

***Registration Packet due in Student Activities (Office 101) by Wednesday, October 17th!
Spots are limited and are filled first come, first served!**



2018 DGN Fall Snowball Retreat

Friday, November 2 & Saturday, November 3

Would you like to...develop your leadership skills, talk about topics important to you and today's teenagers, participate in team-building activities, take a break from responsibilities for a few days, eat, laugh with friends, and meet new friends along the way? **You would!?** Then you should consider attending the DGN Fall Snowball Retreat.

Did You Know... Operation Snowball is a two-day retreat held at YMCA Camp Duncan, Ingleside, Illinois. It is a program planned by DGN students that gives you a chance to learn about yourself, your peers, and about topics which are of interest to you. Snowball is a way to boost your self-confidence by being accepted for who you are, not what others want you to be, and to have a lot of fun doing it.

Snowball...

- * Is planned, led and run by students and adult sponsors working together. The students decide on which topics and activities are conducted, and they have major responsibilities in presenting workshops and leading small group discussions.
- * Encourages students to lead an alcohol and other drug-free lifestyle without judgment and a preachy attitude. Snowball also focuses on topics like positive mental attitude, communication skills, dealing with stress, building stronger relationships, stereotyping, personal development, and positive decision-making.
- * Is a Leadership Skill-Building Program. Participation at this event can help prepare you for other leadership opportunities here at school and in the community.

Program Overview... Information is presented in large-group general sessions and in smaller workshops. Participants meet several times with their small group to discuss the information and its implication in their lives. The same small group meets throughout the event and it is here where ideas, thoughts, and feelings are shared. Each small group is co-facilitated by trained student-leaders with support of a trained adult.

Participants... Participation in Operation Snowball is open to all DGN students. Participants must agree to follow all **SCHOOL** and **CAMP** rules. They must be willing to follow the schedule of activities, to attend all of the sessions, and to participate in the program for its duration. Participants should not be in need of mental health or substance abuse treatment and should be emotionally healthy. **OPERATION SNOWBALL** is a PREVENTION program. It is designed to promote student wellness, but does NOT provide therapy or counseling.

Facilities ... Snowball takes place at **Camp Duncan** in Ingleside, IL. Participants will be housed in heated cabins, and will sleep on bunk beds. Participants must bring a sleeping bag or bedding as this is not provided by the camp.

The daytime YMCA Camp Duncan number is (847) 546-8086. In an overnight emergency contact your student directly and/or Keith Bullock via Google Voice at 630-286-9287.

Attendance and Transportation...

- **Participants will miss one day of school (11/2/18), which is excused as a Field Trip absence.**
- Bus transportation will be provided to the camp on **Friday, November 2** from **NORTH at 6:45am** (please arrive by 6:30am) at the Prince Street Entrance. Bus transportation will be provided back to **NORTH** on **Saturday, November 3 at 5:30pm** at the Main Street Entrance.
- **Parents are encouraged to attend our parent program at NORTH at 5:00pm Saturday night November 3 in the auditorium.**
- **Parents or guardians are responsible for providing transportation home from NORTH on Saturday, November 3 at 5:30pm.**

Fees...The total cost for the retreat is \$125.00. This fee includes transportation, all meals, lodging, workshop materials, and a retreat t-shirt. Checks can be made out to DGN or Downers Grove North HS.

*If there is a financial need that will prevent the student from attending, a parent/guardian should contact Keith Bullock at kbullock@csd99.org or **630-795-8488**. Limited scholarships may be available for students who qualify, on a first come, first served basis. Scholarship priority may be given to first-time participants.

Please review your plans and calendar carefully, as once a student is registered we cannot offer a refund.

Things to Bring

1. Sleeping bag or sheets and blankets (you will be sleeping on a bunk in a heated cabin)
2. Pillow with pillow case
3. Flashlight
4. Toiletries
5. A bath towel
6. Casual clothing (dressing in layers is recommended). Clothes and shoes that can get dirty.
7. Sturdy shoes/boots for outside wear. There are outside workshops and we do move around camp frequently.
8. Extra shoes and socks
9. Slippers or sandals to wear in meeting rooms. It may be wet and we sit on floors a lot so we need to keep as dry as possible as you often have to remove your shoes before entering.
10. Something to share (a poem, song, story, etc.) at our Sunrise Sharing Open Mic (Optional)
11. An open mind
12. 1 bundle of drinks OR 1 package of snacks to share with your small group of 12-15 students (eg: juice boxes or bag of chips or cookies; please do NOT bring snack items with peanuts or tree nuts.)

Things NOT to Bring

1. Anything expensive, money
2. Alcohol, tobacco, vapes, or other drugs
3. Anything illegal or against school rules—weapon, fireworks, etc.

D99 and Camp Duncan cannot be reasonable for any lost or stolen items.

Snowball Registration & Pledge Form

- Please check your calendar carefully as **NO REFUNDS** will be given if you find yourself unable to attend Snowball.
- Please return this application with your \$125.00 fee (check payable to DGN) to North Student Activities Office.
 - Spaces are limited and filled on a first-come, first served basis. Registration forms are due by 10/17/18.
 - **After you register, you will be notified in late October about your small group and sleeping cabin information.**

Please PRINT and Answer all of the following:

Last Name: _____ First Name: _____ ID#: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Secondary Phone: _____ Circle one: Male Female

T-shirt size (circle one): Small Medium Large X-Large XX-Large XXX- Large

Have you attended a Snowball before? Yes No

Do you require a vegetarian or special menu? Yes No Please describe: _____

Please list all food allergies: _____

Please list all medical concerns: _____

Please list prescription or over- the- counter medications you need to bring (you will need to contact Mr. Bullock about this process at least one week prior to the event). Students are not permitted to carry medications; school policies apply during field trips: _____

Name of Parents/Guardians (please print) : _____

Parent/Guardian Mobile or Work Phone Numbers : _____

Emergency Contact (other than parent/guardian): _____

Emergency Contact Phone Number: _____ Relationship: _____

*****2018 Snowball Pledge*****

Participants in the Operation Snowball program are expected to further the "Community of Caring" and to be "Positively North"
Please sign your pledge to do just that:

- Come with an open mind and be willing to take positive risks
- Follow school, camp, and Snowball rules and expectations
- Treat yourself and others with respect
- Believe in your worth as a unique individual
- Live "Positively North"

(Participant signature)

(Parent signature)

Community High School District 99 North

Student Activities Field Trip Permission Form

Date: October 4, 2018

Dear Parent/Guardian:

Your student is a member of a class/co-curricular group that has scheduled a field trip. This trip has been approved by North High School. Before your student will be allowed to participate in the field trip, this form with your signature of approval must be returned to the Student Activities Office. If parental permission is not granted or the form is not returned, the student will not be allowed to attend this event.

Class/Co-curricular Group: Operation Snowball
Location of Field Trip: Camp Duncan, Ingleside, IL
Date of Field Trip: Friday, November 2 and Saturday, November 3
Departure Time from **NORTH** High: Friday, November 2 at 6:45 am (strict)
Return time to **NORTH** High: Saturday, November 3 at 5:30pm
Method of Transportation: Bus

I have read and understand the above statement, and I grant permission for my student to accompany the group. I understand that a field trip is an extension of a North High School class or co-curricular activity and that all school rules pertaining to student conduct apply during the trip.

I designate all matters of emergency decisions to DGN Operation Snowball authorities and release D99/OS from any liability from accidents. I further understand that I will be notified in case of any problems or disruptive behavior on my child's part and will assume responsibility for them. I understand that first aid will be available, that participants will be supervised, and that if a serious injury or illness develops, medical and/or hospital care will be given. If it is impossible to contact me, I give permission for emergency treatment or surgery as recommended by the attending physician. I give my permission for my child's likeness to be used in picture or video for purposes of promoting the Operation Snowball Program and District 99 Student Activities. I understand that if my child violates any of District 99's student rules and/or Activity Code (see next page) or if my child is ill to the point of fever, vomiting, diarrhea, safety, or significant emotional concerns, that I will be required to pick up my child from Camp Duncan immediately at my own travel expense.

Parent Signature _____ Date _____

Student Signature _____ Date _____

**Community High School District 99 - North
Activities Registration Form 2018 - 2019**

***ID Number** _____

Year in School _____

Name _____

Phone Number _____

Address/Town/Zip _____

STUDENT PARTICIPATION AND PARENTAL APPROVAL

My child has permission to participate in the student activities program. I understand that the school is not liable for any injuries my child may receive participating in student activities. I further consent to any treatment deemed necessary by any licensed physician designated by the person in charge, for any illness or injury resulting from his or her participation in student activities. Every effort will be made to contact parents or guardians to explain the nature of the problem prior to any involved treatment. **I have read the Activity/Athletic Code of Conduct below and agree to adhere to it.**

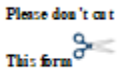
*Parent/Guardian Signature _____

Date _____

*Student Signature _____

Date _____

** required*



STUDENT ACTIVITY REGISTRATION (each club requires a separate registration form)

CLUBS/ORGANIZATION/TEAMS- _____

CLUB NAME (PLEASE PRINT)

COMPETITIVE CLUBS ONLY - Require a **\$57.00** per competitive team participation fee up to \$110.00 and attendance at an Activity Awareness Meeting. **Scholastic Bowl, Chess Team, Math Team, Speech Team/Forensics, Winter Guard**
Student Activities / Athlete Code of Conduct

Application

1. This code shall apply year round to all students who participate in extra-curricular activities involving competition or public performance—it is not a seasonal code.
2. Violations are accumulated throughout a student's career at DISTRICT 99;
3. Thus, the number of violations carry over from year to year as the activity related student athlete progresses from freshman to senior status.
4. *Reports of Code violations shall be reviewed by administration.*
5. *Any violations of the Code should be reported to the administration immediately. Any extended time between the violation and the reporting may limit administrative ability to enforce the Code.*
6. Students who violate the code must serve the penalties as outlined herein and/or complete prescribed programs as outlined prior to re-entry into extra-curricular activity.
7. While on suspension from an activity/sport, students must nevertheless practice or attend events/club meetings, unless barred from practice as part of their disciplinary action, and follow all rules and regulations for the sport/activity if they intend to rejoin the team/squad.
8. Students who are serving a code violation consequence must complete their suspension during the of their activity season and finish the season in good standing. This means the suspension will not be declared served if the student quits the team/activity or does not finish the season—even a partially served suspension.
9. If a Code suspension cannot be served in its entirety during a particular activity/sport, the remaining portion of the suspension shall continue to the next activity/sport season in which the student participates.
10. Failure to sign/accept the Code of Conduct does not exclude a student from being held accountable for the rules and regulations of this policy. Those choosing not to sign/accept the Code shall not be allowed to compete.

The Athlete and/or Activity Code of Conduct cannot anticipate every circumstance that may occur and, therefore, the District reserves the right to revise, supplement, deviate from or rescind any provision or portion of the Code from time to time **as school administration deems appropriate in its sole and absolute discretion.** The District will endeavor to post the most current version of the Code on the athletic and student activity web site and also make copies available in the Athletic and Activity Office. It is the responsibility of the student/family to check for updates and be aware of revisions regardless of the sport or activity season in which they are active.

Violations

The following rules apply regardless of whether the conduct occurs on or off school property; before, during or after school hours; and apply year-round regardless of whether the student's sport or activity is in season or not:

- A. Students shall not possess, actively seek, solicit, sell, or be under the influence of tobacco, alcohol, illegal drugs/controlled substances, look-alike drugs, steroids or other illegal performance enhancing drugs/supplements, or possess drug related paraphernalia.
- B. Students shall not attend or host a party primarily attended by students or for the benefit of students at which alcohol, tobacco, or any controlled substances are provided or at which the use of any such substances is permitted.
- C. Theft, possession of stolen property, or destruction of property.
- D. **Hazing acts, initiations, or bullying (as outlined in appendix 1)**
- E. Serious acts which are determined by the Administration to be detrimental to the individual, the coach/sponsor, the team/activity, or the school.
- F. Acts which violate the Student Handbook.

Consequences

The following consequences are guidelines which will be followed by the Athletic Director, Activities Director, or the Administration. Should such person or persons determine that the violation or violations committed are sufficiently serious to warrant such, any step may be omitted and any more serious consequence, up to and including permanent removal from athletics/activities, may be imposed.

1st Offense: The student shall lose eligibility for upcoming interscholastic contests or public performances totaling 25% of the total schedule. In cases of tobacco, alcohol, or drugs, a reduction to 10% of the total schedule may be awarded should a substance assessment and intervention program* be completed through the Student Assistance Coordinator. Programs must be approved by the Student Assistance Coordinator and all costs incurred are the responsibility of the student and his/her family. Please see below for specific regulations regarding the reduction option.

2nd Offense: The student shall lose eligibility for the next interscholastic contests or public performances the equivalent of one full season. The exact amount shall depend upon the activity in which the student has or shall be participating.

3rd Offense: The student shall be permanently suspended from participation in extra-curricular activities for the remainder of their high school career. The student may appeal the Principal in writing for reinstatement after one calendar year.

*Programs must be approved by the Student Assistance Coordinator OR Athletic Director, Activities Director, or Principal and all costs incurred are the responsibility of the student and his/her family. The assessment must occur within 10 business days of the first consultation with the Student Assistance Coordinator.

If a program is recommended by the assessor, the student/family are responsible for submitting written proof of registration to that program within 5 business days of that recommendation to the appropriate school Administrator. Failure to comply with these deadlines will result in the full 25% suspension being reinstated.

Students may participate in contests/performances while completing the recommended program from the assessor. Written notification of completion of the program must be presented to the Administration within 10 business days of the concluding date of the program as outlined in the initial enrollment in the program.

Voluntary Admission for Violations A and B

The purpose of this provision is to allow the student to seek help and be accountable for their decisions. At any time, the student may voluntarily admit a personal code violation prior to school official's knowledge. In these cases, the student may continue uninterrupted eligibility when it is verified that enrollment in and continuing participation is taking place in a school recognized substance assessment and intervention program. Programs must be approved by the Student Assistance Coordinator OR Athletic Director, Activities Director, or Principal and all costs incurred are the responsibility of the student and his/her family. The voluntary admission will be counted as one code violation. Voluntary admission may be used by a student one time during high school. All evaluations and treatments will be at the parent/student expense. Voluntary admission cannot be used for cases in which there was an arrest or other official documentation filed. Administration reserves the right to nullify the application of this provision if violations are of such a serious nature and are determined to be detrimental to the student, the team, or the school.

Choose your own adventure and pick the workshops you would like to attend.

All Snowball participants will attend 2 workshops on Friday, November 2nd. Please identify from the list below your top 5 choices from this list. We will work hard to get you into a workshop that you're interested in.

Workshop	Topic	Facilitator	Description
A	Music Therapy	Cassie Fox, Music Therapist	Music can be utilized in various ways to bring about positive change for people, and exists in every culture all over the world. How do you use music in your own life? Come and learn about the profession of music therapy and participate in some experimental group music making.
B	Sports Psychology and Performance	Marc Anderson, social worker, Mental Game Coach, and owner of Mental Performance Sports	Power of Words: Boosting Self Confidence in Sports and Life. We will discuss the relationship between self-confidence and expectations; identify beliefs, ideas, and expectations that limit your attitude and performance; and identify the effectiveness of using positive self-talk to achieve a mental edge in sports and life.
C	Self-Defense for high-schoolers	Cristina Krein, DGN Physical Education teacher	Want to learn some strategies to protect yourself in a potentially dangerous situation? How about a discussion regarding what consent means today in relationships? Come join Ms. Krein as she takes you through some self-defense strategies and facilitates a conversation on the meaning of consent. All students are welcome!
D	High school relationships discussion	Brian Kittinger, DGN social worker	Have questions about relationships, why others do what they do or just how to navigate high school friendships/relationships but haven't had the right place to ask it? Come join us for an engaging conversation with your peers facilitated by Mr. Kittinger.
E	Improvisation and comedy	Kevin Loughrin, speaker-writer-storyteller	This workshop provides exposure to the craft of improvisational comedic acting. We will play a number of fun games and learn about the basic rules improv comedy.
F	Yoga	Amanda McDonald, DGN math teacher and Yoga Club advisor	Are you looking for ways to Lower Your Stress, Relieve Anxiety, Improve Brain Function, Increase Flexibility, Build Stronger Bones & Improve Your Sense of Balance. If YES, then you should give YOGA a try. Come to relax, Stretch and have some fun! All Are Welcome to Attend!
G	Life from high school to college	Kevin Leslie, DGN Counselor and DGN Alumni panelists	The Real Deal: Come here from DGN alumni about how to handle your transition to college and what life after high school is really like!
H	Creativity and the Arts	Josh Hoering, DGN art teacher	Use art to connect with each other and explore your creativity. This workshop is open to everyone! Everyone can be creative!

My name _____ **ID Number** _____

Please put the corresponding **letter** of workshop in order of preference.

- _____ 1st choice
- _____ 2nd choice
- _____ 3rd choice
- _____ 4th choice
- _____ 5th choice

***This item is an optional, additional purchase.
Purchasing this item helps us fundraise for our Snowball program.**

**Fall Snowball Souvenir:
Charcoal Cotton Twill Bucket Hat with
OS Operation Snowball Logo**



_____ **Yes I am ordering a Snowball Bucket Hat**
\$20.00 Payment can be added to registration fee check

My name: _____ ID # _____