

CHAPARRAL HIGH SCHOOL



2022-23

POWER HOUR HANDBOOK

POWER HOUR PURPOSE:

POWER HOUR IS APPROXIMATELY ONE HOUR DURING THE SCHOOL DAY DURING WHICH STUDENTS MAY EAT LUNCH, ATTEND TUTORING, GO TO CLUB MEETINGS, OR PARTICIPATE IN OTHER ACTIVITIES. IT IS DESIGNED TO ALLOW STUDENTS TO MAKE THE MOST OF THEIR LUNCH TIME AND RECEIVE THE EXTRA HELP THEY NEED WITHOUT HAVING TO STAY AFTER SCHOOL AS OFTEN. IT ALSO ALLOWS STUDENTS THE OPPORTUNITY TO MANAGE AND MAKE GOOD USE OF THEIR TIME IN PREPARATION FOR REAL-WORLD EXPERIENCES AND LIFE BEYOND HIGH SCHOOL.

**Power Hour
General Expectations**

- All students are expected to spend at least 30 minutes of their Power Hour time productively.
- Power Hour will be scheduled from 12:22-1:30pm daily. There will be a “soft bell” at 12:56, (half-way through Power Hour) to remind students that they should be spending at least 30 minutes of their time productively.
- Power Hour can be taken away at any time for individual students, groups of students, or the entire campus for disciplinary reasons, re-training, testing, or other campus-wide events.
- Students may not spend any part of Power Hour roaming the campus. Students are expected to travel on campus with a purpose and a destination. You may only stop and congregate in areas approved for eating or in the location of your activity.
- For safety and productivity reasons, no practicing or free play of any kind such as athletics, band, choir, etc. will take place during Power Hour.
- No students are allowed in stairwells, gyms, weight rooms, locker rooms, back athletic hallways, outdoor basketball courts, practice fields, performance fields, or the performing arts center during Power Hour. Those areas are strictly off-limits for students during Power Hour.
- There will be no “all-calls” during Power Hour. Arrangements for parent pick-ups during Power Hour must be communicated ahead of time.
- Students who are tardy to fifth period after Power Hour will receive an automatic lunch detention for the following school day. There is no excuse to be late after Power Hour.

Power Hour Lunch Expectations

- Students may eat lunch at any time during Power Hour. Students should not all rush to the cafeteria serving lines at the beginning of Power Hour because time will be wasted waiting in longer lines.
- In addition to the cafeteria serving lines and bistro area, four microwave stations will be located throughout the building for students to heat food brought from home.
- Students are expected to clean up after themselves and each other in every area of the campus. Large trashcans will be available in hallways and common areas as well as access to brooms/dust pans. Cleaning supplies will be available at microwave stations for students to utilize.
- Students may eat in various areas of the building as long as those areas are kept clean. Examples of these areas are learning stairs, hallways, and common areas with collaborative seating, tables and/or chairs.
- Students may eat and collaborate in small groups in common areas of academic pods for study/academic purposes only. An academic environment must be maintained at all times.
- Classroom food/drink policies during Power Hour are at the sole discretion of the teacher. Trash during Power Hour should be disposed of in hallway trashcans.
- **For safety reasons, food from delivery companies will not be accepted during school hours.** Parents may drop off food for their student only (not for other students, friends, etc.), and will be expected to show identification before the food will be accepted. CHS staff members will not contact students during Power Hour; therefore, parents should make students aware of food in the front office ahead of time.
- Once Power Hour is over, the campus “no-food-or-drink” policy is in effect. (except water & discrete snacks).

Power Hour

Tutoring Expectations

- Power Hour tutorial schedules will be posted in several areas of the building for easy reference.
- Individual teacher schedules will be posted in each classroom as well as guidelines for food allowed in the classroom. (see examples). Classroom food/drink policies during Power Hour are at the sole discretion of the teacher. Trash during Power Hour should be disposed of in hallway trashcans.
- Students should plan ahead with their teachers, so they are certain of the activities/tutoring in which they plan to participate each day.
- Teachers are expected to assign mandatory tutorials for students who are failing their class and are not attending tutorials voluntarily.
- Students may be required to attend mandatory tutorials or interventions during Power Hour. Students who do not attend mandatory tutorials or interventions will be assigned lunch detention for the entire hour on a daily and/or permanent basis.
- All teachers will have 30 minutes for lunch each day and 30 minutes for tutorials or duty.
- Core Area teachers will have three days of tutoring and two days of duty per week. Elective teachers will have two days of tutoring and three days of duty per week. Core Area departments will insure that tutoring for each content area is available at all times.
- Teachers who consistently do not hold tutoring or have student groups in their classroom will be assigned additional duty.

Power Hour Use of Electronics

- During Power Hour, students will be allowed to use personal cell phone and other electronic devices in non-instructional settings. Headphones must be utilized when listening to any type of media.
- Use of electronic devices in classrooms is at the sole discretion of the classroom teacher during Power Hour.
- All personal electronic devices and headphones must be put away and out of sight once the 1:30pm bell sounds signaling the end of Power Hour.
- On days we don't have Power Hour, electronic devices are only permitted in the commons area during the assigned lunch time. Electronic devices are not permitted in Power Hour homeroom.

Power Hour Lunch Detention

- Students who are assigned lunch detention must report to room 1220 (next to the book room) no later than 12:27pm.
- Lunch detention is for the entire Power Hour.
- Students may bring a sack lunch from home, or they will receive a sack lunch from the cafeteria which will be delivered to them.
- Students will not have access to a microwave in lunch detention.
- Students in lunch detention may not socialize or have access to their electronic devices.
- Students who break lunch detention rules or do not report for lunch detention are subject to additional days of lunch detention, loss of Power Hour and/or ISS (R&G)/OSS.

Power Hour

Homeroom

There will be days during the school year when CHS will run a schedule with no Power Hour. On days without Power Hour, students will report to their Power Hour homeroom at designated times and an A/B lunch schedule will be followed.

Some examples of days with no Power Hour are:

- The first few days of school
- Weather delays
- Early release days
- Testing days
- Loss of power hour privileges / re-training days

Students' Power Hour Homeroom will be their 4th period class. On days we do not have Power Hour, students will attend A or B lunch based on the location of their 4th period class:

- **12:22-1:30 Power Hour**
 - ***12:22-12:56 – Power Hour A Block – Upstairs Academic POD***
 - At 12:22 students in the upstairs academic pod will be released from their 4th period class to report to the commons for lunch. At 12:56 students will return to their 4th period class and teachers will check to ensure all students have returned.
 - ***12:56-1:30 – Power Hour B Block – Fine Arts, Athletics, ROTC & Downstairs Academic POD***
 - At 12:22 students in the fine arts, athletics, ROTC pods and downstairs academic pod will remain in their 4th period class. At 12:56 students will report to the commons for lunch.

Power Hour Homeroom Expectations:

- Students are not permitted to leave their Power Hour homeroom for ANY reason unless it is an emergency.
- Students who are at lunch must remain in the commons area only.
- Students will participate in activities provided by homeroom teacher during Power Hour homeroom. **This is not an extension of 4th period.**
- Students who are late or do not report to their Power Hour homeroom will face disciplinary consequences.
- Lunch Detention will not be held on days without Power Hour.
- District Cell Phone Policy applies during Power Hour homeroom.
- Teachers who do not have a 4th period class will take their 30-minute lunch during the corresponding lunch time based on their classroom location. The other 30 minutes, they will be assigned a duty station.

Power Hour Career Center Expectations


- CCAM Students will participate in Power Hour at the Career Center with opportunities to attend tutorials, clubs and events hosted during the Power Hour. Like home campuses, there will be two 30-minute sessions that include lunch. No students will leave the Career Center until 1:07pm.
- CCPM Students will stay at their home campus during Power Hour A and will not leave to report to the Career Center until the end of the Power Hour A session. Students will need to eat lunch during A session on their home campus and exit through the student parking lot doors.

Power Hour Off-Campus Lunch Policy

- Available to Seniors Only who have met CCMR requirements and have parent permission. (parents may revoke the Senior Option at any time)
- ***The CHS lunch hour is tied to Power Hour; therefore, off-campus lunch will not be permitted on days we do not have Power Hour.***
- Students must exit/enter through the student parking lot doors at the Senior table only.
- Students who have earned the Senior Option will receive a separate Senior Option badge.
- Students must leave their actual Student ID at the Senior table when they leave campus and will pick it back up when they return. (Students with temporary IDs will not be permitted to leave campus)
- Students exercising the Senior Option must leave campus. Loitering on any part of campus is not permitted.
- Students who bring food back with them from off-campus must eat or discard the food prior to reporting to 5th period.
- Students who are late returning from off-campus lunch, for any reason, will be assigned lunch detention for the next day.
- Seniors who are not in good academic standing or whose graduation is at risk may have their Senior Option revoked.
- Seniors who violate any rules or take students who are not eligible with them off-campus may have their Senior Option revoked.
- Seniors who violate the student code of conduct may have their Senior Option revoked.

The CHS Senior Option is a privilege and may be revoked at any time by parents and/or administration.


Power Hour Classroom Teacher Schedule (Examples)



Mr. Core
Room 2201

	MON	TUE	WED	THUR	FRI
A - Block	Tutorials	Main Hall Duty	Tutorials	Main Hall Duty	Tutorials
B - Block	Lunch	Lunch	Lunch	Lunch	Lunch


Students may eat in my classroom
 Students may not eat in my classroom



Ms. Elective
Room 2202

	MON	TUE	WED	THUR	FRI
A - Block	Lunch	Lunch	Lunch	Lunch	Lunch
B - Block	Athletic Hall Duty	Tutorial	Athletic Hall Duty	Tutorial	Athletic Hall Duty

Students may eat in my classroom
 Students may not eat in my classroom



Mrs. Club
Room 2203

	MON	TUE	WED	THUR	FRI
A - Block	Lunch	Lunch	Lunch	Lunch	Lunch
B - Block	Tutorial	Anime Club	Tutorial	Commons Duty	Tutorial

Students may eat in my classroom
 Students may not eat in my classroom