

Dear Parents, Guardians, and Students,

Welcome to the 2021-2022 Northshore Recovery High School school year!!. Hopefully, this year will be much less stressful and less eventful than our last couple of years. We are looking forward to working with our child and finding ways for them to meet their academic, social/emotional, and recovery goals. We have some changes in our staff for the first time in a while. Our music teacher, Jake Zeiglar, will be taking over the history position. We have hired a new math teacher, Brett Legault, and a new music teacher, Savannah Marshall. Our team looks forward to finding new and innovative ways to meet the complex needs of those we serve.

School will begin on Wednesday, September 1st (9am-3pm).

In this packet we have included :

- Student information packet that needs to be completed and returned prior to or on the first day of school. You can email the completed packet to alanzilli@nsedu.org.
- School Calendar for the 2021-2022 School year.

Please take time to review this newly updated handbook.

There is a **Student Handbook** on our website to review and acquaint our students and their parents/guardians with important policies and procedures. The handbook can be found at <https://www.nsedu.org/schools/northshore-recovery-high-school/>. This handbook contains excerpts from many of the NEC's most critical policies. The complete NEC policy manual is available on our website www.nsedu.org. A printed copy can be mailed to you by requesting one from Ana Lanzilli – alanzilli@nsedu.org. These policies and procedures were created to assist the Northshore Recovery High School (NSRHS) in developing and maintaining a safe and therapeutic learning environment. Northshore Recovery High School strives to provide a respectful, safe and compassionate climate of learning where academic, social and emotional development can take place free of bullying, ridicule, and violence. **Please, review with your child and sign the acknowledgment in the forms provided.**

We all know the single greatest factor determining the success or failure of a student at NSRHS is the cooperation, collaboration and consistency of the adults in the student's life. The school, parent/guardians, and community helpers must work and speak as one cohesive team to optimize the chance for student success. I strongly encourage you to be an active member of this team. We look forward to a successful year.

Warmest Regards,



Michelle D. Muffett-Lipinski, M Ed
Principal, Northshore Recovery High School

Northshore Recovery High School Staff Contacts

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MISSION STATEMENT

Working to create and maintain a safe and respectful recovery community through academic achievement, community service and personal responsibility

The NSRHS contains the following components:

- An underlying philosophy that emphasizes building positive and meaningful relationships between all students and staff.
- Serve students ages 14-21 with substance use disorder diagnosis
- Create individualized recovery plans
- Provide strong support for families and opportunities for parent involvement
- Small, structured classrooms with a low student to staff ratio
- Follow comprehensive academic curriculum consistent with MA Frameworks
- Individualized attention and programming within the context of the student's known and evolving academic, social, and emotional needs.
- Student support services aimed at promoting academic success and personal development.

Referrals and Admission Procedures

The Northshore Recovery High School has

educational and recovery-focused opportunities available for students in grades 9 through 12.

STEP 1: Initial Contact

Please contact our Intake Coordinator, Ana Lanzilli, to obtain our application and to schedule a tour.

Phone: 978-922-3305 ext. 1600

Email: alanzilli@nsedu.org

<https://www.nsedu.org/schools/northshore-recovery-high-school/>

STEP 2: Tour and Information Session

This visit needs to be scheduled in advance through our Intake Coordinator, Ana Lanzilli (see contact information in Step 1). Please note: you do not need to complete the Student Information Packet or bring any other documentation to the tour unless you also want to be interviewed at this time.

STEP 3: Application and Required Documentation

Student Information Packet must be returned with all required documentation as listed on the form. Please send completed forms to us via fax, email or mail:

Fax: 978-922-0078

Email: alanzilli@nsedu.org

Mail: Ana Lanzilli, Northshore Recovery High School, 112 Sohier Rd, Beverly, MA 01915

STEP 4: Interview

Parents/guardians must accompany prospective students to the Interview. These meetings are generally 45 minutes. A review of the Student Information Packet along with the additional documentation will be conducted at this time. Students will be expected to talk about their commitment to recovery and their commitment to academics. Please note: tours and interviews can be scheduled for the same day provided we have a completed Student Information Packet and all required documentation.

Documentation Needed at Intake:

1. Most recent psycho-social assessment (clinical evaluation)
2. All high school academic transcripts
3. Special education plan (e.g. IEP, 504 plan) if applicable
4. MCAS scores/SAT scores if applicable
5. Health insurance card (front & back)
6. Immunization records
7. Most recent physical (within the last 12 months)

STEP 5: Enrollment Decisions

The Enrollment Review Team will meet to discuss the potential student, after all documents have been received.

- If the student is eligible for enrollment and NRHS believes they can help the student meet their educational and recovery goals, we will contact their parent/guardian with a start date.
- If the student is not eligible for enrollment, the principal or her designee will meet with the parents/guardian and the student and discuss appropriate alternatives.

Student Driven Automobiles

A student vehicle approval form must be filled out and approved before a student brings a car to school. In addition, students must present a valid driver's license and registration. Failure to do so will result in the loss of permission to drive to school. These forms are available in the main office. Students who fail to demonstrate safe operating procedures may lose their privilege to drive to school. Additionally, student drivers may not transport any other student to or from school unless there is parental permission at any age. All student vehicles must be parked in designated student parking. All student vehicles are subject to the same search and seizure policy found in the handbook

Dismissal

- NSRHS Staff will supervise all students at dismissal to make certain that all students take their previously scheduled form of transportation.
- Students who drive to and from school follow these same dismissal policies. A student who drives to and from school may NOT drive his/her friends from school at dismissal without permission.
- Students, regardless of their age, are not permitted to "Sign Out" of school during the school day without permission. Early dismissals or temporary changes to their previously scheduled form of transportation must be communicated to school personnel in advance, and may be confirmed with a follow up call or other means, by school personnel. Attempts to alter transportation plans near or at dismissal times will not be facilitated.

Drug Testing and Relapse Procedures

How often?

Students will be tested on a random basis this year, approximately 4-8 times/month. If the student is in active relapse, and per request of student/guardian this may be modified. The drug tests are unsupervised. This means that the students take the urine cup into the bathroom and are not supervised by Northshore Recovery High staff.

What type of tests are used?

The urine cups are quick read cups. It enables us to determine whether a student is positive for several drugs within 5-10 minutes. The following drugs are detected from the new cups: amphetamines, benzodiazepines, methamphetamines, cocaine, THC, and opiates. We also have dips for K2/Spice and Heroin. These new cups will not give the levels of the drug in the student's system, however we are now able to dip for THC to determine level of use. Therefore, a student that has THC in his or her system will continue to be positive for up to 30 days after last use.

What if my child has a positive test?

Some students will test positive because they are prescribed certain medications. It is important to us to have an up to date account of the current medications prescribed. For positive tests from drugs not prescribed we do several things. We will meet with the student to assess what is going on with their use and come up with a plan with the goal of abstinence from all substances. A discussion of treatment options ranging from community support, outpatient counseling, SOAP, IOP, PHP, and inpatient are discussed. These recommendations are discussed with a parent/guardian as well via phone or in-person.

How do I find out about drug test results?

We expect the student to inform parents/guardians within 24 hours of a positive test for THC. Other tests that are positive will result in speaking to the student to assess the need for immediate evaluation at the Emergency Room due to concerns for withdrawal. Parents/guardians will be called to report test results and to discuss plans resulting from drug tests.

What do we do if we suspect something or know that our child has been using?

Parents and guardians are critical in helping students with sobriety. It is important to hear from you if you have knowledge of your child's drug and alcohol use. The Northshore Recovery High School staff will speak to you about your concerns and come up with a plan with you and your child.

What do I do if my child will not go to treatment?

At NRHS we work with students to be honest about their use and their struggles to remain sober. While abstinence is the goal for all students, each is on their own path and it takes time to reach and sustain sobriety. Individualized plans are developed with students to help them improve their health and wellness and be successful in school. Developing a mutually acceptable plan for treatment if sobriety is not reached involves the student, parents/guardians, current treatment providers, probation officers, DCF workers, insurance companies, and the staff at NRHS.

Can the tests at NRHS replace the tests for probation officers and treatment providers?

No, we will work with probation officers and treatment providers but students should continue to test for them in addition to the tests at NRHS.

What if the student refuses a drug test?

Your student's case manager will contact you regarding a refusal to provide a screen. This will be done by end of the day of the refusal. If a student continues to refuse a drug test, the case manager will request a meeting with the family and any other collateral.

Illness and Exclusion from School Guidelines

The school nurse or program administrator may exclude a student from school for health reasons if the student presents with the following:

- **Fever:** Temperature of 100.0 or higher. Student must be fever free for a full 24 hours before returning to school.
- **Respiratory:** A congested cough or are coughing up thick mucus.
- **Eye/Nose Drainage:** Any that is not normal for your child.
- **Skin Problems:** Rashes, infected sores, sores with drainage that are undiagnosed or contagious. Diarrhea: Increased loose stools within a 24 hour period, without a defined underlying cause. Must be symptom free for 24 hours before returning to school.
- **Vomiting:** Two or more episodes of vomiting within a 24-hour period, without a defined underlying cause. Must be symptom free for 24 hours before returning to school.

Other considerations for exclusion:

- The student has a condition which requires immediate intervention or requires ongoing supervision, which cannot be adequately provided in a school setting.
- The student is very sleepy or experiencing excessive bleeding after a dental procedure.

Please call the school if your student will be absent due to illness.

Should a student become ill while in school, the nurse shall determine if the student is able to remain in school for the day. When a student is deemed too ill to remain in school, the parents or those delegated by the parents/guardian will be notified and asked to pick the student up. If that is not possible, parents or the school, after discussion, may call transportation to have the student transported home. In no case shall the student be released without proper delegate notification.

Students who are seen by the nurse and do not have an elevated temperature or obvious signs of illness will be returned to class at the discretion of the nursing staff.

Field Trips

Students take occasional field trips by bus for recreational and learning purposes. All field trips should be considered a school “class” occurring off campus, and all school rules and expectations will remain in place. Staff will review any changes in expectations with the students and, as needed, with parents/guardians, before the trip. Permission slips for such field trips will be distributed as needed and must be signed and returned in order for a student to attend the field trip. A permission slip for walking field trips is enclosed in the Student Information Packet. This will provide permission for all walking field trips for the school year. Attendance in any field trip is at the discretion of Northshore Recovery High School staff. If a decision occurs that does not allow a student to attend the field trip, both the student and their guardian will be notified as soon as staff is able to do so.

Meals, Food and Drink Policies

Breakfast

The Northshore Recovery High School offers breakfast each morning. Students determined to be eligible may receive a free or reduced price breakfast.

Lunch

Free and reduced lunch programs are available. Applications for these programs must be filled out yearly, regardless of the fact that you may have filled them out at the student's previous school.

- NSRHS provides lunches to students who either purchase lunch or are eligible for the reduced price or free lunch program.
- The school lunch menu will be available at the beginning of each month and distributed to students by their homeroom teacher.
- Refrigerators are available for students who choose to bring lunch.
- Microwaves are available to heat items as needed.

Student Code of Conduct

The following are the expectations for student behavior and presentation while at school:

In order to maintain a positive and supportive school community, all students are expected to act in a respectful manner towards peers and staff. Understanding that this can be challenging during times of distress, there are many support services available that can assist the student in learning and using appropriate coping and self-management skills.

- Demonstrate respect at all times
- Use Respectful Language (See section below)
- Be considerate of other people
- Treat people with civility, courtesy, and dignity.
- Never intentionally ridicule, embarrass, bully or hurt other people.
- Accept personal differences and choices.
- Solve problems without violence.
- Comply with reasonable requests

Northshore Recovery High School Discipline System

Depending upon the level of behavior and the disruption and/or impact upon the school and other students, various levels of disciplinary response will be utilized. This can start at very low-level responses that include verbal redirection or dismissal from class for short periods of time. Additionally, loss of breaks, in school detentions and suspensions can be implemented.

Dismissal from Class

A student may be dismissed from class if his/her behaviors are disruptive and hinder other students from learning. If a teacher dismisses a student from a class, they may be asked to take a break, or to check in with the school counselor. If a pattern of behaviors leading to repeated class dismissal is evident, the student will also meet with a school counselor.

Suspension

- Suspension from school is a serious behavioral consequence used at the discretion of the Principal or Principal

designee for extreme misbehaviors, such as violations of our safety rules and/or continuous disruptive behavior.

- Every effort will be made to notify parents/guardians and/or appropriate D.C.F. or D.Y.S. or court appointed care workers on the day of suspension.
- Written notice regarding the incident, the date of the incident, and the suspension will be sent to parents within 24 hours.
- A re-entry meeting with parent/guardian may be required the following day.
- When the accumulated suspensions approach a total of 7 or more days, a TEAM meeting may need to be called to review the I.E.P. and possibly the appropriateness of the placement. If the NRHS team has significant concerns about the student's ability to be successful following any suspension, a TEAM meeting may be called to address the continued issues and concerns.
- Unless determined eligible for an in-school suspension, students who are suspended out of school are prohibited from being on or near school property before, during or after school hours.

The following actions may result in suspension

- Violating any of our school's safety policies
- Not going to the Principal's office/adjustment counselor's office when directed
- Leaving school grounds without permission
- Refusal to cooperate with search due to suspicion of weapons, drugs, alcohol, contraband or threatening a student or staff person.
- Destruction of Property
- Pulling a false fire alarm
- Behavior requiring Physical restraint
- Bullying another student
- Dangerous behaviors especially if they result in injury to another person or destruction of property
- Demonstrating continuous disrespect for school rules and authority figures, and has not responded to other interventions.