Divide this number by five to obtain how far away (in miles) the lightning is occurring. For example, if an individual counts 15 seconds between seeing the flash and hearing the bang, 15 divided by five equals three; therefore, the lightning flash is approximately 3 miles away.
2. If no safe structure or location is within a reasonable distance, find a thick grove of small trees surrounded by taller trees or a dry ditch. Assume a crouched position on the ground with only the balls of the feet touching the ground, wrap your arms around your knees and lower your head. Minimize contact with the ground, because lightning current often enters a victim through the ground rather than by a direct overhead strike. **MINIMIZE YOUR BODY'S SURFACE AREA, AND MINIMIZE CONTACT WITH THE GROUND! DO NOT LIE FLAT!** If unable to reach safe shelter, stay away from the tallest trees or objects (such as light poles or flag poles), metal objects (such as fences or bleachers), individual trees, standing pools or water, and open fields. Avoid being the highest object in a field. Do not take shelter under a single, tall tree.
3. A person who feels his or her hair stand on end, or skin tingle, should immediately crouch, as described above.
4. Avoid using the telephone, except in emergency situations. People have been struck by lightning while using a land-line telephone. A cellular phone or portable remote phone is a safe alternative to land-line phones, if the person and the antenna are located within a safe structure or location, and if all other precautions are followed.
5. When considering resumption of an athletic activity, NPS staff recommends that everyone should ideally wait at least 30 minutes after the last flash of lightning or sound of thunder before returning to the field or activity.
 - a. The game official, athletic directors, and athletic trainer will make the official call to remove individuals from the game field.
 - b. The athletic directors, athletic trainer, coach and/or assistant coach will make the call to remove individuals from practice fields.
 - c. Spectators will also be instructed to leave the area and seek shelter until the danger has passed.
 - d. Thirty minutes time will be given for the storm to pass.

The athletic director, athletic trainer, coach and/or an assistant coach will be the designated weather watcher, actively looking for signs of threatening weather.

- The athletic director or coach will monitor weather through the use of a Sky Scan, local forecast, or www.weather.com or similar weather service website.

Criteria for suspending activities - Flash to Bang

- The criteria for postponement and resumption of activities will be the thirty second flash-to-bang method.
- After the first flash (lightning) is seen, a count will commence. Counting is ceased when the associated thunder (bang) is heard. If the count is less than or equal to 30, activity should be stopped and individuals should be moved to a safe shelter.
- When this count is divided by 5, the resulting number will determine the distance in miles from the venue.

Safe shelters at NPS

- Spectators should go to the NHS or CPS cafeteria located in the rear of the school (up the ramp, to the left from the door by the NHS auto shop) or to the NHS gymnasium. This will be determined by the athletic director or athletic trainer.
- Teams should report together in the NHS or CPS cafeteria, or the NHS gymnasium. This will be decided by the athletic director or athletic trainer.

Care for lightning victims

- Survey scene for safety
- Activate EMS (call 911)
- People who have been struck by lightning do not carry an electrical charge. Therefore, cardiopulmonary resuscitation (CPR) is safe for the responder.
- If possible, an injured person should be moved to a safer location before starting CPR.
 - May need to move to safe shelter
- Lightning-strike victims who show signs of cardiac or respiratory arrest need emergency help quickly.
- Prompt, aggressive CPR has been highly effective for the survival of victims of lightning strikes.
- Refer to PLAN FOR ACUTE CARE IN EMERGENCY SITUATIONS for further guidance

CONCUSSION TREATMENT GUIDELINES

A concussion is a disturbance in brain function that occurs following either a blow to the head or as a result of the violent shaking of the head. In the United States, the annual incidence of sports-related concussion is estimated at 300,000. Girls have a higher risk for concussions than boys who play the same sport. The *American Journal of Sports Medicine* says female athletes (especially younger females) also have more symptoms and take longer to return to play.

All coaches should be able to recognize the symptoms of a concussion and take appropriate actions if this should occur to an athlete. If it is suspected that a student-athlete has received a concussion, they **must** be removed from participation immediately, contact a parent and/or refer them to the appropriate medical personnel immediately.

According to the Massachusetts law (Chapter 111, Section 1.222) The Safety Regulations for School Athletic Programs, Concussion Management is as follows:

(a) The department shall direct the division of violence and injury prevention to develop an interscholastic athletic head injury safety training program in which all public schools and any school subject to the Massachusetts Interscholastic Athletic Association rules shall participate. Participation in the program shall be required annually of coaches, trainers and parent volunteers for any extracurricular athletic activity; physicians and nurses who are employed by a school or school district or who volunteer to assist with an extracurricular athletic activity; school

athletic directors; directors responsible for a school marching band; and a parent or legal guardian of a child who participates in an extracurricular athletic activity.

In developing the program, the division may use any of the materials readily available from the Centers for Disease Control and Prevention. The program shall include, but not be limited to: (1) current training in recognizing the symptoms of potentially catastrophic head injuries, concussions and injuries related to second impact syndrome; and (2) providing students that participate in any extracurricular athletic activity, including membership in a marching band, the following information annually: a summary of department rules and regulations relative to safety regulations for students participation in extracurricular athletic activities, including the medical protocol for post-concussion participation or participation in an extracurricular athletic activity; written information related to the recognition of symptoms of head injuries, the biology and the short-term and long-term consequences of a concussion.

(b) The department shall develop forms on which students shall be instructed to provide information relative to any sports head injury history at the start of each sports season. These forms shall require the signature of both the student and the parent or legal guardian thereof. Once complete, the forms shall be forwarded to all coaches prior to allowing any student to participate in an extracurricular athletic activity so as to provide coaches with up-to-date information relative to an athlete's head injury history and to enable coaches to identify students who are at greater risk for repeated head injuries.

(c) If a student participating in an extracurricular athletic activity becomes unconscious during a practice or competition, the student shall not return to the practice or competition during which the student became unconscious or participate in any extracurricular athletic activity until the student provides written authorization for such participation, from a licensed physician, licensed neuropsychologist, certified athletic trainer or other appropriately trained or licensed health care professional as determined by the department of public health, to the school's athletic director.

If a student suffers a concussion as diagnosed by a medical professional, or is suspected to have suffered a concussion while participating in an extracurricular athletic activity, the student shall not return to the practice or competition during which the student suffered, or is suspected to have suffered, a concussion and shall not participate in any extracurricular athletic activity until the student provides written authorization for such participation, from a licensed physician, licensed neuropsychologist, certified athletic trainer or other appropriately trained or licensed health care professional as determined by the department of public health, to the school's athletic director.

(d) A coach, trainer or volunteer for an extracurricular athletic activity shall not encourage or permit a student participating in the activity to engage in any unreasonably dangerous athletic technique that unnecessarily endangers the health of a student, including using a helmet or any other sports equipment as a weapon.

(e) The superintendent of the school district or the director of a school shall maintain complete and accurate records of the district's or school's compliance with the requirements of this section. A school that fails to comply with this section, as determined by the department, shall be subject to penalties as determined by the department.

(f) Nothing in this section shall be construed to waive liability or immunity of a school district or its officers or employees. This section shall not create any liability for a course of legal action against a school district, its officers or employees.

(g) A person who volunteers to assist with an extracurricular athletic activity shall not be liable for civil damages arising out of any act or omission relating to the requirements of this section, unless such person is willfully or wantonly negligent in his act or omission.

(h) The division shall adopt regulations to carry out this section.

Signs / Symptoms

There are many signs and symptoms a person may experience following concussion that can affect their thinking, emotions or mood, physical abilities, or sleep.

<u>Thinking / Remembering</u>	<u>Physical</u>	<u>Emotional / Mood</u>	<u>Sleep</u>
Difficulty thinking clearly	Headache	Irritability	Sleeping more than usual
Feeling slowed down	Fuzzy or blurry vision	Sadness	Sleeping less than usual
Difficulty concentrating	Nausea/Vomiting	More emotional than normal	Trouble falling asleep
Difficulty remembering new information	Dizziness	Feeling nervous or anxious	
	Balance Problems		
	Sensitivity to noise or light		

*Table from the Centers for Disease Control and Prevention (<http://www.cdc.gov/concussion>)

Guidelines Following a Head Injury

A student-athlete needs to be directed to be seen by a physician within 24 hrs. in the following situations:

- A person struck a hard object with the head but did not lose consciousness and level of consciousness does not decline
- Mild dizziness or nausea after a head injury
- Loss of memory of the event (amnesia) for just a few minutes
- Mild headache with no vision disturbances

Go to an emergency department by ambulance in the following situations. For people with less severe injuries not requiring ambulance transport, a car may be taken to the hospital.

- Severe head trauma, i.e., a fall from more than the height of the person or a hard fall onto a hard surface or object with resulting bleeding or laceration.
- Any athlete that loses consciousness for any amount of time or level of consciousness diminishes as the result of a head injury.
- Any athlete that is vomiting as a result to a head injury
- Any delayed loss of consciousness (for example, the injured person is knocked out only momentarily, then is awake and talking, then loses consciousness again)
- Confusion that does not go away quickly
- Extreme drowsiness, weakness, or inability to walk
- Severe headache
- Loss of memory of the event (amnesia)

- Perseverating (saying the same thing over and over)
- Someone who takes warfarin (Coumadin) for a medical problem suffers and suffers a significant blow to the head.
- If the person fails to regain consciousness after two minutes, or the injury is very severe even if two minutes have not passed, DO NOT move the person. Prevent movement of the neck, which may cause spinal injuries. If the person needs to vomit, carefully roll the person onto his or her side without turning the head.

Call 911 immediately for help.

If you are unsure of the severity of the injury, take the athlete to the emergency department immediately.

Returning to Sports Following a Concussion Diagnosis:

- The return to play must be individually tailored to each person, depending on the sport, so the physician /athletic trainer will give specifics of exactly what to do and not to do
- Never return to activity if there are ANY symptoms at rest
- Be sure that both the coach and physical education teacher are aware of the injury
- Gradual return to sports practices under the supervision of an athletic trainer and physician is required
- There is a 5-stage guideline that should be adhered to:
 - Generally, each step should take a minimum of 24 hours so that an athlete would take approximately 1 week to proceed through the full rehabilitation protocol (See below)
- The 5-stage return to play progression schedule will be decided by the athletic trainer in a discussion with the athlete. This form will be signed by the athlete, parent or guardian, coach, and athletic trainer.

For Athletes: 5 Stage return to activity progression

Stage 1: Low levels of aerobic physical activity, provided NO SYMPTOMS return during or after activity. (Walking, light jogging, and easy stationary bike for 20-30 minutes)

Stage 2: Moderate physical activity; keeping the intensity below 70% maximum heart rate, provided NO SYMPTOMS return during or after activity. (Moderate jogging, brief sprint running, moderate intensity stationary bike, light calisthenics, and sport-specific drills without contact for 30-45 minutes) *The object of this is to increase heart rate*

Stage 3: Heavy, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Extensive sprint specific drills, agility training, plyometrics, and repetitive jumping drills for 45-60 minutes) *The object of this is to add movement*

Stage 4: Full contact in controlled practice or scrimmage; game simulation

The object of this step is to restore confidence and assess functional skills by staff

Stage 5: Full contact in game play

If any symptoms are provoked on any day, stop exercise and rest for 24 hours. Attempt a return at the same level.

Returning to competition & physical education participation within NHS/CPS:

- The athlete must be back at baseline score on the ImPACT or Sway Medical head injury test
- Written, full clearance is needed from the athlete's physician
- The athlete must be returned fully to the classroom, homework, etc
- There should not be any signs or symptoms at rest or with activity
- The 5 phase exercise progression must be completed under athletic trainer supervision

Parental/student education

According to Massachusetts 105 CMR 201.000 Head Injuries and Concussions in Extracurricular Athletic Activities effective in August, 2014, all athletic programs are responsible for providing parents and students with education and awareness of concussions. Additional information can be found on the Center for Disease control webpage on Traumatic Brain Injury: <https://www.cdc.gov/traumaticbraininjury/>

DIABETES

Diabetes is a chronic condition that affects how the body processes glucose, the main source of energy for cells. There are two main types of diabetes: type 1 and type 2. In type 1 diabetes, the body is unable to produce insulin, a hormone that regulates blood sugar levels. In type 2 diabetes, the body produces insulin, but it is not used effectively.

It is important for individuals with diabetes to carefully monitor their blood sugar levels and take measures to keep them in a healthy range. This may include taking insulin injections or oral medications, following a healthy diet, and engaging in regular physical activity.

For students with diabetes who are participating in athletics, it is important to be prepared for any fluctuations in blood sugar levels that may occur during physical activity. This may include having quick-acting glucose sources, such as fruit juice or hard candy, available to treat low blood sugar (hypoglycemia). It is also important to have a plan in place for managing high blood sugar (hyperglycemia) during and after physical activity.

In the event of a diabetic emergency during an athletic event, it is important for coaches and athletic trainers to be aware of the signs and symptoms of hypoglycemia and hyperglycemia, and to know how to respond appropriately. They should also be aware of the individual's treatment plan for diabetes and have access to their medications and medical supplies.

Hypoglycemia - low blood sugar

Signs / Symptoms - confusion, dizziness, drowsiness, tremors/shaky, tingling lips
Provide them with a source of glucose and seek medical attention if necessary

Hyperglycemia - high blood sugar

Signs / Symptoms - thirsty, hungry, tired, blurred vision, needing to pee
Adjust insulin dose and seek medical attention if necessary

In conclusion, it is important for individuals with diabetes to take steps to manage their condition and for coaches and athletic trainers to be prepared to respond in the event of a diabetic emergency. With proper planning and preparation, individuals with diabetes can safely participate in athletics and enjoy the physical and mental benefits of exercise.

HEAT, HUMIDITY AND HYDRATION GUIDELINES

During summer, early fall and late spring high temperatures and high humidity can be present. It is important that we are aware of the dangers of this situation to prevent heat illness. Many cases of exertional heat illness are preventable and can be successfully treated if such conditions are properly recognized and appropriate care is given in a timely manner. Nantucket Public Schools will follow both the recommendations made by the MIAA and the National Athletic Trainers Association (NATA). Coaching staff(s) have the authority to alter work/rest ratios, practice schedules, amounts of equipment and withdrawal of individuals from participation in sports, based on heat conditions and/or athletes' medical conditions as long as they exceed these recommendations and guidelines listed.

Guidelines for Hydration

Appropriate hydration before, during and after exercise is important for all athletes. Dehydration can compromise the athlete's performance and increase the risk of heat illness. The American College of Sports Medicine (ACSM) recommends the following guidelines for hydration:

- Drink 16 ounces of fluid before exercise
- Drink another 8-16 ounces 15 minutes before exercise
- During exercise, drink 4-16 ounces of fluid every 15-20 minutes
- After exercise, drink 24 ounces of fluid for every pound lost during exercise to achieve normal fluid status within 6 hours.

All fluids should be served cold to promote gastric emptying.

What to drink during exercises

- Water
 - For most exercising athletes, the ideal fluid for pre-hydration and re-hydration is water. It is quickly absorbed, well tolerated, an excellent thirst quencher and cost effective.
- Traditional Sports Drinks
 - That contain appropriate carbohydrates and sodium may prove beneficial in some situations and for some individuals.
 - Situations that may benefit
 - Prolonged continuous activity of greater than 45 minutes
 - Extremely intense exercise with risk of heat injury
 - Extremely hot and humid conditions
 - Individuals that may benefit
 - Poor hydration prior to participation
 - Increased sweat rate (to calculate sweat rate, see page 17)
 - Poor caloric intake prior to participation
 - Poor acclimation to heat and humidity

Guidelines for Practices

1. Outdoor practice- All athletic teams and outdoor activities (field hockey, soccer, cross country, tennis, etc.) are restricted to modified practices when the temperature is 90 degrees or above with high relative humidity. These guidelines include pre-season and all practices after school starts.
2. Indoor practice- All athletic teams and extracurricular organizations may practice indoor at any time as long as the practice area is air conditioned and/or the practice area is equipped with fans to keep the temperature below 90 degrees during the practice session.

3. Scheduling practice—intensity of practice, equipment worn and environmental conditions should be considered.
4. Water should be made available in unlimited amounts and at any time during practice.
5. Designated breaks should be scheduled during practice.

Symptoms and Treatment Strategies for Exertional Heat Illnesses:

In the case of a heat related illness - **Cool First, Transport Later**

Heat Cramps

Muscle cramps are not well understood. Heat cramps are often present in athletes who perform strenuous exercise in the heat. Conversely, cramps also occur in the absence of warm or hot conditions, therefore can be common in sports played in cooler temperatures such as ice hockey.

Signs and Symptoms:

- Intense pain (not associated with pulling or straining a muscle)
- Persistent muscle contractions that continue during and after exercise

Treatment:

- Reestablish normal hydration status and replace some sodium losses with a sports drink or water
- Some additional sodium may be needed (especially in those with a history of heat cramps) earlier in the activity.
- Light stretching, relaxation and massage of the involved muscle may help acute pain of a muscle cramp.

Return-to-Play Considerations:

Athletes should be assessed to determine if they can perform at the level needed for successful participation.

Dehydration

When athletes do not replenish lost fluids, they become dehydrated.

Signs and Symptoms:

- Dry mouth
- Thirst
- Being irritable or cranky
- Headache
- Seeming bored or disinterested
- Dizziness
- Cramps
- Excessive fatigue
- Not able to run as fast or play as well as usual

Treatment:

- Move the athlete to a cool environment and rehydrate.
- Maintain normal hydration (as indicated by baseline body weight).
- Begin exercise sessions properly hydrated. Any fluid deficits should be replaced within 1 to 2 hours after exercise is complete.
- Hydrate with a sports drink like Gatorade, which contains carbohydrates and electrolytes (sodium and potassium) before and during exercise is optimal to replace losses and provide energy.
- Hydrate throughout sports practice to minimize dehydration and maximize performance.
- Seek medical attention to replace fluids via an intravenous line if the athlete is nauseated or vomiting.

Return-to-Play Considerations:

If the degree of dehydration is minor and the athlete is symptom free, continued participation is acceptable with appropriate re-hydration.

Heat Exhaustion

Heat exhaustion is a moderate illness characterized by the inability to sustain adequate cardiac output, resulting from strenuous physical exercise and environmental heat stress.

Signs and Symptoms:

- Athlete finds it hard or impossible to keep playing
- Loss of coordination, dizziness or fainting
- Dehydration
- Profuse sweating or pale skin
- Headache, nausea, vomiting or diarrhea
- Stomach/intestinal cramps or persistent muscle cramps

Treatment:

- Remove the athlete from play and immediately move to a shaded or air-conditioned area.
- Remove excess clothing and equipment.
- Cool athlete until rectal temperature is approximately 101°F (38.3°C)
- Have the athlete lie comfortably with legs propped above heart level.
- If the athlete is not nauseated, vomiting or experiencing any Central Nervous System (CNS) dysfunction, rehydrate orally with chilled water or sports drink. If the athlete is unable to take oral fluids, seek medical attention to implement intravenous infusion of normal saline.
- Monitor heart rate, blood pressure, respiratory rate, core temperature and CNS status.
- Transport to an emergency facility if rapid improvement is not noted with prescribed treatment.

Return-to-Play Considerations:

Athlete should be symptom free and fully hydrated; recommend physician clearance; rule out any underlying condition that predisposes him/her for continuing problems; and avoid intense practice in heat until at least the next day.

Exertional heat stroke – THIS IS A MEDICAL EMERGENCY

A severe illness characterized by CNS abnormalities and potentially tissue damage resulting from elevated body temperatures induced by strenuous physical exercise and increased environmental heat stress.

Signs and Symptoms:

- Increase in core body temperature, usually above 104°F/40°C (rectal temperature) when athlete falls ill
- Central nervous system dysfunction, such as altered consciousness, seizures, confusion, emotional instability, irrational behavior or decreased mental acuity
- Nausea, vomiting or diarrhea
- Headache, dizziness or weakness
- Hot and wet or dry skin
- Increased heart rate, decreased blood pressure or fast breathing
- Dehydration
- Combative

Treatment:

- **Activate Emergency Medical System (call 911)**
- Aggressive and immediate whole-body cooling is the key to optimizing treatment. The duration and degree of hyperthermia may determine adverse outcomes. If untreated,

hyperthermia-induced physiological changes resulting in fatal consequences may occur within vital organ systems (muscle, heart, brain, etc.).

- Due to superior cooling rates, immediate whole-body cooling (cold water immersion), is the best treatment for EHS and should be initiated within minutes post-incident. The athlete can be brought into the locker room and put into a cold shower.
- If the athletic trainer is present and sufficient coaching staff is present, the TACO method can also be initiated.
 - TACO- Tarp Assisted Cooling Oscillation; athlete is placed into a tarp with cold water and ice with the edges being held up by staff to maintain full-body immersion. The tarp can be oscillated to circulate water over the athlete's entire body.

Return-to-Play Considerations:

The athlete's physician should devise a careful return-to-play strategy that can be implemented with the assistance of a qualified health care professional.

ENVIRONMENTAL COLD GUIDELINES

- All outdoor athletic events at Nantucket High School and Cyrus Peirce Middle School operate under the guidelines below:
- The certified athletic trainer is responsible for communicating to coaching staff regarding these guidelines.
 - Wind-Chill Temp: 30- 25 degrees
 - Be aware and ready for possible cold injuries
 - Total exposure time: maximum of 2 hours
 - Wind-Chill Temperature: 25-15 degrees
 - Cover all exposed skin as possible
 - Rewarm: every 20 minutes for at least 10 minutes
 - Total exposure time: maximum of 60 minutes
- Sailing in cold weather is deemed dangerous. Cold weather is defined as combined air (includes wind-chill) and water temperature of 90°F and below, or when water temperature drops below 50°F.
 - In a situation where an individual falls into the cold water (< 60°F):
 1. Quickly remove the individual from the water.
 2. Call your certified athletic trainer immediately. If there is no response, activate emergency medical services. Give them the address of the nearest location that provides heating.
 3. Carefully move the individual to a safe and warm location.
- Recognition
 - Recognizing early signs of cold-induced stress may prove to be important in preventing cold weather-related injuries. The following signs and symptoms are considered to be early warning signs:
 - shivering
 - abnormal sensation at the distal extremities (e.g. numbness, pain, or burning sensation)
 - disorientation
 - slurred speech

Hypothermia

Signs and Symptoms:

- Shivering
- Cold sensation, goosebumps, confusion, numbness
- Intense shivering, lack of coordination, sluggishness
- Violent shivering, difficulty speaking, mental confusion, stumbling, depression
- Muscle stiffness, slurred speech and trouble seeing
- Unconsciousness

Treatment:

- Move individual to warm area, with great caution if cardiac arrhythmia observed
- Remove all wet clothing and replace with dry
- Assess airway, breathing, and circulation: treat if abnormal
- Monitor temperature using rectal thermometer
 - Mild: 98.7 – 95.0°F; Mod/Sev: 94.9 – 90.0°F
 - Avoid friction massages to area
 - Rewarm by applying gentle heat to axillae, chest, and groin

Frostnip

Signs and Symptoms:

- Pain
- Burning
- Numbness
- Tingling
- Skin turns hard and white
- Skin starts to peel or get blisters
- Skin starts to itch
- Skin gets firm, shiny, and gray-yellow

Treatment:

- Rule out hypothermia
- Immerse area in warm water (98.0 – 104°F)
- Protect area

Frostbite

Signs and Symptoms:

- Pain
- Burning
- Numbness
- Tingling
- Skin turns hard and white
- Skin starts to peel or get blisters
- Skin starts to itch
- Skin gets firm, shiny, and gray-yellow

Treatment:

- Rule out hypothermia
- Immerse area in warm water (98.0 – 104°F)
- Protect area

Treatment if a certified athletic trainer is NOT PRESENT:

1. Immediately call Athletic Director
2. Activate EMS by calling 911

If a certified athletic trainer is PRESENT:

1. Determine if the emergency action plan needs to be activated. If so, the Athletic Director will activate emergency medical services.
2. Treat the individual according to current medical practices.
3. When emergency medical services arrive, accompany or designate a responsible liaison to accompany the individual to the hospital.

ERGOGENIC AIDS

In compliance with legislation, MIAA Rule 62.1 and 62.3 Nantucket High School and Cyrus Peirce Middle School must adhere to the following requirements set forth by the state of Massachusetts.

62.1 From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product (including e-cigarettes, vape pens and all similar devices); marijuana (including synthetic); steroids; drug paraphernalia; or any controlled substance. This policy includes products such as “NA or near beer,” inhalants (defined as any substance that produces a mind-altering effect when inhaled), and misuse of over-the-counter medications and substances used for the purposes of altering one’s mental state. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student’s own use by their doctor.

62.3 Anabolic androgenic steroid use and performance enhancing drugs (PED’s) are of grave concern. Coaches need to send a clear, unequivocal message that MIAA Handbook July 1, 2021 – June 30, 2023 61 unauthorized steroid use and PED’s are not acceptable. This discussion should highlight the fact that the penalties for other substance use apply. Short and long term health effects can also motivate student-athletes to protect their future. Coaches should take a proactive role, learning about steroids, and then providing this information to their athletes.

Steroids can, with proper diet and weight training, increase muscle development; however, as is typical with most “get-rich-quick” schemes, steroid use has serious short and long term consequences.

Normal and equal musculature development can occur without steroid use. Although the natural process takes longer, muscle tone will last longer and does not carry the harmful side effects of steroids.

Most coaches would not promote steroid use intentionally. Total silence by coaches however condones use in some young people’s minds. Even though steroids may not be mentioned when it is suggested to an athlete that success is limited only by a lack of weight and/or strength, without a disclaimer the statement can be a motivation to use steroids. The pervasiveness of the drugs that allow for development of increased weight under the aforementioned circumstances is a coercive power that is difficult for young athletes to resist

without knowing what the side effects of the drugs may be. The issue goes beyond protecting the integrity of sport.

The use of steroids in sports is cheating. We must oppose the use of steroids for both health and ethical reasons.

In addition, Nantucket High School, Cyrus Peirce Middle School and its Athletics' program prohibit the use of any Ergogenic aids (such as creatine, anabolic steroids, etc.) that is not approved by the United States Food and Drug Administration, the Surgeon General of the United States or the American Medical Association for use by children or adolescents for the purpose to increase physical development, strength, and/or sports performance. In addition, all substances banned by the NCAA and the World Anti-Doping Agency are also prohibited. These include but are not limited to the following- anabolic androgenic steroids (AAS), stimulants (e.g. amphetamine, methylphenidate, caffeine, etc.), creatine, diuretics and other masking agents, street drugs, peptide hormones and analogues, anti-estrogens, beta-2 agonist, blood doping, local anesthetics, high level caffeine use (exceed 15 micrograms/ml in urine; see below*). If a question arises in regards to a medication or substance, please contact the Athletic Trainer before use.

Caffeine

Caffeine intake is restricted (but not totally banned) by the NCAA. Urine concentrations up to 15 mcg/ml are permitted by the NCAA, about 500 mg of caffeine ingested within one hour would approximate this level in a normal adult male. Levels above this would result in a failed drug test

Product	Amount of Caffeine	Equiv. in urine
1 cup (8oz.) of regular coffee	95-200 mg	1.5 – 3.0 mcg/ml
1 (12 oz.) coke/ pepsi	46 mg	.7 mcg/ml
1(1 tablet) No Doz	100 mg	1.5 mcg/ml
1 (2 oz.) 5 hour energy	200 mg	3.0 mcg/ml\

Possible side effects from caffeine include heart palpitations, anxiety, nervousness and/or insomnia.

Energy drinks not only contain a high amount of caffeine but also Synephrine (also known as citrus aurantium, zhishi, bitter orange) is an NCAA banned substance under the banned drug class stimulant. **Synephrine** is found in some "energy drinks" and weight loss products, often replacing ephedrine, which was removed from the market in 2004. Therefore should not be consumed at any time by any of Nantucket Public Shool athletes during their athletic season.

To see the complete list of the banned substance by the NCAA please go to:

<https://www.ncaa.org/sports/2015/6/10/ncaa-banned-substances.aspx>

To see the complete list of the banned substance by the World Anti-Doping Agency please go to:

<https://www.wada-ama.org/en/prohibited-list>

DIRECTIONS FOR EMERGENCY VEHICLES



To the Campus & Sports Fields

Nantucket High School/Nantucket Community Pool/Cyrus Peirce Middle School

[Field Hockey, Football, Volleyball, Swimming, Basketball, Baseball, Softball, Lacrosse]

10 Surfside Road, Nantucket, MA 02554

Nantucket Ice Community Rink, Bakus Lane Fields

[Hockey, Soccer, Lacrosse]

10 Backus Lane, Nantucket, MA 02554

Nantucket Intermediate School Fields

[Lacrosse]

30 Surfside Road, Nantucket, MA 02554

Miacomet Golf Course

[Golf]

12 West Miacomet Road, Nantucket, MA 02554

508-325-0333

Sconset Golf Course

[Golf]

260 Milestone Road, Nantucket, MA 02554
508-257-6596

Nantucket Golf Course

[Golf]

250 Milestone Road, Nantucket, MA 02554

Bartlett Farm's Cross Country Course

Gardner Property Cross Country Course

Great Harbor Yacht Club

[Tennis]

23 Nobadeer Farm Road, Nantucket, MA 02554
508-680-5011

Great Harbor Yacht Club

[Sailing]

96 Washington Street, Nantucket, MA 02554
508-325-5200

Jetties Beach Tennis Courts

[Tennis]

2 Bathing Beach Road, Nantucket, MA 02554

Nantucket High School

10 Surfside Road
Nantucket, MA 02554
508-228-7280

Welcome to Whaler Athletics!

Welcome to the Nantucket Public Schools Athletic Program! At Nantucket Public Schools we believe that co-curricular and extracurricular activities play an important role in the academic and physical development of every student. We believe that interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship, and promote the development of good character and other important life skills.

The Nantucket Public School Coaches Handbook is designed to provide coaches with information pertaining to MIAA and Nantucket Public Schools standards, policies, procedures and coaching responsibilities. All Nantucket Public School coaches are required to read the Nantucket Public School Coaches Handbook and to utilize the Nantucket Public School Coaches Handbook as the guide for performing their duties as a coach contracted by the Nantucket Public School Athletic Department.

The Nantucket Public School Student-Athlete Handbook is designed to guide student-athletes and parents as to what they can expect when participating in the Nantucket Public School Athletic Program, as well as what will be expected of them as participants in the Nantucket Public School Athletic Program. All Nantucket Public School coaches are required to read, understand and guide their student-athletes according to the guidelines as defined in the Nantucket Public School Student-Athlete Handbook.

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INTRODUCTION

Our Mission

The Athletic Program at the Nantucket Public Schools dynamically supports the academic mission of the school. The Nantucket Public School sets high expectations for its coaches and student-athletes. The Athletic Program at the Nantucket Public Schools will promote interscholastic athletics that provide lifelong learning experiences to student-athletes while enhancing their achievement of educational goals. Our goal is to teach the values of teamwork, pride, respect, commitment, good work ethic, sportsmanship and development of the proper winning attitude. It is our hope that through our athletic program participating student athletes will adopt these guidelines and develop a positive winning attitude that will carry over into all aspects of their lives.

Our Philosophy

Nantucket Public Schools consider participation in athletics to be an integral part of the overall educational experience. Athletics provides opportunities for physical, mental, emotional, and social development. The competition of athletics is viewed as a valuable experience because it challenges each student-athlete to strive for excellence, helps each student-athlete discover their physical limits, and requires each student-athlete to work cooperatively as a member of a team. While winning is a natural goal in the pursuit of excellence, the principles of good sportsmanship and enjoyment of competition take precedence at all times and enhance the educational value of all contests.

Our Team

- Dr. Elizabeth Hallett - Superintendent of Schools
- Mandy Vasil - Nantucket High School Principal
- Jennifer Psaradelis - Nantucket High School Assistant Principal
- Michael Horton - Cyrus Peirce Middle School Principal
- Adriene Lombardi - Cyrus Peirce Middle School Assistant Principal
- Tracy Mailloux - Cyrus Peirce Middle School Assistant Principal
- Travis Lombardi - Director of Athletics
- Matthew Hunt LAT, ATC - Assistant Athletic Director
- Tyler Konopka LAT, ATC - Athletic Trainer
- Dr. Timothy Lepore - NPS School Physician

Our Objectives

To provide an attractive program for the student-athlete:

- Provide the student-athlete with an enjoyable and rewarding experience.
- Make player safety and welfare our highest priority.

To give quality instruction in the fundamentals of each sport offered:

-
- Specific athletic skills and strategies.
 - Sportsmanship, ethical conduct and fair play.

To be an integral part of the secondary school curriculum:

- Inspiring all athletes to give their highest effort in the classroom, as well as, on the playing field.
- To stress the importance of self-discipline in both the classroom, the community and on the field.
- Teach our athletes that dignity, self-worth and self-esteem are achieved through hard work.
- To create a positive school climate that is enhanced when student-athletes and the remaining student population work together as a team to represent their school in interscholastic competition.
- Develop concepts of goal attainment through hard work and rigorous self-discipline, and to provide a vehicle for the development of interest in curricular school programs and for post secondary educational opportunities.

To make the athletic program a source of both school and community pride:

- Help each athlete to interact positively with faculty, community and fellow students.
- Make the team a positive influence on all who come in contact with it.
- To demonstrate the social competence of operating within a set of rules, thus gaining a respect for the rights of others, and an understanding that penalties follow rule violations.

NPS Coaches Code of Conduct

The Nantucket Public Schools fully endorses, promotes, and strives to follow the MIAA Coaches Code of Ethics as defined below. All NPS Coaches must read, understand and embrace these same philosophies.

The Nantucket Public Schools view all interscholastic athletic coaches as educators and teachers first. Each and every coach must be aware and take responsibility for the tremendous influence that they will have in the education of each participating student athlete. All NPS coaches are highly visible role models for our students and student-athletes.

All NPS coaches are also recognized representatives of our school in and outside of our community. As such, the conduct of all NPS coaches must at all times, both on and off the field of play and / or playing courts, be of the highest standard as to proper behavior, proper appearance, display of respect for others, display of good sportsmanship, and modeling of proper values.

All NPS coaches shall take an active role in the prevention of drug, alcohol, and tobacco abuse, and under no circumstances should authorize or approve of any use by a student-athlete. It should be noted that all NPS coaches are mandated to report any and all knowledge of the use of the same by a student-athlete to the school administration.

PRODUCT & PROCESS

General Information

- All coaches are appointed for a term of one year upon the nomination and recommendation of the Athletic Director to the Principal and Superintendent. Final appointment approval and hiring rests with the Superintendent. In accordance with Education Reform, athletic coaching contracts, as covered by the NTA Collective Bargaining Agreement, are for one year in duration. Contracts will be signed at least two weeks prior to the beginning of the sport season. It is the Athletic Director's responsibility to recommend continuation of a contract from year to year.
- All Nantucket Public Schools coaches must meet the approved CORI check.
- All coaches are responsible for adhering to all Nantucket Public Schools' policies, procedures, and practice the directives of the Athletic Director, Principal and/or Superintendent.
- Coaching salaries shall be fixed by the official wage scale approved by the School Committee for coaching responsibilities as delineated in the current NTA Collective Bargaining Agreement as Exhibit C. Booster Clubs may not pay a coaching stipend. However, the Booster Club may reimburse the Nantucket Public Schools for a coach's stipend. All stipend coaches or assistant coaches must be recommended by the Athletic Director and approved by the Principal and Superintendent.
- Post season evaluations of coaches shall be the responsibility of the Athletic Director. A conference shall be scheduled in which the coach's evaluation will be collectively reviewed. At this conference any matters of concern or continuation of contracts for the following year will be discussed.
- Volunteer coaches are coaches who volunteer without pay (receive no compensation from the school district or the boosters club). All volunteer coaches must be recommended by the Head Coach and the Athletic Director and approved by the Principal and the Superintendent. All coaches must have an approved CORI check. No volunteer is to work with any student-athlete(s) until approved and a CORI check is on file. In addition, volunteer assistants and parent volunteers must have an approved CORI check before they are allowed to chaperone buses with students or athletes. No individual can serve as a volunteer to provide direct or indirect service to students unless authorized by the Superintendent.
- The MIAA Code of Conduct shall be the standard for all coaching behavior.
- The coach shall refrain from imposing his/her personal religious beliefs through any activity. Religious ceremonies of any kind, including prayer before contests are a matter of individual conscience. The coach, as an agent of the school, should refrain from any leadership in a specific religious activity or prayer. In all cases, the individual moral rights of each individual student will be respected.
- MIAA Rule #33 indicates that all coaches' first serving as an interscholastic coach after July 1, 2005 must complete an MIAA sponsored or approved coaches education course of study. The approved course will consist of the NFHS Coaches' Principles Course (must be passed prior to coaching a second year) and the NFHS Sports First Aid course (must

be passed prior to coaching a third year). First Aid is offered as an online course. Coaches hired prior to July 1, 2005 yet first serving as an interscholastic athletic coach after August 1, 1998 must complete an MIAA sponsored or approved coaches' education course within one year in order to coach for a second year. Any teacher certified prior to August 1, 1998, as well as coaches who began their coaching prior to that date are not bound by this requirement.

- The following protocol will be utilized for coaches who do not follow the expectations and guidelines as set forth by the Coaching Handbook:
 - A documented verbal warning will be issued by the athletic director.
 - A written warning to be placed in the coach's file and a conference with the Athletic Director and/or Principal will be held.
 - Suspension from the team as determined by the Athletic Director and/or Principal.
 - Dismissal from the coaching assignment.

In the event this protocol is to be utilized, the behavior of the coach will determine what consequence he/she will receive. In addition, the coach will receive due process in order to determine the appropriate disciplinary consequence. In the event that dismissal occurs, the Superintendent will determine the stipend for the coach.

Head Coaches

You are responsible for all coaches and levels within your sport, as well as the duties listed below. Delegation of responsibility to your assistants is encouraged, however you are the person in charge at all times. Be certain that all responsibilities/duties are carried out.

Professional Expertise

- Instructs athletes in fundamental skills, training, and strategies necessary to achieve success.
- Has knowledge of game rules and MIAA/C&I League regulations and implements these rules on a consistent basis.
- Follows all NPS Athletic Handbook Policies (Coaches and Student) and instructs staff and athletes in accordance with these policies.

Personal Behavior

- Students will receive instruction and guidance that will lead to positive values, acceptable behavior, and self-discipline.
- Coach will exhibit responsible conduct both in and out of the competitive area.

School Relationships

- Promotes professional growth by encouraging staff attendance at clinics and conferences.
- Assigns staff specific duties, supervises the assignments, and completes proper evaluation at end of season.
- Supports all school programs.

Community/Parent Relationships

- Is responsible for good public relations with media, booster clubs, parents and officials.

-
- Consistently releases positive information to the media on a regular basis.
 - Promotes positive sportsmanship among parents, players and fans at all times.

Fiscal Responsibilities

- Responsible for all equipment collection and the documentation of any misplaced equipment.

Other Responsibilities

- Monitors and supervises athletic locker rooms before and after practice and games.
- Secures all doors, windows, and gates before leaving the facility.
- Develops, in each athlete, a respect for school property and its care.

Assistant Coaches

You share with the Head Coach many of these duties, and some of these duties may be delegated solely to you. Make sure that you carry out all duties assigned, remembering that loyalty, cooperation and support are essential to any successful program. Assist your head coach at all times. Your concerns or complaints should be discussed privately with the head coach first. If there is no resolution then take the concern to the AD.

Communication

Communication between coaches, student-athletes, and parents is critical to the overall success of the athletic program at the Nantucket Public Schools. Team communication apps such as 'Remind', 'Team Snap', 'Team App', 'Heja', 'Teamer', etc. are preferred over text messaging. The following outline should be used as a guide to facilitate effective communication between everyone involved with the athletic program at Nantucket High School.

Communication Student-Athletes and Parents Should Expect from the Coach

- The philosophy of the coach.
- The expectations the coach has for his/her student-athletes.
- The locations and times of all practices and contests.
- The travel plan and schedule away contests.
- Team requirements, i.e., practices, equipment, conditioning, etc.
- Immediate notification regarding any Injury.
- Direct communication regarding any disciplinary decisions and/or suspensions.

Communication Coaches Should Expect from Student-Athletes and Parents

- Notification of any prior injury or illness regarding the student-athlete.
- Notification of any schedule conflicts well in advance.
- Direct communication of any questions and/or concerns.

Issues that are Appropriate to Discuss with Coaches

- The treatment of your child.
- Means and methods by which a parent can help their child improve.
- Any concerns regarding a child's behavior.

Issues that are NOT Appropriate to Discuss with Coaches

- Team positional play and/or the playing time of a student-athlete.
- The coaches team strategy and play calling.
- Other student-athletes.

Direct communication between the coach and the student-athlete is the preferable method for answering questions and resolving problems with regards to any student-athlete. It is our hope that this form of communication will create an opportunity for our student-athletes to learn and develop communication skills to deal with authority figures in an open, honest and respectful fashion.

Coach / Parent Communication

There may be situations where a coach and/or parent need to communicate with or without the student-athlete present. When a coach/parent deems that a conference is necessary the following procedure should be followed to help promote a resolution to the situation.

Coach / Parent Conference Procedure

- The coach and/or parent should contact the parent and/or coach (preferably by E-mail or phone) to request and schedule a meeting date and time.
- If the coach and/or parent has difficulty contacting the parent and/or coach, the coach and/or parent should contact the Athletic Director for assistance in scheduling a meeting.
- Coaches and/or parents should not confront a parent and/or coach before, during, or after a practice or game for any purpose other than to schedule a meeting date and time.
- Coaches and/or parents are asked to be respectful in addressing parents and/or coaches.

If the scheduled conference between the coach, parent and student-athlete does not yield a satisfactory resolution, the coach and/or parent should contact the Athletic Director to schedule an appointment. The Athletic Director will schedule a collective meeting of all parties. The Athletic Director will listen to the concerns of all parties and then attempt to mediate a resolution.

If the scheduled conference between the coach, parent, student-athlete, and the Athletic Director does not yield a satisfactory resolution, the coach and/or parent should contact the building Principal to schedule an appointment. The building Principal will schedule a collective meeting of all parties. The building Principal will listen to the concerns of all parties and then attempt to mediate a resolution.

Student-athletes and parents must be confident that the voicing of a concern, using the proper forum and procedure, is not only free from penalty or retribution, but is strongly encouraged.

ONBOARDING TASKLIST

Prior to your season

- ☐ NFHS Fundamentals of Coaching Course
Must be completed by all coaches each year
- ☐ NFHS Concussion in Sports Course
Must be completed by all coaches each year
- ☐ First Aid / CPR / AED Certification
Must be completed by all coaches
- ☐ Town employee paperwork - Anja Durkovic - adurkovic@nantucket-ma.gov
Must be completed by all paid coaches
- ☐ Pre-Season meeting with Athletic Director
- ☐ Pre-Season meeting with your staff
- ☐ Inventory uniforms and program equipment
- ☐ Civil Rights & Title IX training
Must be completed by all coaches
- ☐ Mandated Reporter Training

During your Season

- ☐ Supervision of all athletes within your program
- ☐ Keep your game, practice and storage spaces secure and organized
- ☐ Notify Athletic Director of all game results and any incidents necessary to report
- ☐ Email Athletic Director all travel lists at least 24 hours prior to an away game
- ☐ Maintain all behavioral and academic standards in line with the school

After your Season

- ☐ Uniform collection
- ☐ Inventory uniforms and program equipment
- ☐ End of season meeting with Athletic Director

Head Coach Duties & Responsibilities

- Plan, organize and supervise all team meetings, functions, and practices.
- Compile and submit complete team rosters to the Athletic Director at least one week in advance of the first regular season game.
- Maintain daily attendance records to be provided at the request of the Athletic Director.
- Work with the Athletic Office to maintain proper inventories for any/all uniforms and equipment.
- Submit proper equipment inventories to the Athletic Office at the conclusion of each season.

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- Submit all requests for purchase of any new equipment and uniforms to the Athletic Director at the conclusion of each season.
 - Responsibility for and supervision of all team members; (1) in the locker rooms for practice, home games and away games; (2) during all practice sessions; (3) during game and scrimmage competitions both home and away; and (4) during any and all team travel.
 - Responsibility for the proper care of team locker rooms and any / all facilities. Follow and enforce the locker room policies that have been established.
 - Assist the Athletic Department in the storage of all equipment in a safe and proper fashion.
 - Responsibility for communicating with the Athletic Office regarding weather cancellations / postponements for any team events including games, practices, etc.
 - Helping with pre-game preparation of field / gym; including adhering to the Music Policy for team pre-game warm ups.
 - Reporting game results to media including but not limited to The Inquirer and Mirror, the Cape Cod Times, Nantucket Current, the Boston Herald and the Boston Globe.
 - Scheduling and conducting a pre-season coaches meeting for the parents of participating student-athletes. These meetings should focus on and include the coaches expectations and policies, game schedules, practice schedules, communication expectations for parents, team travel procedures, etc.
 - Responsibility for communicating with the Athletic Director regarding any student-athlete that may be interested in playing collegiate athletics.
 - Responsibility for adhering to the 2:20 to 2:50 “Academic Extra Help Time”.
 - Following the Parent & Coach Communication protocol as defined in this handbook.
 - Following the proper procedures for injuries and accidents as defined in this handbook.
 - Attending all pre-season and postseason league coaches meetings.
 - Informing the Athletic Director about any concerns or problems that the coach may have with regards to a student-athlete, an assistant coach, a parent, an official or the athletic program.
 - Maintaining and bringing a stocked medical kit to all practices and games. The head coach is responsible for communicating with the school’s Athletic Trainer for the purpose of restocking of the medical kit and/or needed medical supplies.
 - Completing of the end of the season report, including equipment and uniform inventories, and turning all required paperwork into the athletic department in a legible fashion and timely manner.
 - Other duties as assigned by the Athletic Director and / or school principal.

Assistant Coach Duties & Responsibilities

- Assist the head coach with all duties and responsibilities listed above
- Assist the head coach with any other duties as assigned by the head coach.

RESOURCES

Severe Weather Information

[Lightning/Thunder](#)

[Heat](#)

[Cold](#)

Emergency Action Plan

Find our Emergency Action Plan

Ferry Line Information

Ferry Schedules/Contact:

[Hyline Cruises](#)

Nantucket Terminal - 33 Straight Wharf, Nantucket, MA 02554 / (508) 228-3949

Hyannis Terminal- 220 Ocean Street, Hyannis, MA 02601 / (508) 778-2600

[Steamship Authority](#)

Nantucket Terminal - 1 Steamboat Wharf, Nantucket, MA 02554 / (508) 228-0262

Hyannis Terminal - 69 South Street, Hyannis, MA 02601 / (508) 771-4000

Woods Hole Terminal - 1 Crowdry Road, Woods Hole, MA 02543 / (508) 548-3788

Vineyard Haven (MV) Terminal - Union Street & Water Street, Vineyard Haven, MA 02568 (508) 693-0367

Oak Bluffs (MV) Terminal - 1 Seaview Ave, Oak Bluffs, MA 02557 / (508) 693-0125

Concussions

[Information sheet for athletes/families](#)

[Return to play progression](#)

[State legislation](#)

Bona Fide Team Member Rule

A bona fide member of the school team is a student who is consistently present for, and actively participates in, all high school team sessions (e.g. practices, tryouts, competitions). Bona fide members of a school team are precluded from missing a high school practice or competition in order to participate in a non-school athletic activity/event in any sport recognized by the MIAA. Athletes cannot be given special treatment (late arrival, early dismissal, etc.) for non-school athletic programs.

First Offense: Student-athlete is suspended for 25% of the season.

Second Offense: Student-athlete is suspended for an additional 25% of the season, and is ineligible for tournament play immediately upon confirmation of the violation.

Substance Abuse

During the season of practice or play, a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product; marijuana; steroids; or any controlled substance. **Note: Nantucket High School has expanded MIAA Rule 62.1 to encompass the entire school year, seven days a week, twenty-four hours a day.**

This MIAA statewide minimum is not intended to render “guilt by association”, e.g. many student-athletes might be present at a party where only a few violate this standard.

If a student in violation of this rule is unable to participate in interscholastic sports due to injury, academics, or otherwise, the penalty will not take effect until that student is able to participate again.

Penalty for First Violation: When the Principal confirms, following an opportunity for the student to be heard, that a violation has occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 25% of all interscholastic contests in that sport. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation.

Penalty for Second and Subsequent Violations: When the Principal confirms, following an opportunity for the student to be heard, that a violation has occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 60% of all interscholastic contests in that sport. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation.

Social Media

Instagram - @NHSSWhalers

Twitter - @NHSSWhalers

YouTube - @Nantucket Athletics

Inquire & Mirror Sports - @InkySports

Nantucket Current Sports - @NantucketCurrentSports

Nantucket Booster Club - @ACKBoosterClub

Nantucket Sports Connection - @ACKSportsConnection

Contact Information

- Mandy Vasil - Nantucket High School Principal - vasilm@npsk.org
- Jennifer Psaradelis - Nantucket High School Assistant Principal - psaradelisj@npsk.org
- Michael Horton - Cyrus Peirce Middle School Principal - hortonm@npsk.org
- Adriene Lombardi - Cyrus Peirce Middle School Assistant Principal - lombardia@npsk.org
- Tracy Mailloux - Cyrus Peirce Middle School Assistant Principal - mailloux@npsk.org
- Travis Lombardi - Director of Athletics - lombardit@npsk.org
- Matthew Hunt - Assistant Athletic Director - huntm@npsk.org - (617) 980-3195
- Tyler Konopka - Athletic Trainer - konopkat@npsk.org - (203) 927-7340

Updated: 1/24/2023 4:30pm

Matthew Hunt

NANTUCKET PUBLIC SCHOOLS DEPARTMENT OF ATHLETICS

WHALERS

ATHLETIC HANDBOOK FOR STUDENT-ATHLETES AND PARENTS

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INTRODUCTION

Welcome to the athletic program at the Nantucket Public Schools! The information contained in this handbook will help to answer many of your questions about interscholastic athletics at Nantucket High School and Cyrus Peirce Middle School. This handbook contains information regarding the rules and regulations that govern the athletic program at the Nantucket Public Schools.

For student-athletes, this guide will help you understand what you can expect as well as what is expected of you while participating in interscholastic athletics at the Nantucket Public Schools. For parents, this guide will help you understand our school's athletic policies. If your questions and concerns are not answered within this handbook, please feel free to contact the Athletic Department for a more specific answer.

Philosophy

The Nantucket Public Schools consider participation in athletics to be an integral part of the overall educational experience. Athletics provides opportunities for physical, mental, emotional, and social development. The competition of athletics is viewed as a valuable experience because it challenges each student-athlete to strive for excellence, helps each student-athlete discover their physical limits, and requires each student-athlete to work cooperatively as a member of a team. While winning is a natural goal in the pursuit of excellence, the principles of good sportsmanship and enjoyment of competition always take precedence and enhance the educational value of all contests.

Mission

The athletic program at the Nantucket Public Schools dynamically supports the academic mission of the school. The Nantucket Public School sets high expectations for its coaches and student-athletes. The athletic program at the Nantucket Public Schools will promote interscholastic athletics that provide lifelong learning experiences to student-athletes while enhancing their achievement of educational goals. Our goal is to teach the values of teamwork, pride, respect, commitment, good work ethics, sportsmanship and development of the proper winning attitude. It is our hope that through our athletic program participating student athletes will adopt these guidelines and develop a positive winning attitude that will carry over into all aspects of their lives.

Objectives

- To provide the opportunity for student-athletes to develop wholeness through learning experiences that contribute to their physical, mental, emotional, and social growth.
- To provide each student-athlete with the opportunity to develop their individual skill and potential.
- To provide the opportunity for each student-athlete to learn how to function as a member of a team.
- To develop the qualities of good sportsmanship, respect, responsibility, and moral integrity within each student-athlete.
- To develop an appreciation of the value of physical fitness and conditioning within each student-athlete.
- To teach the student-athlete to accept victory or defeat in a gracious manner.
- To teach the student-athlete the value of hard work and commitment.
- To provide opportunities for growth and development through athletic competition that will contribute to a successful adult life for each student-athlete.
- To develop school spirit within each student-athlete.

GOVERNING BODIES

Massachusetts Interscholastic Athletic Association (MIAA)

Nantucket High School is a member in good standing of the MIAA. With membership the Principal agrees that his/her school will abide by all rules and regulations of the MIAA.

Nantucket High School and Cyrus Peirce Middle School

Additional rules and regulations are set by the Nantucket School Committee and the building Principals. Under MIAA guidelines, local communities are allowed to set additional rules and regulations provided they are more restrictive than those stipulated by the MIAA.

MIAA RULES AND REGULATIONS

All Nantucket High School athletic teams must follow the rules and regulations as printed in the current MIAA handbook. The complete handbook is available on the MIAA website - <https://miaa.net/miaa-handbook>. The following is a condensed version of some of the more common rules and regulations affecting student-athletes and parents.

Rule 45: Loyalty to the High School Team: Bona Fide Team Members

A bona fide member of the school team is a student who is consistently present for, and actively participates in, all high school team sessions (e.g. practices, tryouts, competitions). Bona fide members of a school team are precluded from missing a high school practice or competition in order to participate in a non-school athletic activity/event in any sport recognized by the MIAA. Students cannot be given special treatment (late arrival, early dismissal, etc.) for non-school athletic programs.

First Offense: Student-athlete is suspended for 25% of the season (see chart on Rule 62). Second Offense: Student-athlete is suspended for an additional 25% of the season and is ineligible for tournament play immediately upon confirmation of the violation.

Rule 48: Sportsmanship: Taunting

48.1 Taunting includes any actions or comments by coaches, players, or spectators which are intended to bait, anger, embarrass, ridicule, or demean others, whether or not the deeds or words are vulgar or racist. Included is conduct that berates, needles, intimidates, or threatens, based on race, gender identity, ethnic origin or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs, or personal characteristics. Examples of taunting include but are not limited to: "trash talk", defined as verbal communication of a personal nature directed by a competitor to an opponent by ridiculing skills, efforts, sexual orientation, or lack of success, which is likely to provoke an altercation or physical response; and physical intimidation outside the spirit of the game, including "in the face" confrontation by one player to another, standing over/straddling a tackled or fallen player, etc.

48.2 Athletic participants may wear sun glare black only under their eyes.

48.3 In all sports, officials are to consider taunting a flagrant unsportsmanlike offense that disqualifies the offending bench personnel or contestant from that contest/day of competition. In addition, the offender shall be subject to all existing MIAA Disqualification Rules. A review of the MIAA taunting policy and a warning shall be given to both teams by game officials prior to each contest.

48.4 At all MIAA contest sites and tournament venues, contest management may give spectators

one warning for taunting. Thereafter, spectators who taunt players, coaches, game officials, or other spectators should be ejected.

Rule 51: Student Eligibility: Baseline Eligibility

For a student to practice with, or to represent a MIAA member school in athletic competition, the student must be duly enrolled in that school. Additionally, the student must be a candidate for that school's diploma, subject to the jurisdiction of that school's principal (i.e. the principal must have the authority to suspend the student from classes), and under the supervision of that school principal (i.e. the principal must have control and knowledge of the student's daily attendance and achievement). Ultimately the interpretation and application of Association rules rests with the MIAA executive director/staff and the Board of Directors. Principals (or athletic directors) must contact the Association executive staff to resolve any possible eligibility issues before permitting a student to represent your school. This rule complements Rule 52, 53, 54 and 55.

51.1 An ineligible student who is duly enrolled in your school, may practice with a team if approved by your school administration.

Rule 56: Student Eligibility: Physical Examination/Medical Coverage

56.1 All students must pass a physical examination prior to participation in High School Athletics. A physical exam covers the student for 13 months from the exam date. A student's eligibility will terminate once a physical has reached the 13 month limit. Physical examinations must be performed by a duly registered Licensed Physician, Physician Assistant or Nurse Practitioner. The Sports Medicine Committee recommended physical examination form is in the MIAA White Book.

A student in violation shall be suspended for the number of contests in which they participated without a proper physical. Teams do not have to forfeit these contests.

Rule 58: Student Eligibility: Academic Requirements

58.4 Academic eligibility of all students shall be considered as official and determined on the published date when the report cards for that ranking period are to be issued to the parents of all students within a particular class.

58.5 Incomplete grades may not be counted toward eligibility until they are made up following school policy.

58.6 A student who repeats work upon which student has once received credit cannot count that subject a second time for eligibility.

58.7 A student cannot count for eligibility for any subject taken during the summer, unless that subject was pursued and failed during the immediately preceding academic year.

Rule 59: Student Eligibility: Time Allowed for Participation after First Entering Grade Nine

59.1 A student shall be eligible for interscholastic competition for no more than four consecutive years after initially entering Grade 9. This limitation shall apply without regard to actual participation or attempt to participate.

Rule 60: Student Eligibility: Age

A student shall be under 19 years of age, but may compete during the remainder of the school year, provided that student's 19th birthday occurs on or after September 1 of that year. For Freshman competition only, a student shall be under 16 years of age but may compete during the remainder of the school year provided that the sixteenth birthday occurs on or after September 1 of that year. Principals must exercise great care in determining the age of contestants, and in all doubtful cases, must secure birth certificates from the town clerk of the pupil's place of birth.

Rule 62: Student Eligibility: Chemical Health/Alcohol/Drugs/Tobacco

62.1 During the season of practice or play, a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product; marijuana; steroids; or any controlled substance. **Note: Nantucket High School has expanded MIAA Rule 62.1 to encompass the entire school year, seven days a week, twenty-four hours a day.**

This MIAA statewide minimum is not intended to render "guilt by association", e.g. many student-athletes might be present at a party where only a few violate this standard.

If a student in violation of this rule is unable to participate in interscholastic sports due to injury, academics, or otherwise, the penalty will not take effect until that student is able to participate again.

Penalty for First Violation: When the Principal confirms, following an opportunity for the student to be heard, that a violation has occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 25% of all interscholastic contests in that sport. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation.

Penalty for Second and Subsequent Violations: When the Principal confirms, following an opportunity for the student to be heard, that a violation has occurred, the student shall lose eligibility for the next consecutive interscholastic contests totaling 60% of all interscholastic contests in that sport. It is recommended that the student be allowed to remain at practice for the purpose of rehabilitation.

Penalties shall be cumulative each academic year. If the penalty period is not completed during the season of violation, the penalty shall carry over to the student's next season of actual participation, which may affect the eligibility status of the student during the next academic year.

1st Offense - 25% of Season	
# of Events / Season	# of Events / Penalty
1-7	1
8-11	2
12-15	3
16-19	4
20+	5
2nd Offense - 60% of Season (and every subsequent offense)	
# of Events / Season	# of Events / Penalty
1-3	1

4	2
5-6	3
7-8	4
9	5
10-11	6
12-13	7
14	8
15-16	9
17-18	10
19	11
20+	12

Rule 63: Good Citizen

Student-athletes may not represent their school if they are on in-house or out-of-house disciplinary suspension. A suspended student is ineligible for practice or competition for at least the number of days (or partial days) equal to the number of days of the suspension. Local policies will determine the actual days of ineligibility.

NANTUCKET PUBLIC SCHOOL RULES AND REGULATIONS

Nantucket Public School Handbook for Student-Athletes and Parents

All student athletes and parents should read and fully understand the Nantucket High School and Cyrus Peirce Middle School Student-Athlete / Parent Handbook with particular attention to sections covering the following:

1. Academic standards for participation in NHS Athletics.
2. Penalties for student athletes who are late to school.
3. Penalties for students who are absent from school.
4. NHS substance abuse policies.

The complete Nantucket School Parent and Student Handbook can be found by visiting the school's website at www.npsk.org or you can obtain a copy from the front office at either school.

Nantucket Public Schools Academic Achievement

At the Nantucket Public Schools, student-athletes are expected and encouraged to maintain the highest level of academic achievement possible. All student- athletes and parents need to understand and acknowledge that academics take priority over athletics and all other extracurricular activities.

Academic Rules for NPS Coaches and Student-Athletes

- Practice starting times will be scheduled no earlier than forty (40) minutes after the end of the school day to allow student athletes time for study, extra help and make up for any missed

assignments. Any athletic practices scheduled earlier than forty (40) minutes after the end of the school day should not hold penalty to student-athletes using this time for study, extra help and/or make up for any missed assignments

- Coaches should be informed by student-athletes, in advance, when practice time will be missed due to academic obligations.
- Student-athletes who report late to practice due to academic reasons will not be penalized or punished.
- Student-athletes who report late to practice due to academic reasons are required to bring a note from the faculty member they have been working with.
- It is the responsibility of the student athlete to make up any missed class assignments within a period of one (1) calendar week or period granted by the teacher (whichever is greater). Failure to make up missed assignments within the allowed time period will cause the student athlete to lose their athletic travel privilege until those missed assignments are made up.
- **Add* School Administration,*** Teachers and/or coaches may place a student-athlete on an academic progress report plan when it becomes known that a student-athlete is performing poorly in the classroom. The student-athlete will be responsible for a weekly progress report form from the teacher to the athletic director and coach.
- Student-athletes who have been given notice of a failing grade in a class and do not within a time period assigned by the teacher bring that grade to a passing level will forfeit the privilege of early dismissal from that class for athletic travel at the discretion of the teacher and athletic director.

Academic Eligibility

All student-athletes must have a passing grade in seven (7) out of seven (7) Carnegie units from the previous high school year in order to be eligible to participate in athletics or extracurricular activities during the first quarter of the new school year.

Any class grade of below 60 **Remove*(65 at the middle school level)*** represents a failing grade for that class. During the school year any student-athlete failing one (1) or more classes from the previous marking period (quarter) will be considered academically ineligible for **game** participation on any NPS athletic team. **Add*School principals or athletic administrators may recommend that a student-athlete will not play in a game/match/contest until all current grades are passing (60 or above).** The student-athlete is eligible for and, encouraged to, continue to practice with their athletic team through any period of academic ineligibility. A student-athlete can regain game eligibility at the end of any marking period (report card issued) if they achieve a status of no failing grades.

Please note that, at the recommendation of the **Athletic Director and/or the School Principal** can approve to have a student-athlete who is found to be academically ineligible placed on an Athletic Academic Probation Plan which will allow for the student-athlete provisional eligibility to participate under a signed Athletic Academic Probation Contract.

The Golden Rules

- Coaches are responsible for making all decisions regarding their particular sport.
- Final decisions are the responsibility of the head coach.
- Any student-athlete who has a problem, question, or comment should bring it to one of their coaches. Your coaches will listen.
- All student-athletes will be expected to always show respect for their coaches, teammates, opposing coaches and players, and officials.
- When a coach, teammate, and/or official is speaking, all student-athletes should listen.
- All student-athletes will be expected to take pride in themselves, their teammates, their school and their community.
- All student-athletes will put the good of the team above their own personal goals or desires.

- All student-athletes will be expected to always give their very best effort.

Attendance – School

Students arriving to school unexcused tardy past 7:59am will not be allowed to participate in extracurricular activities, including athletics (practices and games). In the case of a last day of the week occurrence, this precludes the student from all athletic activities until the following school day.

If a student misses more than half of any class the student will be treated as absent from that class, and thus loses eligibility to participate in co-curricular activities for that day, including athletics.

Attendance – Team Practice

- Student-athletes are expected to be present at all team practices.
- Student-athletes are excused from practices for illness, injury, academic help sessions, family obligations and emergencies, or religious reasons.
- Unexcused absences from practices will be handled as follows:
 - The first unexcused absence results in a warning.
 - The second unexcused absence results in a one (1) game suspension.
 - The third unexcused absence results in a two (2) game suspension.
 - The fourth unexcused absence results in a suspension for the season.
- The head coach of each sport is responsible for setting up and notifying all participating student-athletes of the practice schedule as far in advance as possible.
- Any schedule conflicts should be brought to the attention of the head coach immediately.
- If you are going to be late for a practice;
 - notify the coach in advance if possible and,
 - report to the head coach when you arrive at practice.
- If you are going to miss a practice;
 - notify the coach in advance if possible and,
 - report to the head coach when you arrive at your next practice.

Attendance – Team Games

- Student-athletes are expected to be present at all team scrimmages and games.
- Student-athletes are excused from games for illness, injury, academic obligations, family obligations and emergencies, or religious reasons.
- Unexcused absences from games will be handled as follows:
 - The first unexcused absence results in a one (1) game suspension.
 - The second unexcused absence results in a two (2) game suspension.
 - The third unexcused absence results in a suspension for the season.
- The head coach of each sport is responsible for notifying all participating student athletes of the game schedule.
- We do our best to play all games on their scheduled dates. Weather and other conflicts may cause the postponement and reschedule of some games. All student athletes will be notified of any game re-schedule as soon as they are confirmed by the athletic director. All team game schedules can be found on line at ArbiterLive.com or www.miaa.net. All postponements and reschedules will be posted on these sites.
- Any game schedule conflicts should be brought to the attention of the head coach immediately.

Practice Time

On school days, practice sessions may not start before forty (40) minutes after the end of the school day (3:00 pm on the normal school day). Total practice time will average two hours in length but will vary from sport to sport at the discretion of the coach. Weekend and vacation practice sessions vary by

sport and should be expected at the varsity level. Interscholastic athletics demands much more commitment than a club or recreational activity. Student-athletes should be fully aware of the time commitment prior to trying out for a team.

Playing Time

Perhaps the most emotional part of a student-athlete's involvement in high school athletics centers around playing time. It is the responsibility of the coach to decide starting line-ups, position assignments, and playing time distribution. These coaching decisions are made **Remove*only*** by the coach, **Add*School principals/administration and Athletic Administration*** and are approached very seriously after having observed the student-athletes in practice sessions, scrimmages, and games. Participating student athletes are not guaranteed playing time.

Levels

At the junior varsity level, the coach will make a strong effort to provide all team members a fair amount of playing time. At this level, the coach is teaching the offensive and defensive philosophy of the program along with the skills necessary to progress to the varsity level.

At the varsity level, our teams are competing against opponents at the highest possible level of competition. In order to be successful, there are many instances when the major burden of the contest will be carried by the most highly skilled players.

Captains

It is expected that team captains will be leaders on their team, and they must be ready to assume duties as outlined by their coach. They are expected to be fully aware of team rules and student-athlete responsibilities. Captains are expected to communicate with the coach, team, and Athletic Director in the event of any problems that may affect the team or its members. Captains may be elected by their team or appointed by the coach. Captains may be relieved of their position for violation of team, school, or MIAA rules.

Captain's Practices

Captain's practices are not in any way sanctioned, encouraged, recognized, or condoned in any sport by the MIAA or Nantucket High School.

Cleats

At no time should cleats be worn in the building. Injury can occur from slipping on the tiled surface, as well as causing damage to the flooring. Please make sure that dirt and grass are removed from cleats and all other equipment before entering the school building.

Communication

Communication between coaches, student-athletes, and parents is critical to the overall success of the athletic program at Nantucket High School. The following outline should help to facilitate effective communication between everyone involved with the athletic program at Nantucket High School.

Communication Student-Athletes and Parents Should Expect from the Coach

- Philosophy of the coach
- Expectations the coach has for his/her student-athletes
- Locations and times of all practices and contests

- Team requirements, i.e., practices, equipment, conditioning, etc.
- Injury procedures
- Disciplinary decisions

Add*It should be known that texting from coach to player / player to coach is strongly discouraged. We encourage coaches to use communications apps such as TeamSnap or Remind or even email for coach to player / player to coach communication.

Communication Coaches Should Expect from Student-Athletes and Parents

- Concerns expressed directly to the coach
- Warning of any schedule conflicts in advance
- Notification of any injury or illness

Issues that are Appropriate to Discuss with Coaches

- The treatment of your child
- Ways to help your child improve
- Concerns about your child's behavior

Issues that are NOT Appropriate to Discuss with Coaches

- Playing time
- Team strategy and play calling
- Other student-athletes

There are situations that may require a conference between the coach, student-athlete, and parent(s). When a conference is necessary, the following procedure should be followed to help promote a resolution to the situation.

Conference Procedure

- E-mail or call the coach to schedule an appointment.
- If the coach cannot be reached, e-mail or call the Athletic Director for assistance.
- Do not confront a coach before, during, or after a practice or game.

If the conference does not yield a satisfactory resolution, e-mail or call the Athletic Director to schedule an appointment. The Athletic Director will listen to the concerns of both parties and then attempt to mediate a resolution. Student-athletes and parents must be confident that the voicing of a concern, using the proper forum and procedure, is not only free from penalty or retribution, but is strongly encouraged.

Athletic Registration

Prior to participation in athletics for each new season, student-athletes must complete the athletic online registration. The website for student-athlete registration is www.familyid.com. In addition to completing the online registration, all student-athletes must complete the following in order to be fully registered and eligible to participate:

1. All student-athletes **MUST** turn in a copy of their most recent physical to the athletic office prior to the first day of practice. Physicals are good for 13 months from the date of the exam. Students with expired physicals will not be permitted to participate in practices or games until a new physical is turned in.

2. Parent/guardian and the student-athlete must complete the following head injury/concussion requirements
 - a. Online concussion courses required by the state of Massachusetts.
 - i. <http://nfhslearn.com/courses/6...>
 - a. SWAY Baseline Assessment (valid for 2 years)
 - i. Those needing to complete a SWAY Assessment will be notified by the athletic department with further information
 - b. Extracurricular Pre-participation Head Injury/Concussion Reporting form (Needs to be completed every sports season)-
 - i. <https://www.mass.gov/doc/pre-p...>
3. User fees must be passed in prior to the first day of practice. User fee waivers and scholarship money will be available for student-athletes with financial needs. Applications are only available through the Athletic Director. No student will be denied the opportunity to participate in athletics for financial reasons.

Hazing

Any conduct or method of initiation into any student organization or team, which willfully or recklessly endangers the physical or mental health of any student or person is not allowed. Such conduct is a crime under chapter 536 of the laws of the Commonwealth of Massachusetts and will not be tolerated. Student-athletes and/or coaches found in violation will be dismissed from participation in athletics at Nantucket High School. It is the responsibility of all coaches to inform team members of the hazing law.

Injuries

All injuries must be reported to the student-athlete's coach **Add*and/or school's licensed athletic trainer***. After an injury, an injury report form must be completed and placed on file.

Physical Education

All student-athletes are required to participate in regularly scheduled physical education classes. Student-athletes that are medically excused from physical education class will not be allowed to participate in practices or games of any athletic team on that day.

Profanity

Student-athletes will refrain from the use of profanity at all times while participating in athletics at Nantucket High School.

Facilities

Student-athletes are expected to respect the locker rooms, gymnasiums, fitness center, and other general areas of use by the student athlete. We expect all student-athletes to take pride in the athletic facilities by using trash receptacles and keeping the facilities clean and in good condition.

Student-athletes will not be granted access to any athletic facilities without supervision by a school staff member. Student-athletes may not use the gymnasiums, fitness center, or locker rooms at any time unless there is a staff member present.

At the conclusion of the school day, student-athletes should bring all items that they will need the next day into the athletic locker room of the school. Student-athletes will not have access to the main school building after practices, games, or on non-school days.

Equipment/Uniform Responsibility

- Student-athletes have an obligation and responsibility for all athletic equipment issued to them.
- The student-athlete is responsible for the proper care of equipment from the date of issue to the date of return.
- Equipment and uniforms should be stored in a locked locker at all times when not in use.
- If a student-athlete loses school equipment or fails to return the assigned equipment in satisfactory condition, then he/she is subject to the following penalties:
 - Participation in any other NHS athletics team will be denied until the missing equipment is returned or replacement cost received.
 - The student athlete's diploma will be held by the school until any missing equipment is returned or replacement cost received.
 - If a student-athlete leaves a team during the season, for any reason, it is his/her responsibility to return all school equipment immediately.

School Discipline Obligations

A student-athlete with a school disciplinary obligation is expected to fulfill the disciplinary obligation before reporting to an athletic practice or game. Student-athletes cannot expect nor request disciplinary action to be postponed or canceled for any athletic related reason. **Remove*Nantucket High School* Add*School principals and/or Athletic administration*** reserve the right to remove a student-athlete from a team for excessive disciplinary issues and may reinstate the student-athlete upon sufficient evidence of improvement.

School Vacations

Due to scheduling parameters, many of our teams practice and play during school vacation periods. Any planned extended absences should be discussed with the coach prior to tryouts.

Security of Personal Belongings

All personal belongings should be locked in a locker during athletic participation. Nantucket High School cannot be responsible for the personal belongings of student-athletes.

Sportsmanship

Nantucket High School and **Cyrus Peirce Middle School** expect all parties at a contest to display an exemplary level of sportsmanship before, during, and after a competition. Coaches, student-athletes, and spectators are expected to treat opponents, game officials, and visiting spectators with total respect. Nantucket High School **Add*/Cyrus Peirce Middle School*** reserves the right to warn, censure, place on probation, or suspend any coach, student-athlete, or spectator determined to be acting in a manner contrary to the standards of good sportsmanship.

Transportation

- A bus will be provided to transport student-athletes from the school to either the Steamship or Hyline for travel. Only seniors are permitted the privilege of driving their cars from the School to these transportation locations. All other student-athletes are required to travel by bus.
- Student athletes may receive an early dismissal from school for athletic travel. Rules for early dismissal are as follows:
 - Student athletes are responsible for reminding teachers of required early dismissal.
 - Student athletes are responsible for making up any and all missed class assignments within one (1) calendar week.

- Student athletes who do not make up assignments within the one (1) week period will be eligible for athletic travel until all assignments have been made up.
- Student athletes who are failing a class will not be allowed the privilege of early dismissal from that class for athletic travel.

Team Rules and Regulations

At the start of each season, coaches may issue a separate set of team rules and regulations to their team. It is required that these rules and regulations be in written form and distributed to all team members prior to the start of the season. Team rules will require approval from the Athletic Director.

Participation and Tryouts

- Student-athletes should understand that participation in athletics is a privilege.
- Prior to the tryout period, the coach will provide an explanation of his/her expectations. It is the student-athletes responsibility to demonstrate that he/she can meet those expectations.
- An unlimited participation policy will be used whenever possible. There are factors which necessitate the size of a team to be limited in order to maintain a high level of safety, coaching effectiveness, playing and practice time.
- The following will be considered reasons to limit the size of a team:
 - Safety factors.
 - Available time and facilities.
 - Exceptionally large turnouts for a particular sport.
 - Travel teams will be limited to budget and academic restraints.
- Student athletes for all sports will be evaluated in the following manner:
 - Their attitude.
 - Their effort.
 - Their participation.
 - Their ability.

Suspension from Team

Any student-athlete who violates athletic (MIAA/school/team) rules and regulations is subject to suspension from the team. The coach and/or the athletic director shall determine if a violation of the athletic rules and regulations has occurred. In all cases, infractions should be reported to the Athletic Director. The length of suspension, unless specified by the MIAA, will be left to the discretion of the coach and Athletic Director, with the approval of the Principal.

If disciplinary action is taken, a student-athlete has the right to have his/her case reviewed upon request. The review committee will consist of the coach, the Athletic Director, and the Principal or his/her designee. The final decision on these matters' rests with the Principal.

Varsity Letter Requirements

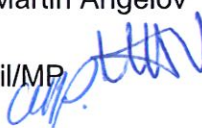
In order to be eligible for a varsity letter, a student-athlete must complete a full season of participation on a varsity team as a member in good standing. The varsity coach's recommendation is required for the awarding of all varsity letters. All varsity letter winners will receive recognition at end-of-season awards events.

GOOD LUCK TO EVERYONE INVOLVED IN NANTUCKET HIGH SCHOOL ATHLETICS!

GO WHALERS!

MEMORANDUM

Nantucket High School

TO: Nantucket School Committee
CC: Katie Bedell; Martin Angelov
FROM: Mandy H. Vasil/MP 
DATE: March 2, 2023
RE: Donations to NHS

Attached please find donation checks (copied) for the Nantucket High School to be accepted by the Nantucket School Committee on behalf of the following donors:

Grainne Maggio	\$ 500.00
*NHS Culinary Arts Department (Gift Acct)	
Nantucket Island Lumber	\$1000.00
*NHS Woodshop Department (Gift Acct)	
Hayward Photography	\$1687.57
*NHS Activity	

Upon acceptance, the checks will be deposited in the NHS Gift Account to be used specifically to benefit the departments as noted above.

**Nantucket School Committee
Meeting Minutes
January 24, 2023**

Present Members: Chair Timothy Lepore, Pauline Proch, Laura Gallagher Byrne, Esmeralda Martinez, and Anthony Fox. Also present from the Studio, an NCTV Representative. This meeting is an in-person participation meeting in compliance with Governor Charlie Baker's statement allowing public bodies the ability to hold a meeting at a physical location that is open to the public, without requiring to provide alternative means of remote access.

The January 24th, 2023, School Committee meeting was called to order at 6:02 PM in the Nantucket High School, LGI by Chair Timothy Lepore with a motion made to approve the agenda by Pauline Proch, seconded by Esmeralda Martinez and approved unanimously.

There were no comments from the Public.

Superintendent's Report

Dr. Hallett began her report on the changes in Chapter 37H 3/4 of the Massachusetts General Law pertaining to language in student discipline. She explained the Department of Education is not pleased with the number of suspensions statewide and read the language from the State to the Committee. Superintendent Hallett explained the State would like alternate ways to re-engage students and have an alternative remedy other than suspension along with keeping close attention to documentation. Discipline for felony behavior or having controlled substances does not change, it is more of insubordinate behavior they want districts to look at different forms of discipline apart from out of school suspensions. Dr. Hallett reported that the Principals and Assistant Principals are already implementing the paperwork process.

Dr. Lepore was concerned about missed academics. Dr. Hallett explained students still have the right to materials and tutoring.

Mrs. Proch asked if there is a difference from how the district were previously handing suspensions. Dr. Hallett said no, but there needs to be clear alternative remedies in place instead of jumping to suspension.

Mr. Fox how many students have been suspended this year? Dr. Hallett responded she would have to look back at numbers.

Superintendent Hallett then spoke about the upcoming Multilingual Parent Advisory Council, (MLPAC) presentation on the importance of attendance. Close to 50 families have requested to take vacations for an extended period, some as long as 3 months. Dr. Hallett explained we need to let the families know this is a serious problem that causes a gap in their child's education, and they need to enroll their student in school where they are traveling to. Families also need to know children are at risk of not being promoted.

Superintendent Hallett acknowledged in some cultures family comes above education, but it is a State/federal law. They are still looking for a date but hoping for February 3.

Mrs. Proch asked if it is predominantly English language learners going away for extended trips and do students get tested academically upon return. Superintendent Hallett replied it is a mix and there are classroom assessment tests that are done multiple times a year.

Dr. Hallett shared a few things going on around the district. Last Wednesday, High School music teachers put on a great concert with some challenging music. On February 4 & 5 select chorus and instrumental music students will participate in the All-Cape Music Festival. This Thursday is NIS multicultural night and encourage members to attend.

Presentations and discussions of issues of interest to the Committee

Mr. Anguelov reported on the 2nd Quarter Budget update that was just completed October 1st through December 31st with total expenditures for the school including payroll and operating expenses a little over 807,000.00 over last year at 47% expended. Mostly due to repair and maintenance expenses as well as increased electricity costs. Payroll has also increased due to contractual obligations. He then spoke about the Community School and the 50,000.00 appropriation to absorb the cost of medical insurance costs.

Both years have been lucky enough to purchase vehicles for Drivers Education.

Mr. Anguelov thanked NET for contributing \$10,000 last year and \$7500 this year toward the vehicles as well as the Community Foundation who donated \$2500.

He then reported on the school lunch deficit that continues to go down, as of December 31 it was at a little over 50,000. The district is receiving large federal reimbursement for lunch and breakfast. This year they have gone back to reporting the meals and just went through an audit and received some minor corrections and items to address.

Mrs. Proch commented on the quality and selection of food improving and Chartwells is willing to work with us. Mr. Anguelov agreed.

Budget Development, Schools and Academic Departments

NHS Principal, Mandy Vasil, gave a thank you to the School Committee for their support and agreed the lunches are much better this year. She spoke of the requested increase of \$36,000 for supplies and teaching resources which will spread out over 12 departments including their vocational classes. They have also requested a World Language and EL teacher, anticipating an increase in students.

Mrs. Vasil then went on to speak about the nursing program and would like to increase the nursing teaching position to a .6 and anticipate having her full-time. She then shared High School is 19% of the district budget. Mrs. Gallagher Byrne questioned what the nursing position is currently. Mrs. Vasil responded it is a .4 now and will move to a .6.

Dr. Lepore was in favor of an increase in homegrown nurses as it is a critical issue, The Hospital pays a lot for traveling nursing.

Principal, Michael Horton of the Cyrus Pierce Middle School started his presentation by thanking the Committee for their support and sharing photos. Mr. Horton went through his presentation and shared the CPS is 14% of the overall district budget with 97% being payroll. Looking at enrollment projections, next year student numbers will go down due to promoting large 8th grade class. There are no additional requests this year. He shared the COS is reducing the number of teaching assistants from 11 to 9. Currently the CPS is operating with 9 TA's this year and with enrollment going down the two open TA positions are going to merge to one teacher position at the High School. The CPS is looking to add a 2nd Spanish teacher (which is already budgeted for) as well as another encore teacher for students to have more options. Which could be theater, cooking, or nursing. Mr. Horton went over the number of core teachers, which will be six in each grade due to the enrollment needs next year.

Dr. Lepore questioned the requirement of having Spanish in grade 7 and not 6 or 8. Dr. Hallett replied there is work to be done on offering more and we hope to be able to spread out Spanish in each grade level as well as offering another language option.

Nantucket Intermediate School Principal, Evemarie McNeil also started her presentation by sharing photos of the students and staff at NIS. Mrs. McNeil then went to the budget narrative and shared her gratefulness to be able to retain what they already. The only request is the library teacher goes from .8 to a full-time position. Currently have a wonderful library teacher this year and feel the library can be the heart of the school and hope to have her all five days.

Mr. Fox asked if NIS was the only school to not have a full-time library teacher. Mrs. McNeil responded, yes. Dr. Lepore agreed and thinks it is an important position.

Nantucket Elementary School Principal, Kimberly Kubisch spoke to the pictures in her presentation and how they make the budget report real. NES represents 17% of the budget; 98% is salary. They are requesting ESP, Patricia Harding, to move from a 10-month position to a 12-month position. Mrs. Kubisch explained The Elementary School has a lot of walk ins and phone calls as they have the second largest enrollment with the youngest learners and other offices located in NES. Patricia is fluent in both English and Spanish and welcoming to all that come into NES. Mrs. Kubisch is also hoping to add one more reading interventionist to support students. Lastly, she shared her gratitude as the Elementary budget can be tricky as they don't know what Kindergarten number will look like. Currently there are 80 students enrolled from the two registration nights in January.

Mrs. Martinez asked if 80 is the average number of students for kindergarten. Mrs. Kubisch confirmed yes, she has seen anywhere from 70-90 students.

Mrs. Gallagher Byrne and Mrs. Proch both agreed what a crucial part of NES Patricia is.

Mr. Fox is also in support of Patricia as he volunteers twice a week at NES and has witnessed her hard work firsthand.

Deb Gately, Director of Special Services started her presentation by explaining that special education, school counseling, social work, and school nurses fall under the Special Services Department. It has the largest percent of the budget at 22%, with 86% being payroll. Ms. Gately agreed with her colleagues and thanked the committee, Martin, and Dr. Hallett for their support. The two most recent positions of an addition BCBA and transportation specialists has made an enormous difference. She spoke of the positions that are still vacant this year and the need to contract with ten separate providers to keep in compliance. The Special Services Department also has \$546,000.00 in IDEA grant money in addition to the budget. Besides payroll, the most significant part of the budget is tuition for students, currently 8, who are placed out of the district. Next year there will be 7 students as one will age out. Ms. Gately shared that when she started there were 11 students placed out of district, but with the additional support staff and programming, it allows Nantucket kids to continue living on Nantucket.

Mrs. Gallagher Byrne asked in terms of the grants, and is it tied to a curriculum. Ms. Gately explained they design the grant with something in mind or purchasing new curriculum.

Mrs. Proch commented on how each year she is amazed at how Ms. Gately oversees so many areas along with the law-making sure you are in compliance. She also talked about the vacant ESP position that has not been filled.

Mrs. Gately acknowledged it will be great when they are fully staffed due to the constant state reporting.

Superintendent Hallett spoke on behalf of the EL Department started the presentation with Bilingualism matters and explained when we have students who have more than one language that is an asset. Dr. Hallett encourages

us to embrace and celebrate students speaking more than one language. The EL budget is 5% of SC budget and payroll is 96% of it. The one ask is for a SEI coach Catherine Norton is being used exclusively in High School. A second coach would be extremely instrumental for Grades 3-8.

NEASC Decennial Visit - Page Martineau

High School English Teacher and Decennial Coordinator Page Martineau

explained that NEASC, New England Association of Schools and Colleges is a voluntary, non-profit organization that NHS belongs to. They make sure we are providing students with a quality education. Mrs. Martineau went through the cycle process and explained on March 13 - 15 they will be here and will need to meet with the School Committee. By the end of their visit, they will provide a report and what they saw, and the report will be made public. She then explained the 5 Standards they are looking for which are Learning Culture, Student Learning, Professional Practices, Learning Support, and Learning Resources. Mrs. Martineau went through the 4 C's, our capacity for growth. Conceptual understanding. Commitment, Competency, Capacity. She then invited the School Committee member to walk through the halls beforehand.

Mrs. Gallagher Byrne asked how long NPS has been a member. Mrs. Martineau and Ms. Psaradelis explained there was a movement and they stepped away, but now it is more aligned with standards.

Conversation of is it worth continuing this process. Now that DESE is requiring standards. Mrs. Martineau doesn't know of any process that asks you to look in the way NEASC does, to have a team of complete outsiders.

Dr. Lepore is interested in seeing the changes.

Committee discussions and votes to be taken

Vote to Approve fundraising check from Hayward Photography to the CPS in the amount of \$1425.90, *Pauline Proch made a motion to approve, Esmerelda Martinez seconded, and with no opposed vote, the motion was approved.*

Vote to Approve donation from MIT Club of Cape Cod to NHS Science Department in the amount of \$500.00, *Pauline Proch made a motion to approve, Esmerelda Martinez seconded, and with no opposed vote, the motion was approved.*

Vote to Approve donation of string instruments from Lighthouse Education and Coaching, LLC. to Nantucket Intermediate School in the amount of \$4397.78, *Pauline Proch made a motion to approve, Esmerelda Martinez seconded, and with no opposed vote, the motion was approved.*

Vote to Approve donation from The Town of Nantucket Health and Human Services, Rural Health Grant to Nantucket Community School, Early Childhood Center in the amount of \$5000.00, *Pauline Proch made a motion to approve, Esmerelda Martinez seconded, and with no opposed vote, the motion was approved.*

Vote to Approve January 10, 2023, Meeting Minutes, *Need to revote on this*

Transfers & Invoices, *Pauline Proch made a motion to approve, Esmerelda Martinez seconded, and with no opposed vote, the motion was approved.*

Sub-Committee/Work Group Report - Mrs. Gallagher Byrne and Mr. Fox reported on the Policy Committee and appreciated being able to review the policies in a google sheet and not the large binder.

Mrs. Gallagher Byrne was unable to make the Feb. 3 Cape Cod Collaborative meeting but will be at the next one.

Negotiations are continuing.

Student Council Representative

On behalf of School Council representative Natalie Mack, Dr. Hallett reported the Nantucket Golf Club Scholar program has started interviews and a total of 31 students applied.

Vocational scholarships are still ongoing.

Mrs. Proch asked what the deadline is for all scholarships. As Mrs. Fusaro asked Our House would be willing to host a night to help parents/student help. Mrs. Vasil thinks it is May 1.

Mrs. Vasil also announced exciting news that one student qualified for the State Festival at the Cape and Island, Kip Buccino.

Agenda for the next meeting, February 2, 2023, 6:00 PM, Workshop Meeting -Plumbing Issues & Bathroom Vandalism, Dark Sky

February 7, 2023 - Project 351, High School Program of Study, Innovation Pathways Audit, FY Public Hearing

Possibly move February 21 to the workshop meeting.

Adjournment Motion to adjourn at 7:40 PM by Laura Gallagher Byrne seconded by Esmerelda Martinez, with none opposed, the motion passed.

Respectfully submitted,

Katie Bedell

School Committee Clerk

**Nantucket School Committee
Workshop Meeting Minutes
February 2, 2023**

Present Members: Chair Timothy Lepore, Laura Gallagher Byrne, Esmeralda Martinez, and Anthony Fox. This meeting is an in-person participation meeting in compliance with Governor Charlie Baker's statement allowing public bodies the ability to hold a meeting at a physical location that is open to the public, without requiring to provide alternative means of remote access.

The February 2, 2023, School Committee Workshop meeting was called to order at 6:00 PM in the Nantucket Intermediate School Cafeteria by Chair Timothy Lepore with a motion made to approve the agenda by Pauline Proch, seconded by Esmeralda Martinez and approved unanimously.

The workshop session will begin and no votes will be taken. Discussion will begin.

Plumbing Issues/Bathroom Vandalism- NHS/CPS

Superintendent Hallett began the discussion on plumbing issues and vandalism at the High School and Middle School. She acknowledged there are two problems, one being vandalism and two, the bigger issue, students addicted to nicotine through vaping devices, then disposing of them by flushing them. Dr. Hallett turned the conversation over to Diane O'Neil, Director of Facilities, who reported the repair costs to be over \$120,000, which does not include the time or money saved by our staff being able to unclog items without having to call a plumber. Ms. O'Neil explained what had recently been done trying to prevent the clogs from happening by removing bathroom doors along with all paper towels taken out of the bathrooms. Yet there are still items such as avocados, apples, posters, notebooks, and t-shirts, to name a few, that students have tried to flush.. Martin Anguelov, NPS CFO, confirmed the repair cost amount along with the issue still being ongoing. The \$120,000 doesn't include the manpower during the day; NPS is already understaffed, and dealing with these acts of vandalism really taxes the Facilities Department.

Dr. Lepore asked about the location of the vandalism at both the NHS and CPS. Ms. O'Neil responded that it is primarily at the High School.

Dr. Lepore also wanted to know if parents would be financially responsible for the pump if they could identify the student perpetrator. NHS Principal Mandy Vasil replied yes if they could prove who it was. She shared that every teacher talked to each of their classes. She and Jennifer Psaradelis, NHS Assistant Principal, also held an emergency parent meeting on the issue. She included that some teachers go into the bathroom, monitor, and are catching some students but mentioned it is a fine line with privacy to put that responsibility on our teachers. Mrs. Vasil also shared that students don't want to get caught but are leaving the vape pens and cartridges on the back of the toilets instead of flushing them.

Dr. Lepore asked about closing all bathrooms and using PortaPotties as an option. CPS Principal Michael Horton spoke of an incident today at CPS with stickers trying to be flushed at lunchtime; he also thought that putting a few PortaPotties on the CPS patio might deter this behavior. They would be visible to staff through the glass. Ms. O'Neil isn't against PortaPotties but does have concerns they will just be tipped over. She also mentioned speaking to a teacher today who confirmed it is uncomfortable monitoring students in the restroom.

The conversation moved forward on ways to manage who is in and out of the restrooms. Dr. Hallett suggested creating a QR code going into the bathroom as a timestamp to know when students are in and out. Mr. Horton mentioned another program named EHall Pass.

Mrs. Proch questioned if there are cameras across from the restroom and if volunteers could come in and monitor during lunchtime. She also mentioned that she has spoken to some students, and they have admitted they do not want to get searched so they flush the vapes. Mrs. Proch strongly feels that we need to start addressing vaping; in the past, funds were received for no-smoking campaigns, so perhaps there are funds available for an anti-vaping campaign.

CPS Assistant Principals Tracy Mailloux, and Adrienne Lombardi mentioned that vapes are not FDA approved, and some vapes have 500 doses per cartridge, taste like a Capri-Sun, and are highly addictive.

Mrs. Vasil would like to propose an amendment to the High School Student handbook that students that are caught vaping need to participate in an educational program around the dangers of vaping. She would also like to talk to Athletic Director Travis Lombardi about having a parent-student meeting before Spring sports. Dr. Hallett agreed and would like to see a meaningful parent workshop on what the signs of vaping are and the general understanding of vaping.

Dr. Lepore thinks there is still a major behavioral issue with items being flushed down the toilets and thinks some students know who is doing it; he then suggested taking budget money from the Athletic Department. Mrs. Lombardi explained the student's behavior of avoidance and defiance is due to kids being in crisis; they are struggling and therefore self-medicating and exhibiting reckless behavior. Ms. Psaradelis agreed with Mrs. Lombardi that most behavioral issues are connected to school avoidance. Last year was more emotional, and this year there is a shift towards physical aggression. Students are experiencing a skill deficit, which knows no age, even though they may be 18 and almost graduating.

School Committee Member Rocky Fox asked what we can do as these students are crying out for help.

Superintendent Hallett responded that the one thing that hasn't been talked about is getting the students involved. She would like to meet with the Superintendent's Student Advisory group and find out what they think and what their suggestions are as the students are living it; they have friends addicted. They have the power to influence their friends and peers. She also questioned how we empower parents. Shutting down athletics isn't going to help.

Mandy Vasil asked if there are any funds to develop school culture with incentives. Mrs. Gallagher Byrne suggested workshops for students with parents and community members.

Mrs. Proch brought up the fact that some students are addicted, but they don't want to vape and need help quitting. She then mentioned having a parent forum at Our House.

Dr. Hallett said we need to have a workshop to inform parents as well as a student-athlete and parent meeting with consequences based on the first offense. The members and administrators conversed back and forth on PortaPotties as well as remembering that some students having anxiety over using the restroom with some students not using the bathroom all day.

Dark Skies Article at ATM

Dr. Hallett shared there is going to be an Article on the Town Warrant that is proposing to change the lighting on the island for municipal and commercial properties. Which will cause security issues for our campus. Superintendent Hallett acknowledged that while she appreciates the Dark Skies, it would be a safety concern and turned to Ms. O'Neil to elaborate.

Diane O'Neil explained it would be a significant cost increase which would require tearing up the current lighting, but more importantly it would be a safety and security concern, as employees need to access the buildings at night when alarms go off. The cameras are also not able to record in the dark.

Dr. Lepore asked about motion activated lights. Ms. O'Neil explained they do not always work.

Mrs. Vasil, who lives behind the school, explained that when she walks her dog at night, she still needs to use her flashlight as there are parts of the campus that are not lit up. She doesn't understand what the issue is and doesn't feel the lighting is too bright.

Mr. Fox asked if we are state and federal compliant, to which Ms. O'Neil replied that we are.

Ms. O'Neil shared that during the past winter sports season, she received multiple emails from parents saying the campus was too dark at night.

Dr. Hallett wondered if there could be a motion of an amendment to the Article on the Warrant to exclude municipal buildings when the motion is presented.

Adjournment Motion to adjourn at 7:30 PM by Pauline Proch, seconded by Laura Gallagher Byrne, with none opposed, the motion passed.

Respectfully submitted,

Katie Bedell
School Committee Clerk

**Nantucket School Committee Public Hearing
Meeting Minutes
February 21, 2023**

Present Members: Chair Timothy Lepore, Laura Gallagher Byrne, Esmeralda Martinez. Anthony Fox - arrival 5:32 PM. Also present from the Studio, an NCTV Representative. This meeting is an in-person participation meeting in compliance with Governor Charlie Baker's statement allowing public bodies the ability to hold a meeting at a physical location that is open to the public, without requiring to provide alternative means of remote access.

The February 21, 2023, School Committee Public Hearing meeting was called to order at 5:30 PM in the Nantucket High School, LGI by Chair Timothy Lepore with a motion made to approve the agenda by Laura Gallagher Byrne, seconded by Esmeralda Martinez and approved unanimously.

Superintendent Hallett started the budget presentation by thanking the District Leadership Team as they are instrumental in creating the budget. She explained that this year had been a year of uncertainty in the current economy, such as increases in fuel and other areas inflation has risen. Also, teacher negotiations will need to be considered as that will affect the budget. Dr. Hallett shared an enrollment summary from 2011-2024 (projected) showing an increase of about 30 students based on the trends seen and calculating the budget based on the number of students and their needs as well as looking carefully at the special populations that include tuition costs for Out-of-District students. Another item that needs to be considered is the cost of living as contracts are negotiated each year. Superintendent Hallett then presented a slide showing the historical enrollment by grade over the last 20 years, noting the importance of the significant demographic shift from a majority of white students to now the majority of students being of color. This is something our district has come to understand, celebrate, and appreciate as we continue to grow with the change as well as consider the needs of our students in the special populations, such as the English Learner population, which has significantly increased over the years from 2006 with 33 students to a projected 327 students next year, requiring additional staffing. Dr. Hallett then presented on the Special Education Population seeing an increase as well, along with some students having more significant needs than in the past. Being on an island, the need to prepare and collaborate where we can send students for more specific needs is also an important thing to consider. She then turned the presentation to Martin Anguelov, CFO.

Mr. Anguelov explained how each year the budget starts with the previous year budget, which was \$34,426,987 and then presented to the School Committee in October the rollover number for FY 24 being \$36,526,987. The projected increase of \$2,100,000 includes existing contractual obligations plus future expenses. He spoke of the increase in facility costs, transportation, and lack of bus drivers, which has also affected the budget. Mr. Anguelov then presented the per-pupil expenditure chart, which is directly from the State which showed to be consistently over the State average. He then shared the Chapter 70 historical comparison chart, which is an attempt of the state to make sure every district provides an adequate education. He explained it aims to factor in the local contribution and what the State considers to be adequate and uses a complex formula as well as taking into consideration growth, inflation wage scales, even the amount of English language learners and keeps evolving over the past 30 years

Dr. Hallett presented the federal grants graph and went through explaining how the district offsets the budget by the additional funding.

Mr. Anguelov went through operating expenses, which have been consistently between 79% and 81% with next year being 84%. He shared that payroll is a high percentage of the total budget and would love to see the balance of the budget no higher than 80% payroll and 20% operations. Then he shared the Community School revenue breakdown, acknowledging that the Community School took a hit during covid.

Superintendent Hallett explained priorities and parameters that were followed to create the budget development. She then went through the budget increase requests.

- Nantucket Elementary School- add 0.2 FTE to an ESP
- Nantucket Intermediate School - add .02 to a Library Teacher
- EL Department - add 1.0 FTE SEI Coach
- Facilities - add 1.0 FTE Facilities/ Grounds Department

She shared the needs the budget is linked to the district and school goals with particular attention to access and equity for all students.

There were no questions from the Committee.

Adjournment Motion to adjourn at 5:52PM PM by Esmerelda Martinez seconded by Laura Gallagher Byrne, with none opposed, the motion passed.

Respectfully submitted,

Katie Bedell
School Committee Clerk

**Nantucket School Committee
Workshop (Retreat) Meeting Minutes
February 22, 2023**

Present Members: Chair Tim Lepore, Vice Chair Pauline Proch (arrived at 6:47 pm), Secretary Esmeralda Martinez, Laura Gallagher Byrne and Anthony Fox. This meeting is an in-person participation meeting in compliance with Governor Charles Baker's statement allowing public bodies the ability to hold a meeting at a physical location that is open to the public, without requiring to provide alternative means of remote access. A motion was made by Rocky Fox, seconded by Esmeralda Martinez, and approved unanimously, to open the Meeting and adjourn to Workshop Session which was called to order at 6:00 PM, by Chair Timothy Lepore, at the Nantucket Community School offices at 56 Center Street. A motion was also made by Rocky Fox to approve the agenda for the meeting, seconded by Esmeralda Martinez, and approved unanimously.

Progress Report on Superintendent's Goals

Dr. Hallett shared a print-out of a midyear progress report on her Superintendent Goals. She went through each goal and provided specifics around the level of progress that she has made on each of the four goals. The first goal was a Professional Practice Goal around creating and sustaining a culture of belonging, equity and inclusion for all in the district. She shared evidence, such as different events, PD offerings, meetings, and committee work happening across the district to support this goal. She also shared about her work with the MA Association of School Superintendents professional learning series for superintendents called "Racial Equity, Diversity, and Inclusion". For Goal 2, a Student Learning Goal around all students across the district achieving typical to ambitious growth in ELA, Math and Science, Dr. Hallett provided examples of high-quality professional development in areas such as Universal Design for Learning, Math Workshop Model, MTSS, Culturally Responsive Pedagogy and Leadership, and Responsive Classroom with additional evidence around improvements to curricula around the district, such as math committee work focusing on curricular shifts, OpenSciEd for science, UDL with Katie Novak, for example. Goal 3, a District Improvement Goal focusing on communication and collaboration across the district and into the greater Nantucket community, is moving along with Dr. Hallett sharing instances of her work with Nantucket Behavioral Health Initiative, Nantucket Education Trust, MLPAC, Superintendent's Student Advisory Groups at each school, and other regularly communication opportunities. She finally completed her report by sharing her progress on Goal 4, another goal focusing on district improvement through stronger evaluation and supervision as well as feedback cycles for all educators. Good discussion was held throughout this part of the agenda; the Committee asked questions throughout and determined that overall, Dr. Hallett was on track.

School Committee Goals – Review and Progress Update

Due to the lateness of the meeting, the Chair Tim Lepore suggested that this topic be tabled and pushed to a future full School Committee meeting. At 7:32 he asked for a motion to move into Executive Session, which was supplied by Pauline Proch, seconded by Laura Gallagher Byrne, and unanimously approved.

EXECUTIVE SESSION

The Committee discussed negotiations strategies for upcoming NTA/NPS Collective Bargaining Agreement as well as security measures around the ransomware attack which occurred on January 31, 2023.

At 8:22 pm, the School Committee adjourned on a motion made by Pauline Proch, seconded by Rocky Fox, and unanimously approved.

Respectfully submitted,
Beth Hallett, Superintendent

ON THE HORIZON

3/21/23

February 21, 2023	March 7, 2023
Enrollment	CANCELED
Project 351	
Program of Study	
Public Hearing for FY24 Budget	
February 22, 2023 (retreat/exec. session)	
Superintendent Goals - Mid-cycle progress report	
School Committee Goals Review	
Updates on cybersecurity	

March 21, 2023	April 4, 2023	April 11, 2023 (Workshop)	April 25, 2023
Enrollment	Enrollment	NPS District Improvement Plan - Midyear Review	CWMP Update: Building Needs Assessments
MTSS Processes for Student Support at the Primary Level	Student Support Services	2022 District Report Card Overview - Data Dive	Art Presentation
Updated NPS Athletics Program Documents	Annual SPED Update		School Choice Participation
Friends of Nantucket Public Schools (FONPS)	SNAC		Dropout Rate Report

ON THE HORIZON 3/21/23

July	August	September	October
Hiring Update	District & Superintendent Goals	Enrollment Update	Enrollment Update
Gift Funds and Donations	Food Service Financial Report	Budget Planning Calendar	Tri-Council Meeting w/ MASC
Preliminary Reopening Plan	Food Service - prices	Budget Directives	Homeschooling Report
Professional Teacher Status	4th Quarter Budget Update	Enrollment	ESL Update
	Authorize Student Accounts	Summer Programs	1st Quarter Budget Update
	Vote to establish max ck. acct.	Community School Update	School Improvement Plans
	Aug. 27 - 1st day new staff	Meet with School Resource Officer	Future School Calendar
	Aug. 30 - 1st day for all staff	Transportation numbers	School Handbooks
		School Handbooks	
		9/7/21 - 1st day for students	
		Advanced Placement Results	

November	December	January	February
School Presentaion	Enrollment Update	School Presentations ?	School Presentations ?
Enrollment Update	Food Service Update	Enrollment Update Quiz Bowl	Enrollment Update
Preliminary Budget Forecast	Regional Music Competitions	2nd Quartter Budget Update	Vote to approve budget
District Report Card	Annual Report	Bullying Update	SC Self-evaluation
Federal Grants	Retreat	SC Progress Report of Goals	Present to FinCom?
Student Success Program- Alt ED	Budget Development - Tech., Facilities, Community School	Budget Development - Central, SPED, ELL, Athletics, Schools	Workshop - Superintendent's Evaluation Tool
Add Workshop	Meet with Veritas Staff	Add Workshop	

March	April	May	June
School Presentation?	School Presentation?	Guidance Update	Appointment of Clerk
FONPS	3rd Quarter Budget Update	Enrollment Update	Enrollment Update
Enrollment Update	SC and Task Force Assignments	Spec. Education Annual Update	Athletics Annual Report
Update on Student Support Services	School Choice Participation	Wellness Committee Update	Tech. Annual Report
Dropout Rate Report	Enrollment Update	Facilities Update	ELL PAC Update
Special Needs Advisory Council	Town Meeting ?	Year End Utilities Usage	Admin Salaries
Audit Report		Food Service Update	Retreat
Add Workshop		Add Workshop	Academic Awards
Review of Superintendent by 3/31			Graduation/Baccalaureate
			End of Year Celebration