

The Tartan Tribune

The Newsletter of McCullough Junior High

April 2017

McCullough.conroeisd.net

Twitter feed @McCulloughCISD

Volume 17 Issue 9

Change of Address or Phone Number

Please contact our registrar Karla Rizzuti at krizzuti@conroeisd.net if you have a change of address or phone number.

Moving to a New School District in 2017-2018?

If your child is moving to a new school district for the 2017-2018 school year, please notify the registrar's office to complete the appropriate withdrawal paperwork. For more information please email Karla Rizzuti at krizzuti@conroeisd.net.

Required Immunizations for All Texas Seventh Grade for 2017-2018 Prior to The Start of School

If you have an incoming seventh grader for 2017-2018, please note that Texas requires two immunizations before school starts. These include Tdap and Meningitis. These are required **before** the first day of school for all Texas incoming seventh grade students. Records can be turned in at your current intermediate school or faxed to 832-592-5127.

Summer Office Hours

Our campus front desk will be open 9:00 a.m. until 3:00 p.m. Monday through Thursday during the summer.

Kidchat Tipline - Anonymously Report Criminal Activity

Students can anonymously provide information for investigation 24 hours a day at our anonymous tipline. The number is 1-888-KIDCHAT.

Football Equipment Issue Day

Saturday, August 12

Equipment Issue Day will be Saturday, **August 12th**. Eighth grade equipment issue will be from 8:00 a.m. until 11:00 p.m. Seventh grade football equipment issue will be from 1:00 AM until 4:00 PM. Since equipment is fitted specifically for them, athletes must be present in order to receive equipment. Any student not present on Equipment Issue Day will receive equipment the first week of school. You need to bring the following items with you: white calf-length socks, a completed physical form, a **photocopy** of student birth certificate, and cleats (preferably black cleats). The Quarterback Club will have optional items on sale. A \$20.00 charge for athletic practice shirt and shorts will be collected if clothes were not purchased online. Students and parents have the option to purchase Highlander sweats which can be worn during athletics on cold days. A representative from Chick-Fil-A will be at equipment issue day if parents wish to purchase game-day meals. If you have any questions, please contact Coach Skinner at cskinner@conroeisd.net.

Final Exams Begin May 26

Students will take final exams the last week of each semester. It is *very* important for students to be present for these major tests, if healthy. Our goal is to give our students experiences in preparation for high-stakes exams so that they have the tools to be successful on these tests they take in high school, for college placement to a university, and beyond. So that your child can do his/her best, please plan any vacations or healthcare appointments around exam dates. Final exams count ten percent of the semester grade for junior high courses and 15 percent for high school classes. Final exams begin 5/26/17. If a student misses an exam he/she should make them up in the front office June 5th through June 8th between the hours of 9:00 a.m. and noon. The complete bell schedule for final exams is at our website.

P.T.O. Meeting April 20th

Our upcoming P.T.O. meeting will occur on April 20th at 9:30 a.m. The event will occur in the Nancy Bock Auditorium. Please park on the west side and enter through the main brown patio doors for this special event. Our speaker will be Mr. David Parmer. Mr. Parmer is a licensed professional counselor with 25 years of helping children and families as a private counselor as well as being a former counselor with our district. Mr. Parmer will address many items parents/guardians of current teenagers need to hear and know to help their children. He will focus on how to "drug-proof your child." All are welcome.

Remaining Tentative Special Testing Dates

5/1-5/26 Benchmark: Geometry
5/3 STAAR: Algebra 1 EOC
5/8 STAAR: Math 7 and Math 8 Retest
5/9 STAAR: Reading 7 and Reading 8 Retest
5/10 STAAR: Science 8
5/11 STAAR: Social Studies 8
5/8-5/19 Benchmark: Social Studies 7
5/8-5/26 Benchmark: Science 7
6/20 STAAR: Math 8 summer final administration
6/21 STAAR: Reading 8 summer final administration

*** Eighth grade students in Texas are required to pass STAAR Reading and STAAR Math in order to advance to ninth grade.**

*** After two attempts, eighth grade students are required by the state to attend summer school remediation throughout June to prepare for their third attempt to pass. Before planning summer vacations, please take this into account.**

*** Students will be in their testing room until 1:45 p.m. on STAAR days.**

*** Lunch will be eaten in the classroom from 1:15 p.m. until 1:45 p.m.**

*** Each student should bring, if possible, a sack lunch and water bottle.**

*** The lunchroom will be accessible for students on free or reduced lunch as well as for those who need to purchase food.**

*** Private P.E. pick up on most testing days will occur at 3:20 p.m. at the regular location. Private P.E. students need to monitor the schedule and inform their ride of the pick up time for each day.**

*** The exam schedule for most of these tests can be accessed at our school website in the Bell Schedules/Calendars folder.**

*** Eighth grade non-passers of the reading and/or math STAAR exams are required by the state to receive remediation during the school day after the first administration of STAAR exams leading up to the second testing. This will impact a student's regular schedule. We will do our best to limit any interruption to the student's core instruction.**

Early Release on June 1st - 1:30 p.m.

Our campus will have early release on June 1st at 1:30 p.m. Please plan for the possibility of a longer pick up line on this day. The front horseshoe will be closed for pick up on this day, from noon until approximately 1:45 p.m., to accommodate increased foot traffic in front of the school.

Assistant Principals

Steve Skidmore (7th A-K)
Shannon York (7th L-Z)
Mike Null (8th A-K)
Lindsay Nichols (8th L-Z)

Counselors

Lindsay Hollomon (7th A-K)
Jana Shriver (7th L-Z)
Marti Meerscheidt (8th A-K)
Alex Schulz (8th L-Z)

Principal:

Chris McCord

Upcoming Events

- **4/20** P.T.O. meeting
- **5/26** Final exams begin
- **5/29** Holiday
- **6/1** Early release for students at 1:30 p.m.
- **8/2** 8th grade orientation
- **8/3** 7th grade orientation
- **8/12** Football equipment issue day
- **8/16** First day of school
- **8/22** Seventh grade open house
- **8/24** Eighth grade open house
- **9/4** Holiday
- **10/6** Early release day
- **10/9** Holiday
- **11/20** Thanksgiving holidays begin
- **12/20** Early release day
- **12/21** Winter break begins
- **1/9/18** Students return for second semester - red day
- **1/11/18** Incoming eighth grade parent/guardian presentation - noon
- **1/16/18** Incoming seventh grade parent/guardian information morning- 9:30 a.m.
- **1/17/18** Incoming seventh grade parent/guardian information night - 6:00 p.m.
- **1/30/18** Elective information night for incoming 7th

All dates are tentative

McCullough Phone Numbers

Transportation: (832) 592-8800
Main Line: (832) 592-5100
Metro Line: (832) 482-6215
Main Line: (936) 709-7215
Fax: (832) 592-5116
Attendance: (832) 592-5111
Kidchat Tipline (888) KIDCHAT

Front Desk Hours

8:00 a.m. until 5:00 p.m.
Each Scheduled School Day

Summer Desk Hours

9:00 a.m. until 3:00 p.m.
Monday-Thursday

Tentative Open House Dates

Open house dates for 2017-2018 are:

7th Grade - August 22nd

8th Grade - August 24th

These events will both begin at 6:30 p.m. Please park in either the east or west lot. Note this evening parents/guardians will attend two days worth of classes. We will go to 1-4 red followed by 1-4 green. On this evening we will not attend your child's advisory class. The event will conclude around 8:30 p.m. Parents/guardians will have time off during your child's normal "split" class time. The P.T.O. will have school clothing for sale.

McCullough Online Presence at Twitter and Facebook

Parents, guardians, and students can follow McCullough online at Twitter for complete and timely updates on school happenings and student success. Through this portal, our campus will work to keep you updated on all events occurring at McCullough, TWHS, and with our alumni. The addresses are

Twitter - @mcculloughcisd

Facebook - @mcculloughjhcisd

Bicycle Safety

If your child is riding a bike, our bicycle rack is on the west side by the football field. This area is under video surveillance and is close to the west doors in case of rain. Please remind your child to please make certain he/she does not ride through the parking lot. The setup is such that the rider can ride through the grass and bypass normal parking lot traffic. The first week of school we met with all students to discuss bike safety and expectations within that meeting.

Riding Home on an Alternate Bus in an Emergency

Students may be allowed to ride home on an alternate bus in the event of an emergency. However, there are a number of action items students/parents/guardians need to know in advance to ensure a student can and does secure the appropriate transportation home at the end of the day. These include:

- some buses are operating daily at maximum capacity and cannot take extra riders
- to ride home on an alternate bus with a friend, a note from a parent or guardian is required including the full name of your child, alternate bus your child needs to ride, parent/guardian phone number, and parent/guardian signature
- a contact number where you can be reached to potentially verify
- the request form with the parent signature and contact number must be submitted to the grade level office by noon for verification

Club Sports Details

Soccer, tennis, and golf are offered by our campus as club sports. These are not official U.I.L. activities in Texas junior highs, but sports we offer them as a club option. Each of these sports as a non-U.I.L. activity does not meet during the school day as an athletic class and everyone has the option to tryout for these. These activities occur after track and field concludes. For updated information on tryouts, please see the athletics page of our website.

Backpacks the Last Two Days of School - May 31st and June 1st
Please note for student safety, backpacks are prohibited on the last two days of school, May 31st and June 1st. Students may enter with a small purse, phone, pen, review packet, and calculator if needed. Any backpack may be taken up at the entry doors. This information will be articulated over the P.A. often in advance so that all students are aware of the annual safety procedures.

Pick Up of Clinic Items by 6/1

Please remember to pick up any medications your student has in the clinic by no later than Thursday, June 1st at 2:00 p.m. After that time all medication left in the clinic will be disposed of. If you have special circumstances, please contact the clinic and speak to Nurse Stewart.

Summer School Information Online

Summer school information is now online and available at the District website and our campus webpage.

Free Parent Access Center -

Parents and guardians have free access to Parent Access Center via www.conroeisd.net. This portal gives complete access to student grades, attendance, tardies, discipline, STAAR scores, and other information. This tool also can give parents and guardians the opportunity to set thresholds where you will be emailed scores of each assignment. Students also have the same access via **Student Access Center**.

Afternoon Front Office Pick Up

If you plan to enter the front office for any business after 3:00, you must park in either the west football field side main lot or the west side of the front horseshoe if space is available. There will be no "unattended parking" on the east or first half of the horseshoe after 3:00 p.m. due to the after school pick up line. Signs will be posted designating the east horseshoe area as a no parking zone after 3:00 p.m. Doing so will keep your vehicle from being blocked in by the car rider pick up line. The line which builds for afternoon pick up will need to form along the right curb so that emergency traffic can enter if needed.

Automated External Defibrillators (AEDs)

Please note our campus now has four automated external defibrillators for use if ever needed. These reside by the clinic, in the fieldhouse, by the gym, and on the upstairs mezzanine.

Athletic Information Online

Athletic information presented by Coach Skinner at Elective Information Night is available online at our website in the 2017-2018 folder. This PDF document will answer almost any question you have regarding girls or boys athletics. Also at our website you will find extensive information on each sport including directions to all away contest sites. If you need more information on athletic-related questions please contact Coach Lance Skinner at cskinner@conroeisd.net.

State Student Success Initiative (SSI) Information

A Gentle Reminder that Eighth Grade Students Must Pass the State Reading and Math STAAR Exams in Order to Advance to Ninth Grade

As a reminder, Texas students currently in eighth grade are required by the state Student Success Initiative (SSI) law to pass the eighth grade STAAR math and reading exams to advance to ninth grade. Eighth grade students will have three opportunities to take these exams, with two tests for each subject, coming in the school year and one each in the summer if necessary. Summer STAAR testing will occur in late June if necessary and students who do not pass the exams on the second administration are required by the state to attend summer STAAR Academy. Our goal is to support each child to help him/her do their best and pass the first time. If you have a child in eighth grade, please note this state law before making any firm decisions regarding out of town summer vacations.

C.I.S.D. Advancement Policy Requirements

Students in junior high are required to pass three out of the four core classes to advance to the next grade. Language arts and math classes must be passed along with either science and/or social studies. Information will be online in the spring.

Ongoing Bullying Prevention

The first week of school, administrators met with students through language arts classes to discuss school procedures, expectations, and where to go for help with any need. A wide range of topics were covered including the student handbook. One aspect of this was bullying prevention. If your child is bullied or perceives he/she is bullied at school, please have your student contact his/her administrator in the grade level offices. Email addresses for our assistant principal staff are available on our website. We want to help. Letting the appropriate assistant principal know, so that he/she can investigate, is key.

Building Entry and Morning Drop Off Time 8:00 a.m.

The McCullough building will open for students at 8:00 a.m. Unless a student is in a specific school activity that begins prior to 8:00 a.m., please do not drop your son/daughter off prior to this time.

Tentative Student Orientation Dates

McCullough Junior High has a special student orientation each fall to help young people and their parents/guardians be prepared and feel good about the upcoming year. Student orientation allows children to pick up locker combinations, practice operating their locker, obtain valuable handouts, see their tentative schedules, walk their classes, and visit with their friends. Additionally, parents/guardians can sign up for P.T.O., purchase school clothing/gear, and pick up required Vocabulary Workshop books, if interested. Attendance is not mandatory but is a huge plus. Textbooks will be issued the first week of school. The child, or the child's official parent/guardian, must be present to pick up materials. Should a student not be in town on his/her assigned date and pick up time, he/she can obtain a copy of his/her tentative schedule and pre-assigned locker at our front desk from 8/10 until 8/15 during our summer office hours. These students who miss orientation will be issued pre-assigned lockers the first week of school. Students' schedules will only be available during their time slot so that the line will move quickly for all.

8/2/17

8:30 a.m.— 9:30 a.m.	8th grade	Last Name A-C
9:30 a.m.— 10:30 a.m.	8th grade	Last Name D-G
10:30 a.m.— 11:30 a.m.	8th grade	Last Name H-L
11:30 a.m.— 12:30 p.m.	8th grade	Last Name M-R
12:30 p.m.— 1:30 p.m.	8th grade	Last Name S-Z

Students' schedules will only be available during their time slot so that the line will move quickly for all.

8/3/17

8:30 a.m.— 9:30 a.m.	7th grade	Last Name A-C
9:30 a.m.— 10:30 a.m.	7th grade	Last Name D-G
10:30 a.m.— 11:30 a.m.	7th grade	Last Name H-L
11:30 a.m.— 12:30 p.m.	7th grade	Last Name M-R
12:30 p.m.— 1:30 p.m.	7th grade	Last Name S-Z

Our administrative and teaching staff will be working inservice during this week. Any student missing his/her orientation date will receive books and locker the first week.

8/15/17

Student Orientation for all students registering in August new to C.I.S.D. will occur on August 15th. The specific new to C.I.S.D. student pick up times will be:

7th graders- 9:00 a.m. until 10:00 a.m.

8th graders- 10:00 a.m. until 11:00 a.m.

Tentative Volleyball Team Tryout Information

Volleyball is a competitive U.I.L. sport which meets as an athletics class during the school day. We play the teams that are in our junior high competitive district which are available to play including campuses from Conroe and Spring I.S.D. Tournaments may involve schools from other districts. This group will be in regular off-season athletics class at the conclusion of volleyball season. Tentative tryout dates for volleyball are August 22-24. If needed, August 25th will be utilized. Depending on the tryout process there may be a preliminary cut on August 24th. Times for the tryouts will be from 7:00 a.m. until 8:15 a.m. for seventh graders and 4:00 p.m. until 5:30 p.m. for eighth graders. If you are dropping off a seventh grader, expect heavy traffic at the drop off line the first week and parents/guardians are encouraged to plan accordingly. On August 22nd, 7th graders should show up at 6:45 a.m. to turn in paperwork. If you have an eighth grade child trying out, please be on time to pick up your daughter at 5:30 p.m. Attendance at all tryout times is mandatory in order to make the team. Potential players need to bring gym shorts, a completed physical form (make yourself a backup copy), and photocopy of a birth certificate. McCullough will have four volleyball teams (two -7th and two -8th grade teams) if numbers allow. As volleyball is a tryout sport, any students making the team will have schedules changed early in the year to be placed into the athletic class period. The first volleyball game is September 7th. If you have any questions about volleyball please contact Coach Brinkman at vbrinkman@conroeisd.net.

Tentative Girls Basketball Offseason Class Tryout Information

The girl's basketball off season class will have try outs during the class period on August 18-22 for eighth graders and August 21-23 for seventh graders. Off season try outs will be held during the school day and not before or after school for the off season class. Any girl trying out for the off season basketball class will need to turn in a physical dated after April 15th, 2017 to Coach McGuire. Note this refers to tryouts for the off-season program and is not to be confused with tryouts for the team. Please email Coach McGuire at kmcguire@conroeisd.net with any questions.

Tentative Boys Basketball Offseason Class Tryout Information

Incoming seventh grade boys offseason basketball tryouts will take place during the Red 1 athletic period, starting the first week of the new school year. Tryouts for the basketball team will take place on November 1-3. If you have any questions, please email coach Redmon at nredmon@conroeisd.net

Free Homework Help Available for Students Before, During, and After School

McCullough offers many different varieties of tutoring and homework assistance for students. Taking advantage of these programs provides invaluable and free help for students. Please note programs include:

- Free teacher tutoring at 8:05 a.m. daily (note one day per week teachers have morning duty)
- SPARKS peer tutoring during Advisory with Ms. Donna Meyer—dmeyer@conroeisd.net
- PAWS homework help Monday through Thursday from 4:00 p.m. until 4:45 p.m. in the downstairs library

Electronics and Phones - Expectations, Rules, and Considerations for Parents/Guardians to Know

Students are allowed to bring electronics to school as long as they are off between 8:50 a.m. and 3:55 p.m. Your assistance in helping them understand that vibrates is not off is appreciated. For student safety and privacy, electronics are never allowed to be out or on while in the locker room or bathroom. These items, including phones, are immensely popular among young people. However, due to the fact that these are high theft items on all campuses, it is highly recommended parents/guardians consider whether their child is mature enough to keep up with these very expensive devices. The amount of smartphones left by users on tables, benches, and in the hallways is *staggering*. These items are brought at the student's own risk. Note in advance that if a student's use of electronics, including phones, violates policy, the device will be taken up and consequences for the inappropriate use will be assigned. The phone may need to be picked up by a parent or guardian depending on the infraction and overall number of violations and may not be returned to the student on the same day. Please do not ask your child to have his/her phone on so that you can text or call them, potentially disrupting instruction of children. If you need to get information to your child, please call 832-592-5100 as we deliver messages directly to students throughout the school day.

Early Checkout Specifics

If you are checking your child out early during the school day, it will be far quicker if the student brings a note to the front desk before school with your clear directions on what time he/she should be waiting for you in the front office. Please note this is even more important if the child is in athletics or physical education as it can take much longer to locate them and have them in the front office if they are picked up without an advance note. A form is available on our website for use to help make the process faster. This document is located in our parent services area titled "early release request form." Additional forms are available as needed at the front desk. *Please note a parent or guardian must come into the building to check a student out.* For student safety please note in advance a photo I.D. is required to check out your child.

Summer GT Testing

Summer GT testing will occur June 6 through June 8, 2017. The testing will be at Mitchell Intermediate from 8:30 a.m. until 11:00 a.m. Note the nomination window is from April 1st until April 28th. If you have any questions please contact Jolyn Murrin during regular school hours at 832-592-5100.

Verification of Enrollment for Drivers Education - Important for All Current Eighth Graders

Many of our current eighth grade students will take drivers education this summer either at a local facility or online. One of the first requirements to take drivers education in Texas is for each potential driver to have a form from his or her school that verifies the potential driver has been in attendance 90 percent of the time. Without this form Texas teens cannot take drivers education or get their license. If you plan for your child to potentially take a drivers education course this summer please email Erin McDowell at emcdowell@conroeisd.net by May 22nd. These important forms will be distributed the last week of school. Note that our campus only gives out this form to help our students. We are not associated with any drivers education program and are not able to supply information on course availability.

Off Campus Physical Education (Private P.E.) Information for 2017-2018

Information for students, parents, and guardians interested in Off-Campus Physical Education for 2017-2018 is below. This information will be covered extensively at our incoming parent/guardian meetings. Information will also be available in our campus supplement. Please note the important bulleted details for parents/guardians considering Off Campus Physical Education for their child:

- The *Texas Education Agency* allows Off Campus Physical Education for *participation in individual Olympic sports only. Team sports are not eligible for this program.*
- Students are only allowed to participate at CISD approved facilities. A facility cannot become an "approved" facility unless the organization representative attended the Off Campus PE Informational meeting held on January 25th (*The Jett Center, 601 Lewis Street, Conroe*).
- Off Campus Physical Education is a year-long commitment. *One-semester versions* of this program are not available. Students participating in Off Campus Physical Education are committed to **both** the fall and spring semesters consecutively. A student's *class schedule* is developed accordingly as students who are in off campus physical education do NOT have classes fourth block red or green for either semester.
- The *Texas Education Agency* does not allow students in this year-long program to participate in school *UIL* athletic programs (which have their own athletic class *during* the school day). Participants may try-out for school club programs, such as track, golf, tennis, and soccer that meet before or after the school day.
- For students enrolled in the year-long Off Campus Physical Education program, a facility will only be changed at mid-term. Choose your facility and instructor *wisely* from the outset. **Make certain you are comfortable remaining with the instructor and facility throughout the entire school year.**
- Any student choosing *Category 1*- Off Campus Physical Education must be picked up daily on both red and green days at 2:55 p.m. at the north-west corner, main student entrance. **Make sure you have year-long afternoon pick up arrangements (parent or guardian) in place prior to choosing Off Campus physical education.**
- Students are not allowed to leave campus and walk home unsupervised.
- Grades and attendance for a student in Off Campus Physical Education are submitted every three weeks by the approved facility. These grades are reflected on report cards and do count toward *UIL* eligibility.
- The *Texas Education Agency* allows *Category I* (15+ hours per week) participants to leave campus one hour prior to the end of the school day. From 2:26 p.m. until 2:50 p.m., students will be supervised by a McCullough instructor in a silent study hall.
- Choosing Off Campus Physical Education (*Category 1*) requires a commitment to leave early on both red and green days.
- Students in **Category 2**-Off Campus Physical Education do not leave school early and do not have a physical education class on campus. However, students do receive two extra academic classes. As a result, a student choosing and qualifying for *Category 2*-Off Campus Physical Education must be enrolled in band, choir, or orchestra.
- Students who fail to meet state guidelines for completion of hours or are not picked up at the proper time daily will be dropped from Off Campus Physical Education and placed in a regular campus physical education class.
- Vendors/facilities have the opportunity to apply to Conroe I.S.D. through March 9th, 2017.
- Off Campus Physical Education online district registration begins March 20th and closes on April 1st at midnight for our campus. Selections to choose Off Campus P.E. closes at McCullough on April 1st. Those who sign up for Off Campus Physical Education and met the April 1st deadline have until May 1st to complete the online district information.
- Registration is done electronically via the CISD web site. Instructions for enrolling will be announced at a later time.

Make a Difference Anti-Bullying and Resilience Activities

Many months our school will conduct anti-bullying activities through extended third block classes. During these activities we will lead students through lessons on bullying and resiliency, random acts of kindness, internet social media and bullying awareness, acknowledging differences, and other methods of preventing and reporting potential bullying. If your child perceives he/she is bullied in any setting he/she is encouraged to call 1-888-KIDCHAT. Current programmed activities include:

- 9/14– Bullying awareness, prevention, and resiliency
- 11/9– Handling stress and coping mechanisms
- 1/23– Citizenship donation drive through spring break
- 2/13– Random acts of kindness week
- 3/9– Internet dangers, social media, privacy, and courtesy

Test Retake Policy - An Opportunity To Improve Learning and Grades

Note students have the opportunity, in many cases, to retake exams in order to improve their understanding of specific topics and improve their overall grades.

Tests can be retaken in social studies, science, math, and electives. The maximum grade that can be made on a retest is a 75. Retaking an exam can have *dramatic positive impact* on the grade achieved by a student at any level. Exams count for 60 percent of the overall marking period grade. Please note:

- teachers may choose to require tutorials or review prior to the retake
- due to the nature of some assignments and lab practicals, teachers can limit which tests can be offered for retakes
- tests cannot be retaken if the student was cheating on the first administration
- teachers may offer a new test or assignment on the retest
- there are no retakes on semester or final exams
- it is up to the teacher as to when retakes will be offered
- retakes normally occur before the school day at 8:00 a.m.
- students may retake one exam per semester for a PreAP class or one each nine weeks for a regular class

Tentative McCullough Boys Cross Country Information 2017-2018

Each fall there are many questions regarding how boys' cross country works and operates. To assist you in understanding and being prepared for this activity please refer to the following information:

- Cross Country is a competitive U.I.L. sport which meets during the school day as an athletic period on Green Days and before school on Red Days.
- Seventh grade will practice before school on every Red Day from 7 am until 8 am.
- Before school practice is expected out of every participant and before school is year around.
- The first day of practice is the second day of school, August 17th.
- The locker rooms will be opened at 6:45 a.m.
- Eighth grade will practice before school on Green days only at 7 am.
- The competitive cross country season is from August until October.
- Before school Practice will continue after our season ends in October.
- Most cross country meets are on Friday's at 5 pm, some meets will be on Saturday mornings.
- Cross Country training can be rigorous and physically demanding.
- All seventh graders have to be able to run 2 miles under 16 minutes by the first week of school in order to remain in cross country.
- Those who fail to meet the qualifying time, will have their schedule changed to P.E.
- Summer Training is highly encouraged by participating in our summer camps.
- Summer camp information can be found on Coach Cantu's teacher website.
- There is \$50 fee to join our boys' cross country booster club
- It is not mandatory to join the booster but it is recommended.
- All participants must have a physical by the start of the school year, in order to be allowed to practice.
- Directions to all meets locations will be sent out by email.
- Staying hydrated during the season, and at all times, is recommended for all athletes. Please note students are encouraged to bring a water bottle to practice with them each day.
- Please drop your child off only on the east side of campus by the bus ramp in the mornings.
- All athletes must shower in the mornings after practice.
- If your child has any type of medical condition please ensure Coach Cantu and the clinic are aware of it. Also, if your child has an inhaler or similar device note those have to be delivered to the clinic in person by the parent. Please make sure the coaches HAVE the medication they need when and if it is needed.

General Football Information to Assist Parents/Guardians, and Athletes

Each fall there are *many* questions regarding how football works and operates. To assist you in understanding and being prepared for this activity, please refer to the following tentative information:

- Football is a competitive U.I.L. sport which meets during the school day as an athletic period on red days.
- Seventh grade will meet in the regular athletics off-season first block class each red day while eighth grade will meet fourth block each green day.
- Equipment issue day will be Saturday, August 12th . Eighth grade equipment issue will be from 8:00 a.m. until 11:00 a.m. Seventh grade football equipment issue will be from 1:00 p.m. until 4:00 p.m. Students must be present in order to receive equipment. Any student not present on Equipment Issue Day will receive equipment the first week of school. You need to bring the following items with you: white calf length socks, completed physical form., photocopy of birth certificate, and cleats (preferably black cleats). The Quarterback Club will have optional items on sale.
- Please make sure your child turns his/her copy of their physical in only directly to a football coach. Additionally, please do NOT turn the copy into the front office or the clinic. Making a photocopy of your child's physical is highly recommended as many campus and summer activities require a physical copy.
- As with girls track and boys track, there are no tryouts for boys/girls football.
- The first day of practice is the second day of school, August 17th.
- Seventh grade practices start at 7:00 a.m.
- The locker rooms will be opened at 6:30 a.m. for football players during the season.
- Eighth grade will practice after school until 5:30 p.m.
- Note eighth grade will have practice on some select Monday mornings in lieu of Friday afternoon practices (coaches have to work for the high school). In general once games start eighth graders practice on Monday mornings at 7:00 a.m. in lieu of the late practice on Friday afternoon.
- Most seventh grade games are on Monday and most 8th grade games will be on Tuesday.
- Games tentatively begin September 11th.
- Football players who finish the first game will often stay at a visiting site through the first half of the second game
- Ticket prices vary. At publication time prices are one dollar for students and two dollars for adults in CISD. Prices may be more when we play teams from another district.
- Games may be canceled due to weather at any time. We have to wait 30 minutes after each lightning strike within ten miles. The clock restarts with each strike within the ten mile range. In case of lightning we will delay the games for a short amount of time. After this time has passed if it is evident we will not be able to play games will be canceled. The only games that are rescheduled are varsity games. We realize you may have family or friends coming from great distances to watch your son or daughter play football. Please ensure they realize this in advance.
- We will attempt to notify everyone of practice or game delays/cancellations. In the event these happen these will be tweeted immediately at on our football Twitter feed. When it works out we will also email parents. Note these game cancellations may occur on the spot based on changing or evolving weather.
- We do not have control over delays or game cancellations when we are the visiting team.
- A \$20.00 charge for athletic practice shirt and shorts will be collected if clothes were not purchased on line. Clothes can be purchased from North Houston Athletics: <https://nhathletics.com/mccullough-football/>
- If you are watching a game at our home stadium having sunglasses is recommended.
- There are 12 teams playing at many locations each Monday and Tuesday. Please be sure anyone attending the game supporting your Highlander has the correct schedule for the team your son or daughter is playing with.
- The Quarterback Club supports our athletes. Participating in this support organization for the athletes is recommended but not required.
- Directions to all game locations is included at our football website.
- Staying hydrated during the season, and at all times, is recommended for all athletes. Please note students are encouraged to bring a water bottle to class with them each day.
- Please drop your child off only by the right side curb by the locker rooms for safety. Do not drop your child off hastily in the middle of the parking lot and ask him/her to cross the traffic lines. We appreciate you communicating this to anyone who may drop off your child also to ensure everyone is safe.
- Expect a longer drop off line for practice early in the year. Once many parents/guardians choose to establish carpools the line will shorten considerably.
- If your child has any type of medical condition please ensure Coach Skinner and the clinic are aware of it. Also, if your child has an inhaler or similar device note those have to be delivered to the clinic in person by the parent. Please make sure the coaches HAVE the medication they need when and if it is needed.
- In home and road games we normally sit side by side with fans from other teams. Please exercise good judgment in supporting all of the junior high athletes.
- Football players and all athletes in Texas fall under the U.I.L. No Pass No Play law. To play in contests football players must pass at the six weeks and semester grading periods. The translation of this is they have to pass all classes, including high school and PreAP courses, to participate.
- Athletes are allowed and encouraged to go to tutoring at designated times. Coach Skinner will cover this with all participants.
- Normally seventh grade athletes will not practice early on the day of a game or the day after a game once the actual competitive season begins.
- For cleanliness and hygiene, athletes normally shower after morning football practice.
- Athletes remain in football after the season is over and meet in the class only during the school day every other day.
- The QB Club will need volunteers for announcing, the clock, and running the chains on the field. If you are interested in assisting with this please let the QB club know. This is a great way to either sit in the air conditioning or get the absolute best view of the game.

General Girls Cross Country Information to Assist Parents/Guardians, and Athletes

Each fall there are many questions regarding how girls cross country works and operates. To assist you in understanding and being prepared for this activity please refer to the following information:

- Cross Country is a competitive U.I.L. sport which meets during the school day as an athletic period 4th block on red days (8th grade) and 4th block on green days (7th grade).
- On the first day of school, girls who signed up for cross country need to bring their completed physical on the CISD physical form and a copy of their birth certificate to class. Girls may not tryout without a physical on file. Parents/Guardians are highly encouraged to make a photocopy of this physical for use during the summer for other activities.
- Tryouts will be held the early in the first full week of the school year. Girls must be able to run two miles in 18 minutes or less, without walking, in order to make the cross country team. Girls who are unable to complete the tryout in this time, or quit their tryout, will have their schedule changed into a regular PE class.
- During the season, Eighth grade will practice on green days after school from 4:00 p.m. until 5:00 p.m. Seventh grade will practice on red days after school from 4:00 p.m. until 5:00 p.m.
- Most of our meets will be on Friday evenings. The host school will let us know how many runners we can enter in the meet. We will involve as many athletes in meets as we can.
- Meets generally begin in early September.
- Seventh grade girls race first at a meet and can sign out with a parent or guardian to go home. There will be a bus that will bring the girls back to McCullough after each meet.
- Meets may be canceled due to weather at any time. We have to wait 30 minutes after each lightning strike within ten miles. In case of lightning we will delay the meet for a short amount of time. After this time has passed if it is evident we will not be able to run, the meet will be canceled.
- We will attempt to notify everyone of practice or meet delays/cancellations. In the event these happen these will be tweeted immediately at on our cross country Twitter feed. When it works out we will also email parents. Note these meet cancellations may occur on the spot based on changing or evolving weather.
- We do not have control over delays or meet cancellations when we are the visiting team.
- Staying hydrated during the season, and at all times, is recommended for all athletes. Please note students are encouraged to bring a water bottle to class with them each day.
- If your child has any type of medical condition please ensure Coach Collins and the clinic are aware of it. Also, if your child has an inhaler or similar device note those have to be delivered to the clinic in person by the parent. Please make sure the coaches HAVE the medication they need when and if it is needed.
- Cross Country runners and all athletes in Texas fall under the U.I.L. No Pass No Play law. To run in meets, each runner must pass at the six weeks and semester grading periods. The translation of this is they have to pass all classes, including high school and PreAP courses, to participate.
- Athletes are allowed and encouraged to go to tutoring at designated times. Coach Collins will cover this with all participants.