

Our Lady of Sorrows Academy



Parent-Student Handbook

2026-2027

Instaurare omnia in Christo

To Restore All Things in Christ

Revised Spring 2026

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Our Lady of Sorrows Academy

INTRODUCTION

Our Lady of Sorrows Academy, a private Catholic school for grades K through 12 and a 501(c)(3) non-profit organization, operates under the United States District of the Society of St. Pius X. This handbook is provided as a reference for parents and students regarding school policy. Our Lady of Sorrows Academy does not discriminate on the basis of race, color, sex, or national or ethnic origin in the administration and hiring of personnel, admissions, or any other school programs.

Our Lady of Sorrows Academy provides children with a thorough Catholic education founded upon traditional principles. The school strives ultimately to form good Catholic citizens, men and women willing and able to work for the restoration of all things in Christ, freely submitting to the reign of Our Lord in the spiritual, moral, intellectual, and physical realms.

MISSION & PHILOSOPHY

Our mission as a private Catholic school is to develop the minds, bodies, and souls of students in accordance with the perennial educational and moral principles of the Roman Catholic Church. We operate under the Society of Saint Pius X, and provide a structured, traditional social and academic environment in which students pursue truth and develop virtue within a rigorous, balanced curriculum, and take active part in the life and liturgy of a thriving community fully committed to developing Christian values. By providing an atmosphere of serious scholarship and Catholic vitality, Our Lady of Sorrows Academy strives, as inspired by the motto of the Society of Saint Pius X, to equip students “To restore all things in Christ.”

Learning is a profoundly human process, one best accomplished through patient, qualitative drawing out, rather than mechanistic, quantitative filling up. The school strives continuously to provide the best possible facilities, tools, and material resources, in terms of texts and an integrated curriculum, simultaneously recognizing that our teachers’ mastery of subject matter, ability to communicate, and, above all, love for our students, are what finally foster a desire for learning in those students. Our curriculum challenges minds; our teachers work with God to form souls.

ADMISSIONS

Online admissions forms are available. For assistance, please contact the Registrar at registrar@olosa.org. Deadlines are listed online and in the electronic enrollment forms.

Kindergarten applicants must be 5 years old by August 15th of the year of enrollment.

School personnel will administer entrance exams to prospective students for grades K-12 before initial grade placement. A review of academics, testing, and behavioral records from any previous school(s) is a part of the placement process for students applying for entrance into the Academy. Parents must notify the school of any learning, emotional, or behavioral disabilities prior to an applicant’s admission.

Religion is integral to the education offered at Our Lady of Sorrows Academy. All students must submit to the entire curriculum as offered: they must attend all religion classes, conform to all school policies, and participate in all scheduled activities.

New Students

The school considers any child not enrolled in the school during the previous semester a new student for enrollment purposes. All new students must apply to be considered for enrollment.

The following are required for new student *application*:

- A recommendation form from the student's pastor and from the most current classroom teacher. (Required for all new students entering grades 6-12.)
- Proof, on letterhead, of up-to-date fee and tuition payments from the previous school. (Private schools only.)
- Student essay: sample of applicant writing
- All academic, standardized test, and behavioral records for students applying to enter grades 2-12.
- Individualized Education Program (IEP) for students with any documented learning disability.
- Completed on-line application forms.

Once students have completed placement testing and the Principal has interviewed both students and parents, they may be invited to enroll. The following are required for new student *enrollment*:

- Advance payment of the enrollment fee.
- A scholarship survey (available through the Family Portal).
- A photocopy of the official state-issued birth certificate (*A certified copy is not necessary.*)
- Physical examination, including physician documentation of hearing and vision screening.
- Copies of all sacramental certificates, including the sacramental marriage certificate of parents. For sacraments received at Our Lady of Sorrows Church in Phoenix, the approximate dates of the reception of the sacrament may be provided instead of copies of sacramental certificates.
- Notarized copies of official custodial documents, when applicable.
- Vaccination records showing completion of required inoculations. Conscientious objection forms may be submitted as required by state law.
- Meeting with the Principal, as required.
- The first tuition payment is due August 30th.

Returning Students

The following are required for returning student enrollment:

- Demonstration of adequate academic and disciplinary performance to warrant continuation.
- All on-line registration forms completed and turned in by the published due date. Late registrations will be considered on a case-by-case basis.
- Tuition payments current and all fees paid (the first tuition payment with enrollment fees is due August 30th).
- **Annual** physical examination for continued participation in PE and / or extracurricular sports.
- Updated immunization records, or current / signed conscientious objection form as mandated by state law (mandatory for grade 6).
- Custodial / legal documents provided and up to date, if applicable.
- Meeting with the Principal as required.

- **Note:** any prospective returning student who was previously encouraged to withdraw or was separated requires explicit permission for reenrollment from the Principal. A placement test is required in this circumstance, but only after the School Principal's approval.

COLLABORATION BETWEEN THE FAMILY & THE SCHOOL

In the effort to provide a true Catholic formation, Our Lady of Sorrows Academy needs the cooperation of students' parents. The Academy strives to implement the laws of God and the discipline of the Church, imperative for the students' sanctification as well as for their proper intellectual development. Without parental reinforcement—initially entrusting the school with educable children and supporting school policy and procedures throughout the educational process—the school can accomplish little of lasting impact. With this in mind, the school urges parents to observe the following:

Paternal Participation

As an extension of God's authority and Catholic hierarchy and as heads of families, fathers must take an active interest in the education of their children in matters of curriculum, school activities, and especially their children's progress. As St. Thomas Aquinas teaches, "It is obvious that the upbringing of a human child requires not only the mother's care for his nourishment, but much more the care of his father as guide and guardian, and under whom he progresses in goods both internal and external ... On the father devolves the upbringing of the child" (IIa IIae q. 154, a. 2, c.). As their primary intellectual and moral guide, the father needs to realize that his children will be the reflection of his own thought and attitudes.

Spiritual and Moral Formation

The primary role parents fulfill as educators of their children relates most specifically to the formation of good intellectual and religious habits and attitudes, and the development of a genuine love for learning and for the Faith. A balanced and joyful home life, in which children may receive their first experiences of the nourishing authority and protective affection of their heavenly Father, will foster a respectful and affectionate docility in the children that is vital for their education and healthy development as human beings and children of God.

Regulation of Electronic Media

Television, electronic games, social media, and recreational internet use not only impede the intellectual and spiritual progress of the student but pose potentially severe moral risks. By their nature, electronic media work directly against the goal of education, which is, in part, to draw the child into reality. Parents are urged to eliminate or at least minimize exposure to these media in the home to the greatest extent possible. Movies and TV should be thoroughly screened for content and spirit, and should generally be forbidden on school nights.

The Academy asks parents to forbid their children to access the internet without supervision or to create, host, or maintain personal websites or social media accounts, or to participate in online social networking. The Academy reminds parents that most video games contain social media networking capabilities through messaging and data sharing.

If Academy Administration learns that students are using personal electronics to play video games or access social media at home, and if that access is impacting student academic performance, those students, at the discretion of the principal, will be ineligible for after-school tutoring, extra credit opportunities, and/or credit remediation (high school credit). This policy is designed to encourage

students to prioritize their academic commitments and manage their time effectively.

Further, all infractions listed in this Handbook apply to physical as well as electronic and cyber environments: students will incur the same punishment for lying or conduct or spirit prejudicial to the school online, for example, as they would for those same things in person. Those who choose to participate in the cyber domain should bear in mind that the World Wide Web is an open and generally unsecured environment: true privacy does not exist there, and they must assume that all postings are instantaneous, global, and permanent.

Use of cell or “smart” phones or watches requires specific mention. These now ubiquitous devices are often useful, especially as a means of emergency communication. They also, however, represent one of the most prevalent sources of distraction, exposure to moral danger, and detachment from reality in our culture. The smartphone, in particular, is not a passive, but rather an active tool that has the capacity, if not consciously and conscientiously restricted and regulated, to overcome its user. The Academy, therefore, asks parents not to allow their children to own a personal smartphone or internet capable device.

Due to their capacity to distract, student smart devices—including smartphones, smartwatches, and any other personal electronic devices—are not allowed on campus at any time or at any school-sponsored events. Student drivers who bring a phone to school must turn it in at the office at the beginning of the school day. Basic (non-smart) cell phones are permitted but must be turned in at the office upon arrival. At school-sponsored events, student drivers may only bring a basic (non-smart) phone.

Further details follow in the “General Rules & Guidelines” section of this handbook. For more guidance upon use of technology, please read carefully the *Digital Safety* appendix at the end of this handbook and attend school presentations about the dangers of technology.

Communication

Parents must provide to the Academy, in an open and timely manner, any information (concerning health, behavioral idiosyncrasies or difficulties, spiritual and intellectual strengths or weaknesses, physical deficiencies, etc.) that may be helpful or necessary in the proper formation of the child. Withholding necessary information not only impedes the efforts of teachers and administrators but indicates a potentially damaging mistrust. In order to maintain the vital cooperation between family and school in the work of education, all communication (written, email, or verbal) between parents and school personnel is expected to be conducted in a civil manner. Use of threatening or intimidating language constitutes a direct attack on the necessary unity among educators, and therefore may result in immediate student dismissal or, in less severe cases, may be used as a factor in determining family eligibility for re-enrollment.

Conflict Resolution

Conflict is often the result of poor communication and misinformation. Parents are asked to exercise discretion and follow school procedure if a child expresses school related dissatisfaction or problems: both the school and the parents must avoid on the one hand, assuming ill will, or on the other, denying the possibility that a problem could exist. In the case of student conflict with a teacher, parents need to withhold assessment of the situation until they have first contacted the teacher involved. Only after this initial contact, and if the conflict remains unresolved, should parents contact the School Principal. Direct recourse to the Prior is justified when an issue relates directly to overall Academy policy, or to some matter difficult to present discreetly to the teacher or to the Principal. In any case, parents should ask school officials about matters of concern to ensure proper understanding rather than engaging in

potentially harmful judgment based upon secondhand information. A spirit of disunity and mistrust among educators is detrimental to the formation and healthy development of the child.

Discretion

As a matter of charity and unity, parents are asked to avoid discussion of any faults, difficulties, or problems—actual or perceived—with the Academy or its staff in the presence of students. Beyond being an objective source of scandal, this spirit of criticism severely undermines the operation of the school and destroys the children’s confidence in authority.

Homework Supervision

Parents are expected to supervise homework to ensure completion, accuracy, and neatness. This daily investment of the parents’ time is one of the strongest proofs they can give to children of their respect for and support of the school and of education generally.

Financial Obligation

Parents must fulfill to the best of their ability all points of the enrollment contract, including the support of official fundraisers. This is a matter of justice towards teachers and students alike—please see details in the “Tuition, Fundraising, & Readmission” section later in this handbook.

SPIRITUAL FORMATION

Students will attend the Holy Sacrifice of the Mass twice a week as part of their regular Academy schedule. Students in grades 6-12 will have the opportunity to go to confession during the school Mass. Students in Elementary School attend confessions biweekly during the school day. Confessions are available to Middle and High School students on a weekly basis.

Mass Schedule:

Elementary School

Tuesdays: 11:10 a.m.

Fridays: 11:10 a.m.

Middle and High School

Mondays: 11:10 a.m.

Fridays: 11:10 a.m.

All students are required to bring their own missals and rosaries. Chapel veils are provided by the school.

DAILY SCHEDULE

General Schedule: The school day consists of classroom instruction, recess, and lunch. School is in session Monday through Friday from 8:10 a.m. to 3:15 p.m. Kindergarten is in session for full days Monday, Tuesday, Thursday, and Friday.

The hourly schedule will be distributed during orientation prior to the school start date.

*Please note: the lower school begins and ends the day at the same time as the high school; however, specific hours for individual classes vary.

ARRIVAL, DEPARTURE, & DISMISSAL POLICY

Hours of Operation

The school office is open from 8:00 a.m. until 3:30 p.m.

Student Drivers

High School students with licenses may drive themselves and others to school, subject to legal license restrictions and with written permission from their parents and the parents of any designated passengers. A list of approved passengers for each student driver will be maintained in the school with a copy of their driver's license. Students may not drive anyone other than the persons specified to or from school or to any school-related activity. Students will face fines and revocation of on-campus driving privileges for failure to comply with on-campus driving regulations.

Students must park in the parking area designated for the current academic year. Students may not visit their parked cars during the school day without permission from the office.

Arrival

On-time arrival at school is a matter of justice toward teachers and students. Students should arrive between 8:00 a.m. and 8:10 a.m. to prepare for the day and must be at line-up no later than 8:15 a.m.. Students arriving right as the 8:15 a.m. bell rings, wearing backpacks, will be marked "tardy" for the day. Students who arrive late to school once the Academy gate is closed (8:25 a.m.) must also be signed into the office by a parent or responsible adult with a written reason. High school students may sign themselves and their younger siblings in and list the reason.

Four unexcused tardies is the limit within a semester. A fifth unexcused tardy will constitute an unexcused absence and will result in disciplinary action.

Please use only designated areas for student drop off (and pick up).

Students may not arrive before 8:00 a.m. If students are on campus (which includes the church, retreat house, and school grounds) prior to this time, they must be accompanied by a parent or responsible adult and will not be allowed into the school until 8:00 a.m. The Academy is not responsible for students who arrive before this time.

Departure

School dismissal is at 3:15 p.m. Students will wait in designated areas for parents to pick them up. Parents must pick up students promptly, and not later than 3:30 p.m. Teachers will make every effort to ensure that children are ready for pick-up at dismissal.

Once a parent has arrived for pick-up, the student is considered under that parent's care and supervision. Students may not be left unsupervised in school buildings or on school premises. The Academy will not accept responsibility for any student who remains on campus after the pick-up time, unless he or she is involved in a school extracurricular activity.

We certainly want our students to be safe, but the extra time and work necessary to supervise children who have not been picked up on time are inconveniences to monitors and cost the school. To encourage timely student departure, the following applies to students on campus after school who are *not* involved in school-sponsored activities:

- General Information:
 - At 3:30 pm, children who have not been picked up from school will be escorted to the office.
 - Children will sit quietly in the office reception area.
 - Monitors will record the students' names every day and contact their parents.
- Consequences:
 - Frequent violators will be contacted by the Vice Principal.
 - Unless there is a legitimate excuse, parents of students who have been left on campus will be billed through FACTS at the end of each quarter.
 - A graduated fee schedule will be in place for frequent offenders, starting at \$5.00 per child and increasing if the problem is not corrected.
- Other Information:
 - Children will not be permitted to remain on campus waiting for their siblings who are involved in after school activities. Parents will be required to pick up their children at the normal time, returning to campus as necessary for those involved in activities.
 - Children who drive are permitted to wait in their cars in the parking areas for siblings to finish after school activities.
 - The use of the playground is not permitted after 3:30 pm while waiting for siblings. All unsupervised children will be taken to the Academy office.

Early Departure

Parents must inform the school office in advance of any instance when a student needs to leave the school premises before the usual dismissal time. The reason for the early dismissal (doctor or dentist appointment, etc.) must be indicated. Whenever possible, parents should schedule appointments outside of school hours. Parents who need to pick up students during the school day should go to the school office to pick them up.

The school requires advance written notice if someone other than the parent will pick up a student for an appointment.

Early Dismissal

On occasion, school may be dismissed early for exams, special evening events, or for other reasons. The school will notify parents in advance of these early dismissals.

ATTENDANCE POLICY

If your child is sick, please keep them home. Ill students will not learn well, and they will spread germs to other students and teachers.

Healthy students are expected to attend school every day. Students absent from school more than 18 times in an academic year may be separated, retained in the same grade, or denied a diploma for excessive absences. The Principal will make the final decision in these cases.

Absence

In the case of an unforeseen absence, parents need to notify the school office by 8:30 a.m. and provide an explanation.

In the case of an extended absence, parents must make arrangements with the school for schoolwork. Students returning to school after an illness or absence must bring a written note of explanation to the school office. Absence due to sickness exceeding four (4) consecutive academic days requires an

explanatory note from a physician.

Student absences for which parents provide no explanation will be unexcused. Unexcused absences may result in disciplinary action. Assignments missed on account of unexcused absences will be penalized at the Principal's discretion.

Students who are at school for fewer than 2 class periods on a given day will be marked "absent" for that full day. Students who must leave school before completing 4 class periods will be marked absent for a half day. Students absent for 4 or more class periods in a day may not participate in any extracurricular activities (including practices) on that same day.

A student who withdraws before the end of the academic year without completing all classwork and final exams before departure will receive a final grade of INCOMPLETE.

A student who withdraws early but has completed at least one full semester of coursework may receive half-credit for each course.

Foreseen Absences

In the case of foreseen absence, parents must provide the school with advance written notification (emailed to office@olosa.org). Planned absences (for special occasions such as out-of-town weddings or funerals, etc.) require the further permission of the School Principal. If the Principal gives advanced permission in a conversation or phone call, parents must still provide written notification. Whenever possible, parents should avoid making personal plans that will result in missed class time.

In order to avoid disrupting the schedule of a class or the school, retarding the child's academic progress, and sending conflicting messages to the children regarding the importance of academics and duty of state, families are expected to plan vacations around the school schedule. Absences for vacation taken during the academic term will be considered unexcused, and students may receive zero credit for all missed class work, assignments, and exams.

CALENDAR

A new academic calendar will be made available before the beginning of each school year. School officials will notify parents of any changes after its publication, should they occur. It is the parents' responsibility to be aware of important school dates and functions. Working parents should take special note of the school's days off, early dismissals, conference dates, etc., and should make every effort to arrange their work schedules accordingly.

Student participation in functions noted on the school calendar (including occasional evening activities such as music performances) is mandatory unless explicitly indicated otherwise.

MEAL POLICY

Parents should closely supervise all school meal preparations made by their children. Students—especially younger children—need sufficient, healthful nourishment in order to function properly in school. Hungry children will lack energy and concentration; those given excessive sugar frequently exhibit hyperactivity and irritability.

Parents are asked to send meals that do not need to be heated or to use a container that will help retain heat.

Food Allergies

Parents must notify the school of any and all food allergies, their specific nature, and severity.

Lunch

Students should bring lunch to school each day in containers marked with their names. The school expects students to use proper table manners, and parents should review etiquette with them. All students (grades K-12) eat lunch on campus.

Snacks

Elementary students may have a morning snack at the teacher's discretion. Check with your student's teacher to see if your student should bring a snack. Middle and High School students are not allowed to snack during the school day, except occasionally at their teachers' discretion.

HEALTH POLICY

Communicable Disease

A student suffering from a contagious illness or a bad cold should not be sent to school. Should an outbreak of a communicable disease occur, children at risk for the disease should be removed from the school for a period of time determined prudent by medical professionals.

Parents must report all instances of communicable disease to the school office. Communicable diseases include, but are not limited to, chicken pox, pink eye, flu, impetigo, head lice, scabies, measles, mumps, whooping cough, ring worm, roseola, strep throat, German measles, mononucleosis, and scarlet fever. Parents unsure of the communicability of an illness should consult a medical professional and call the School Secretary's office before sending a child to school.

Illness and Injury

Parents will be notified in the case of serious illness or injury that occurs at the school. In such cases, the child(ren) will be sent home only in the care of a parent or person designated by the parent. If immediate notification is not possible due to the nature of the injury or circumstances, the school will act in compliance with the registration releases and permissions and will notify the parents/legal guardians in a timely manner. In emergency situations, the school will contact emergency medical services (911) and parents (or designated personnel) as expeditiously as possible.

Please keep all contact information up to date by way of the School Secretary or Academy Registrar.

Vaccinations

According to Arizona state law, (A.R.S. §15-873) children enrolled in all Arizona schools are not allowed to attend school until either proof of immunization or a completed exemption form is submitted to the school.

Parents must therefore submit applicable pupil vaccination documentation / personal beliefs exemption and provide updates as required. Parents assume all legal and financial responsibility in representing to the school whether or not the child is in compliance with all required immunizations / exemptions.

SSPX Statement on Vaccination

Schools of the US District of the Society of Saint Pius X comply with vaccination policies of local health and education authorities while adhering to the moral principles of the Roman Catholic Church.

The Catholic Church does not oppose vaccinations in principle, but it does consider as morally illicit the development of vaccines from aborted fetal tissues. In 2005, the Vatican clarified¹ the proper position of all Catholics on this matter, and the SSPX adheres to that declaration.

Schools of the SSPX also support parental authority and freedom of choice in matters not opposed to the moral law. If the state law does not mandate vaccination, neither do our schools. In the event of an outbreak of an infectious disease, our schools work closely with local and state officials to respond according to the guidelines prescribed by the governing authorities.

¹ Pontifical Academy for Life. Moral reflections on vaccines prepared from cells derived from human aborted fetuses. Cf. *The Angelus*, February 2006, vol. 29, n. 2.

Medications and Other Medical Conditions

The school may not dispense medication without professionally indicated direction. Students may not self-medicate, with the exception of insulin pumps, epinephrine (EpiPen), and asthma inhalers. The following forms, available from the school office and on the school website, must, in every applicable case, be completed, signed, and dated and returned to the Registrar's office:

- Request for Prescription Medication to be Administered During School Attendance;
- Request for Non-Prescription Medication to be Administered During School Attendance;
- Severe Diabetic Plan;
- Asthma Action Plan;
- Allergy Action Plan.

If your child has any condition that may require immediate or emergent medical attention, such as severe allergy, asthma, diabetes, or seizures, an action plan must be completed and signed by a licensed physician. The plan should include the nature of the condition, and steps to be taken should the need arise. This information is part of your child's file and needs to be sent to the school secretary who will ensure necessary (and only necessary) personnel have it.

Parents should administer medication at home whenever possible, and should ask their doctor or pharmacist to develop an at-home dosing schedule to avoid the need for medication administration at school.

Students may only bring prescriptions and other medications to school in original containers, appropriately labeled by a pharmacy or physician, and must give them to the school secretary. Dosing directions should be clearly marked on each container. School personnel will not administer first-time medications.

If a student wants an over-the-counter, non-prescription medication, such as a cough drop or Ibuprofen, they must go to the Secretary. The Secretary will keep a list of students who have medication administration forms on file and will only administer the medication if that student has the correct form on file. If medication is administered, the Secretary will email the parent to notify them of the medication administered and the quantity.

CURRICULUM – GENERAL

Religious Instruction

Formal religion instruction holds the place of honor in the curriculum. Classes include an ordered presentation of the Catholic Faith through the study of Christian doctrine, the life of Christ, the Mass, the liturgical year, Bible history, and the lives of the saints. Children are taught to memorize the catechism, and at the same time to see behind these truths the face of Our Lord, calling them to lives of holiness in union with Him. Thus, students are encouraged to develop a profound spiritual life in union with the liturgical and sacramental life of the Church.

Literature and Language Arts

SSPX schools place great emphasis on a literature-based language arts program. Good literature is essential to the proper, healthy development of both the intellectual and the spiritual life. As Our Lord demonstrated when He chose to teach through parables, stories naturally engage the intellect, inspiring wonder and understanding. Literature presents accurate depictions of reality, including the best and the worst of human nature, allowing students to experience — vicariously yet profoundly — circumstances and scenarios that will inspire them to embrace the good and reject the bad. Through the teaching and discussion of good literature, as well as its profound integration through composition exercises, students gain an openness to the noble realities of the soul, and thus are made docile to the call of grace, which draws them toward the noblest of all realities. Dictation and poetry are a preparation and an extension of this study of literature, inspiring the intelligence and nourishing the memory with beauty. The study of grammar is the handmaid of literature, enabling the child to penetrate the essential of the written word and to express himself with clarity and elegance.

Other Subjects

The other classroom subjects likewise harness the curiosity and strengthen the nature of the students. Math teaches accuracy, order, and logic; science explores the beauty of God’s plan in the natural world; history reinforces the study of human nature and the world, bringing to life real heroes and important events and connecting causes and effects; geography integrated with history broadens students’ cultural awareness and helps to develop a truly Catholic perspective.

ELEMENTARY SCHOOL CURRICULUM

The curriculum for kindergarten through fifth grade includes the following subjects: religion, language arts (learning to read and write, grammar, dictation, literature, composition), history and geography, mathematics, nature study and science, music, and physical education. These will be taught at the appropriate developmental level for each grade.

Fine arts—music (sacred and secular), poetry, art, and drama—are an important part of the curriculum. The school encourages performing skits, copying and drawing pictures, dramatizing poetry, and singing, along with creative projects and presentations in all subjects.

MIDDLE SCHOOL CURRICULUM

The middle school curriculum prepares students for the intellectual rigor of the high school program. During these formative years – the “Age of Ideals and Confirmation” – students move from foundations to deeper analysis and greater personal responsibility in their studies. Students are guided to integrate what they learn across subjects.

The curriculum for sixth through eighth grade adds foreign language, electives, and physical education to the elementary catalogue (see above), while paring back on phonics and dictation. Religion remains central, fostering not only knowledge of the Faith but also habits of prayer, reverence, and moral reasoning.

Through the study of early modern to modern history, students begin to see the unfolding of human events and ideas within the providence of God. English Language Arts prepares students to engage more fully with the great conversations of Western civilization in high school.

HIGH SCHOOL CURRICULUM

At the foundation of the high school education offered at Our Lady of Sorrows Academy is the idea that human reason can discover and understand an order outside itself, the order created by God. Students receive a thorough and integrated view of this reality through the organic unity of all subjects. They learn to think in an orderly fashion, to speak and write as clearly as they think, and ultimately to judge with wisdom and prudence.

At Our Lady of Sorrows Academy, students learn from the saints, ancients, and secular masters through literature, history, Latin, math, science, and religion. By opening to them the treasury of human knowledge, teachers strive to inspire students with an ardent love of truth and an increasingly clear vision of their final end. By teaching them to think critically and classically, and to integrate that way of thinking into their own actions, an education at Our Lady of Sorrows Academy prepares students to face the concrete conditions in the world and to embrace supernatural as well as natural happiness.

Our Lady of Sorrows Academy uses an integrated curriculum which emphasizes the complementary relationships between subjects and encourages students to take an interdisciplinary approach to learning and life. The following is the standard curriculum of the High School. Yearly electives vary annually based on the competency and availability of teachers.

Courses by Grade Level

9th Grade

Religion†*
Latin I*
Literature & Composition
Ancient History*
(Creation – 476 AD)
Algebra I
Biology
Music†*
Physical Education†*
Art
Elective †*

10th Grade

Religion†*
Latin II*
Literature & Composition
Medieval History*
(476 AD – 1517 AD)
Geometry
Economics
Music†*
Physical Education†*
Apologetics*
Elective †*

11th Grade:

Religion†*
Latin III*
Western Literature & Composition
History: Early Modern *
(The Black Death to the “Glorious” Revolution)
Chemistry*
Algebra II*
Music†*
Physical Education†*
Art*
Logic*
Elective †*

12th Grade:

Religion†*
Latin IV*
Western Literature & Composition*
History: Modern/ USG*
(The Enlightenment to Contemporary History)
Physics*
Pre-Calculus/Trigonometry*
Philosophy*
Music†*
Physical Education†*
Art*
Elective †*

* Class combined with another grade level

† Boys and girls taught separately

Due to school size, some courses at Our Lady of Sorrows Academy are currently combined especially in the 11th/12th cohort. These cohorts move through the course distribution in alternating two-year cycles that ensure graduating students have received all core classes. This cohort approach means that some additional (non-core) course may not be available to all students during their high school career.

All students will be assessed in accordance with the grading scale of this handbook and will be eligible for the semi-annual honor rolls based upon their achievement level. Eligibility for overall academic distinction upon graduation (e.g. valedictorian, salutatorian, academic distinction) will depend upon academic performance, course selection, and conduct.

Graduation Requirements

To be eligible to graduate from Our Lady of Sorrows Academy, a student must complete, at a minimum, the following number of credits in the required high school subjects listed below. Unless otherwise indicated, credits are awarded upon completion of one full year of study:

- Religion – 4
- English – 4
- History – 4 (includes 1 year of Government/Civics alone or integrated)
- Math – 3
- Science – 3
- Latin – 2
- PE – 2¹
- Music – 2¹
- Art - 2¹

Graduation eligibility ultimately will be determined by the School Principal, based on academic performance, effort, and conduct. Seniors who fail any required courses during their final year in high

¹ Denotes electives or enrichment requirements. = .5 credits per year

school may be denied graduation; those who fail Religion will be denied graduation. In such cases, parents will be notified during the final quarter, except when students have jeopardized their graduation by poor results at the end of the final quarter or on final exams.

Commencement Honors

The School Principal determines the valedictorian, salutatorian, and those to graduate with academic distinction in each school.

Exclusion from Commencement

A student whose account is not current will not be admitted to the commencement ceremonies and his or her high school diploma will be retained, as stipulated in the contract.

POST-SECONDARY ENROLLMENT OPTIONS (PSEO)

Our schools are in place to provide a true Catholic formation within an increasingly non and even anti-Catholic world. We must remember that formation is much greater than curriculum; educating is much more than teaching.

With our current course offerings, Our Lady of Sorrows Academy does allow select Postsecondary Enrollment Options (PSEO) to supplement our curriculum especially in cases of credit remediation. These courses are selected after administrative review and may be assigned over the summer or as an alternative to faculty-led core classes during the school year. These offerings are reviewed on a case-by-case basis.

GRADING & ACADEMIC DISCIPLINE

While all students will be assessed in accordance with the grading scale of this handbook and will be eligible for the honor roll based upon their achievement level, only those students who complete the standard curriculum will be considered for overall academic distinction (e.g. Valedictorian and Salutatorian).

Grading Scale

<i>Letter Grade</i>	<i>Grade Points</i>	<i>Numerical Range</i>
A+	4.00	100-97
A	4.00	96-94
A-	3.67	93-90
B+	3.33	89-87
B	3.00	86-83
B-	2.67	82-80
C+	2.33	79-77
C	2.00	76-73
C-	1.67	72-70
D	1.00	69-65
F	0.00	64-0

Academic Discipline/Probation

The school will issue report cards at the end of each quarter.

Students earn grades based on the percentage scale above. 65% or higher constitutes a passing grade.

The school requires students who fail one or more subjects to remediate missed coursework in a manner determined by the school. Failure to remediate successfully according to school guidelines will result in student retention in grade or separation.

Any student demonstrating consistently poor academic performance will be placed on academic probation by the School Principal for a designated period of time. If probationary students show no substantial progress, their parents will meet with the School Principal or his designated representative to determine a proper course of action, which may include separation.

New students may be placed on academic probation for the first quarter. If newly admitted students on academic probation do not maintain a C or better in every subject, they may need to continue study at a lower grade level. The Principal will meet with teachers and parents before making a decision.

Plagiarism

Students must understand that extensive paraphrasing, excessive quotation, and unattributed sources constitute plagiarism, the theft of another's work. Use of generative artificial intelligence or extensive AI-based grammar editors, while not constituting the theft of another's work, is nevertheless a serious form of academic dishonesty. Both plagiarism and other forms of academic dishonesty deprive the student of the opportunity to acquire the knowledge and skills proper to the subject and undermine the trust that must exist between teacher and student.

Teachers will inform the Principal of suspected plagiarism and academic dishonesty. In confirmed cases, the Principal will determine appropriate sanctions and consequences. All academic discipline and ultimate consequences remain at the sole discretion of the School Principal.

Progress / Deficiency Letters and Actions

Based upon student performance, deficiency letters to parents are issued periodically by the Principals for students who are failing or in danger of failing courses.

Students who are academically deficient at the end of the year will be retained in that grade, remediated over the summer, or separated from the Academy by the School Principal. High School Religion cannot be remediated over the summer. Therefore, 9-11th grade high school students who fail Religion will be retained in grade and, as noted above, seniors who fail Religion will be denied graduation.

Parent-Teacher Conferences

At least one parent per family is required to attend all parent-teacher meetings to discuss grades, general academic performance, character, and moral development with teachers.

School Conferences, given by the Principal and Prior, take place at least three times a year. They are mandatory. School Conferences are an important opportunity for parents to gain a deeper understanding of the scope of Catholic education.

HONOR ROLL

The Honor Roll exists to reward outstanding scholastic achievement and to recognize those students who demonstrate superior and sustained motivation, responsibility, hard work, and character. Students who receive any conduct grade of D or below are ineligible for the Honor Roll, as are students who have been

suspended for any reason.

Students in grades 4-12 are eligible for the Honor Roll as follows:

Summa cum Laude

Final overall weighted average of 97% (A+) or above, with no final grade in any subject below a 90% (A-).

Magna cum Laude

Final overall weighted average of 94% (A) or above, with no final grade in any subject below an 87% (B+).

Cum Laude

Final overall weighted average of 90% (A-) or above, with no final grade in any subject below an 83% (B).

HOMEWORK & HOMEWORK POLICIES

Homework, General

Teachers assign homework to reinforce knowledge, instill a sense of responsibility, encourage time management, and develop independent study habits. This daily effort on the part of the student is essential to the formation of profound, lasting qualities of heart and mind. Students must turn in assignments on time and make up homework assignments missed due to absence.

Parents are asked not to do their children's work for them. As a fundamentally dishonest circumvention of student duties, this would undermine both the teaching and the learning processes, and seriously impede the development of good study habits. Parents should, however, supervise homework, offer any needed assistance, and see that their children have sufficient time and a suitable place in which to complete assignments.

Homework Time Guidelines

K-2: Below is a list of all activities to do with children after school with recommended time limits:

- Kindergarten: read to children (Once the child begins to read it is beneficial to have him/her read aloud to someone every night.)
- 1st grade: review catechism questions (5 minutes), practice math flash cards (5 minutes) plus reading aloud with an adult (10-15 minutes) = 25 minutes.
- 2nd grade: review catechism questions (5 minutes), review auto-dictation and poetry (5 minutes), review grammar definitions (5 minutes) or practice math flash cards plus reading aloud with an adult (15 minutes) = 30 minutes.

Homework is routinely assigned to students in grades 3 –12. Reasonable expectations of daily homework requirements:

- 3rd grade: 20 minutes + reading
- 4th grade: 30 minutes + reading
- 5th grade: 45 minutes + reading
- 6th grade: 1 hour + reading

- 7th through 8th grades: 1 ½ hours + reading
- 9th through 12th grades: 2 hours (often includes literature reading. Other reading recommended.)

These are general guidelines. Actual requirements will depend on the child’s ability to work diligently and efficiently both in class and at home. Parents should not allow their children to linger indefinitely over homework but should set appropriate limits and require accountability for unfinished work.

Teachers will strive to respect the above time guidelines, and the school in no way obliges or encourages giving unnecessary homework—merely busy-work for its own sake. Weekend assignments may, on occasion, require more time than those given on weeknights.

Homework and Class Work Expectations

Our Lady of Sorrows Academy and its teachers expect students to work to the best of their abilities, and parents should encourage students to take the time and care necessary to complete assignments well. Incomplete or poorly completed assignments may need to be redone. Students should take time to avoid misspellings and numerous cross-outs and should keep homework papers in a protective folder or permanent notebook as applicable. Teachers will not accept soiled or damaged papers.

Teachers will publish specifications for homework, to include acceptable formats, paper, notebooks, pens and pencils.

Late Work

Students must complete assignments by the morning of the day they are due. Teachers will penalize late assignments ten percentage points for each day they are late and will not accept work more than five days late. If a trend of late or missing work develops, it will be documented and the parents will be notified.

Homework Requests and Make-Up Assessments for Absences

Students are responsible for obtaining missed assignments from their classmates or teachers. Ignorance is not an excuse. Parents of K-6 students may call the school office for assignments *no later than the morning* of the due date and may either pick up assignments at the end of the school day or have them sent home with siblings.

Long-term projects and assignments given prior to a student’s absence are due on the original due date and must be delivered to the school on that day, unless an exception is granted by the teacher.

Students have two academic days after returning to school to make up any missed assignments. Students should expect to take tests announced prior to an absence on the day they return to school.

Summer Homework

Teachers *may* assign summer reading or projects for Religion, Math, Language Arts, and History. Summer homework will be assessed when students return to school in the Fall.

UNIFORM POLICY

A school uniform is a visible sign of the unity of a student body striving to achieve a common goal. Bearing this in mind, the standard remains *uniformity*, not individuality or fashion. While the school strives to develop strong individuals, the well-formed student will possess a true depth of character and a personality strong from within, not defined from without. A uniform facilitates all of this by minimizing

the possibility of disordered, vain, or immodest self-expression that seeks primarily to draw attention to self. Beyond this, uniform dress reinforces a sense of solidarity and belonging, and eliminates the significant social pressures associated with style consciousness and competition. Uniforms do not suppress individual expression; willingness to submit to the uniform policy indicates humility and maturity.

This handbook establishes the basic “letter of the law,” but students, aided by their parents, should discern and submit more importantly to the spirit of the uniform policy. Rather than defining each allowable or disallowable clothing item, the school relies on parents, students, and faculty to understand the purpose of uniforms and to comply with the intention of the regulations. Parents with questions or concerns should feel free to contact the school for clarification.

Hygiene and Appearance

For their own health and the consideration of others, students must bathe properly and regularly. Students must appear at school in clean, pressed, and complete uniforms. Damaged or excessively worn uniform items are unacceptable. Students must remain in full uniform while on the school property, even after school.

Make-up

Make-up and cosmetics are prohibited, except for medicated bases prescribed by a physician. In such cases, students must provide a note from the prescribing physician. Fingernail polish, whether colored or clear, is also prohibited.

This policy applies to students in uniform, those adhering to an event dress code, and those participating in mandatory school functions or volunteering for the school.

Jewelry

Jewelry is forbidden, with the exceptions of a fine-gauge necklace with a single religious medal. Girls with pierced ears may wear a single gold, silver, diamond, cubic zirconia, or pearl stud, no larger than 5 mm in each ear. Boys may not wear earrings. Only grades 5-12 are allowed to wear watches, but alarms must be turned off. Watches must be non-touchscreen.

Hair

Hair should be cut and styled in a classic fashion. Fad hairstyles for boys or girls are forbidden. Boys must be clean-shaven, well-groomed, with hair cut off the collar and ears. Girls and boys are to keep their hair the natural color, not dyed. The prohibition on dye includes highlights.

Girls must keep their hair tied back and off their shoulders (braid or ponytail), with bangs short or fastened back and out of their faces. Any ribbons, hair bands, or other hair accessories are to be simple in design and color (gray, maroon, navy, white, or black). Bright colors and/or big bows and flowers are not allowed.

Required Uniforms

The following provides general guidance concerning articles that make up the uniform, including outerwear.

- First Layer: the basic uniform.

- Second Layer: the first outer layer, a navy-blue embroidered school sweater (cardigan or pullover).
 - Students are not authorized to wear any other color sweater, nor may they wear multiple sweaters or sweaters without Academy crests.
 - Students *may* wear an optional Academy fleece in classrooms and the chapel.
 - Students must attach OLOSA patch to the fleece (available through Secretary).
 - During periods of hotter weather, the School Principal may temporarily discourage the use of sweaters.
- Third Layer: during periods of colder weather, the school permits a final layer which may include a winter coat and apparel such as hats and gloves. All accessories must be plain (non-patterned) and a color to match the uniform. Students may not wear casual or active outerwear garments, hooded or otherwise, when in uniform. In particular, sweatshirts (“hoodies”) and denim jackets are forbidden. Jackets may not be worn in classrooms or the church.

Required Uniform for Girls, Grades K – 5

- Uniform jumper
 - Blue and black plaid (Anton Uniforms). The skirt of the jumper must **cover the knees completely while sitting and standing.**
 - Students must attach OLOSA patch (available through Secretary).
- Navy blue school sweater (cardigan or pullover) is to be worn over the jumper (Anton Uniforms).
 - Students must attach OLOSA patch (available through Secretary).
 - NB. Each student is required to have a sweater.
- White uniform blouse, long or short sleeve
 - White Peter Pan blouse (rounded), broadcloth, short or long sleeve (Anton Uniforms / Amazon: French Toast).
- Tie: Navy crossover tie with fabric snap (Anton Uniforms).
- Socks:
 - White knee-high socks / white tights
 - White bobby-socks / ankle socks
 - Black tights
- Shoes: Black **Mary Janes.** (Ballet flats not permitted for K-5th grade)
- Dark blue, black, gray, or white winter coat (no insignias) or Academy fleece (Anton Uniforms).
 - Students must attach OLOSA patch to the fleece (available through Secretary).

Required Uniform for Girls, Grades 6-12

- Skirt and navy blue vest
 - Skirt: blue and black plaid (Anton Uniforms). The skirt must **cover the knees completely while sitting and standing.**
 - Navy blue vest is the 1st layer of the basic uniform and is always to be worn (Amazon).
 - Students must attach OLOSA patch (available through Secretary).
- Navy blue school sweater (cardigan or pullover) is to be worn over the vest in cold weather (Anton Uniforms).

- Students must attach OLOSA patch (available through Secretary).
NB: Each student is required to have a sweater.
- White uniform blouse; long or short sleeve
 - White pointed collar Oxford blouse, short or long sleeve (Anton Uniforms / Amazon: French Toast).
- Tie:
 - Grade 6-8: Navy crossover tie with fabric snap (Anton Uniforms).
 - Grade 9-12: Maroon crossover tie with fabric snap (Anton Uniforms / Amazon).
- Socks:
 - White knee-high socks / white tights
 - White bobby-socks / ankle socks
 - Black tights
- Shoes: Classic black uniform shoes: polished traditional ballet flats, Oxfords, or loafers, no thick soles or large treads
- Dark blue, black, gray, or white winter coat (no insignias) or Academy fleece (Anton Uniforms).
 - Students must attach OLOSA patch to the fleece (available through Secretary).

PE Uniform for Girls, Grades 7-12

- Grey Cavaliers PE T-shirt (Anton Uniforms).
- Navy knee length PE skort (Amazon – see specific links in the Uniform Supplement)
- White athletic socks
- Athletic shoes
- During winter months a navy blue or white long-sleeved sweatshirt may be worn (no **hoods**, insignias or slogans). Official school spirit wear may also be worn.

Required Uniform for Boys, Grades K – 12

- Pants: flat front or pleated khaki dress pants (Anton Uniforms / Amazon: French).
NB: See **Uniform Supplement** for approved styles and khaki colors.
- Shirts:
 - Grades K-8: Button-down white Oxford shirt (short sleeve or long sleeve). Shirt sleeves must not be rolled up. (Anton Uniforms / Amazon: French Toast).
 - Grades 9-12: Button-down blue Oxford shirt (long or short sleeve). Shirt sleeves must not be rolled up (Anton Uniforms only).
 - Students must attach OLOSA patch (available through Secretary).
- Black leather belt
- Tie:
 - K-4: Navy blue classic pre-tied bow tie (Anton Uniforms).
 - Grades 5-8: Navy blue with no design (Anton Uniforms).
 - Grades 9-12: Navy blue and grey Classic Stripe Jacquard (Anton).
- Socks: Navy blue or black dress / long socks that cover the ankle (No designs or insignias).
- Shoes: Black leather shoes, clean and polishable (loafers allowed); athletic socks and shoes for recess.
- Sweaters: Navy blue school cardigan or pullover sweaters is to be worn over the Oxford shirt in cool weather. (Anton Uniforms).
 - Students must attach OLOSA patch (available through Secretary).
 - NB. Each student is required to have a sweater.

PE Uniform for Boys, Grades 7-12

- Cavalier PE T-shirt (Anton Uniforms)
- Navy knee-length athletic shorts (Anton Uniforms)
- During winter months, a blue long-sleeved sweatshirt may be worn (no **hoods**, insignias or slogans). Official school spirit wear may also be worn.
- Athletic shoes
- White or black cotton sport socks
- Sweatpants are not allowed

Uniform Orders

Parents are expected to purchase uniforms through our uniform suppliers and students are expected to maintain their uniform's cleanliness and integrity at all times. Please see the Uniform Supplement published on the website for a full list of suppliers, restrictions and recommendations. Uniforms must be purchased through one of the recommended sites.

School patches must be worn on all uniforms and may be purchased from the school office. PE t-shirts may also be ordered through the school office.

NOTE: Women (parents, volunteers, visitors) and girls must wear modest skirts or dresses whenever on school or church grounds.

GENERAL SCHOOL RULES & GUIDELINES

Character training is an important element of the education at Our Lady of Sorrows Academy. The school expects loyalty, respect, and good manners, as well as immediate, cheerful cooperation from all students. Good discipline results, in large part, from the natural response students have to a gentle but firm command of respect rather than a rigid enforcement of a long list of rules. The school imposes certain rules, however, to maintain order and to help students develop the habits of discipline, courtesy, etiquette, and culture necessary for intellectual and spiritual advancement.

Forbidden Items

School personnel will confiscate these and other inappropriate items.

- Cell or smart phones* or devices, including smart watches.
- Electronic devices including but not limited to touchscreen watches (smart or otherwise), radios, CD players, MP3 players, CDs, DVDs, and electronic games of any kind;
- Books, magazines, pictures, comics, letters, notes, etc. of immoral or inappropriate content;
- Any drugs or alcoholic beverages;
- Any tobacco or smoking paraphernalia, including matches, lighters, and "e-cigarettes" or other non-medical vapor emitting devices, etc.;
- Weapons of any kind.

Student Use of Technology

- Except for basic (non smart) phones, students are not allowed to have phones or other personal electronics on Our Lady of Sorrows property. On school days or at school sponsored events (such as fundraisers, retreats, field trips, etc), these basic phones must be turned in to the Secretary upon

arrival at school.

- Basic (non-smart) phones may be retrieved from the Secretary and used after the school day ends at 3:15 PM. Electronics not turned in will be confiscated.
- As stated in the “Regulation of Electronic Media” section, students are not permitted to have or use smartphones on the Our Lady of Sorrows campus (including the church and field) or at any school-sponsored events.
- Personal electronics, other than cameras, may not be used at school functions (such as fundraisers, retreats, field trips, etc.)
- Students may use internet-enabled computers in the Library under teacher supervision.

Confiscated phones or other items will be returned to parents of violators of these rules at the discretion of the Principal.

General Classroom Behavior

- Students will raise their hands and wait to be called upon before asking or answering questions.
- Students will stand and respectfully greet all adult visitors to the classroom, addressing them by their appropriate title: Father, Sister, Dr., Mr., Mrs., Miss, etc.

Lunchtime Behavior

- Students need to bring a bag lunch. Soda, energy drinks and coffee are not allowed, and candy desserts are discouraged.
- Students may not use the microwave or any other kitchen appliances, including cutlery.
- Students will clean up after themselves and will help maintain overall cleanliness of the lunchrooms and classrooms.
- Please send all utensils necessary for the lunch you have provided.

Playground / PE Expectations

- Weather permitting, all students are expected to go out for play during recess. Grades 7-12 are also expected to participate in PE. The school requires detailed written notification if a student cannot participate in recess activities or PE activities for health or other reasons.
- Students must have appropriate footwear for recess.
- For safety reasons, the school does not allow rough play or tackle football.
- Children must remain within established boundaries.
- During inclement weather, recess will take place indoors.
- Running and horseplay are forbidden inside the school.
- Parents are encouraged to send sunscreen with their children for protection during recess.

Parties and Gift Deliveries

- Students may not take delivery of flowers, balloons, gifts, etc. during the school day.
- Birthday Parties: While recognizing the special nature of student birthdays, the school does not allow birthday parties for individual students. Subject to teacher discretion, however, students may bring snacks on their birthdays to share with fellow classmates after school.
- Feast Day and Holiday Parties: teachers, parents, and students will not arrange classroom parties other than those approved by the School Principal.

Respect for School Property

- The school will not tolerate any abuse of school property or acts of vandalism, including defacing or damaging desks or books. Parents will be billed for damages; the student will be required to do any necessary clean-up.
- Students will help maintain an orderly environment in the school by properly looking after their own belongings and cleaning up after themselves.
- Students will keep textbooks covered at all times. Damaged or lost books will be replaced at the parents' expense.
- Parents will be charged for lost textbooks and for textbooks returned more than a week after the close of school.
- All property brought into the school or maintained by the school including school lockers, desks, and any other temporary or permanent storage areas on the grounds of the Academy are subject to searches which may be carried out with or without cause or suspicion and may be preventative in nature. By bringing items onto Academy grounds, each student and his/her parent(s) consent to searches of desks and lockers provided by the school for student use, at any time school authorities determine such searches necessary.

Restroom Use

- Students will use only designated restrooms.
- Except in cases of legitimate emergency, high school students may not take restroom breaks during class time.
- Except in cases of legitimate emergency, students may not take restroom breaks during Mass.

General Items

- Students may not pass personal notes or written communications of any kind.
- Invitations to non-school sponsored social events should be distributed outside of school hours and off-campus to ensure parents are aware of such activities and to preclude any implication of school endorsement.
- Students must generally maintain silence in the school. Moderate noise is permitted during recess and breaks.
- Students may not run, jump, or roughhouse in any part of the school building.
- Students may not chew gum on school premises.
- Students may use the school phone only in emergencies and only with permission from a school official.
- Students may not leave school premises during the school day without permission.
- Students are not permitted in teachers' lounges.

DISCIPLINE POLICY

Our Lady of Sorrows Academy applies the principles of Catholic education to student discipline. True charity, at times, obliges correction and even punishment, but as a means of encouraging amendment, not inflicting suffering or fostering resentment. The Catholic educator strives to win the heart of the student: both instruction and discipline rest on a foundation of charity. As Christ Himself showed, unwavering admonition does not preclude patience and kindness, and those corrected with charity will learn to embrace virtue motivated by filial love rather than servile fear.

Our Lady of Sorrows Academy does not use corporal punishment. Disciplinary measures consist chiefly in the restriction of activities and privileges. Depending on circumstances, the school may limit or deny recreational activities, impose detention or study hall, assign work tasks, etc. The school will punish students based on the severity of the infraction as follows:

Minor Infractions

Minor infractions are incidents attributable more to thoughtlessness than to a defective disposition or ill will. Examples of minor infractions:

- Disorderly desks or lockers;
- Incomplete, dirty, or excessively worn uniforms;
- Neglect of school property;
- Causing disturbances in class or during line-up;
- Neglect or improper performance of academic duties.

Teachers will correct minor infractions in the classroom, and may discipline students by way of in-school detention, study hall, or other means, at the teacher's discretion. Unless a pattern develops, the school will not inform parents of these offenses.

Major Infractions

Major infractions are incidents of a more serious nature indicating knowledge of wrongdoing. Examples of major infractions:

- Insubordination or deliberate disobedience;
- Unexcused absence;
- Unexcused tardiness;
- Fighting;
- Bad language;
- Persistent failure to submit homework;
- Failure to show up for a detention;
- Use or possession of forbidden electronic devices;
- Use or possession of tobacco products;
- Excessive repetition of minor infractions such as those listed above.

The Principal or Vice Principal will handle infractions of this nature. Students will be punished with detention or other means, at his discretion. A detention may entail extensive janitorial work or after-school study hall. Students guilty of major infractions may be excluded from extracurricular activities.

Grave Infractions

Grave infractions are incidents indicating knowledge of wrongdoing with social and moral ramifications. Examples of grave infractions:

- Conduct or spirit prejudicial to the school;
- Offensive behavior or lifestyle not in line with that of a traditional Catholic school student;
- Lying, cheating, or any academic fraud, including plagiarism;
- Any illegal activity;
- Use, possession, purchase, attempts to purchase or sell drugs or drug paraphernalia or alcohol;
- Possession, purchase, or selling of weapons or fireworks;

- Grave or repeated disrespect;
- Theft;
- Vandalism or destruction of property;
- Indecent fraternization;
- Obscene expressions, gestures, writings, or conversations, including postings of such nature on the internet;
- Possession of immoral material;
- Excessive repetition of major infractions such as those listed above.
- Bullying (NB – Bullying is a form of aggressive behavior in which someone intentionally and repeatedly causes another person injury or discomfort.)

The School Principal will handle infractions of this nature. Students will be punished by suspension or expulsion, at his discretion. Suspensions may be of shorter or longer duration, depending on the gravity of the offense. Students caught cheating will face serious consequences. Older students, in particular, will generally be suspended for cheating, as a minimum, and may well be expelled, dependent upon the circumstances, even for a first offense. A lack of integrity is simply unacceptable in a serious Catholic environment. Work missed during the time of suspension may receive a zero, at the Principal's discretion. Expulsions, once imposed, are final. A student may only be readmitted in exceptional cases with the explicit permission of the school Principal.

Miscellaneous Rules & Consequences

Loyalty and respect, as well as immediate cheerful cooperation, are the virtues expected from all students. Immature or uncivilized behavior will not be tolerated.

All buildings and areas on campus in which the student does not have immediate academic interest are off-limits, with the exception of the chapel. The library building is only to be accessed during library hours and during scheduled class hours.

Students may enter the fields and Performing Arts Center only during times when events, practices, or games are scheduled, or when the students have specific permission from a campus authority to make use of the facilities.

Fraternization: The Catholic Church has traditionally rejected co-education for what should be obvious reasons. While Our Lady of Sorrows remains a co-ed school for the 2026-2027 Academic Year and requires interaction between boys and girls, students are expected to display proper, courteous behavior toward each other. Inappropriate, unnecessary interaction will result in suspension or expulsion. Some further guidance applies:

- The Academy encourages parents to teach their children how to behave with members of the opposite sex in a family environment.
- Since dating is a preparation for marriage, it is inappropriate for high school students and is, therefore, forbidden.
- There should be no unsupervised interaction between unrelated boys and girls whether on school property or not. Unrelated students of the opposite sex should not, for example, walk to school together or attend events together.
- Because violations of these fraternization guidelines constitute behavior and a spirit prejudicial to the Academy, they will be treated as grave infractions whether they occur at school or elsewhere. The Principal and the Prior are the final judges of what constitutes inappropriate fraternization.

Notice of Disciplinary Action

Parents will be notified officially, with a disciplinary notice, of major and grave infractions and of the disciplinary measure taken. A copy of the notice will remain in the student's file. The Principal may request a meeting.

Exclusion from Academy Activities

Depending upon the seriousness of an infraction, the Principal may choose to restrict an offending student's access to Academy functions for a period of time. Academy functions include, but are not limited to, the following school activities: sports events, field trips, concerts, fundraising activities, science fairs, geography fairs, awards ceremonies, and running a Jog-a-thon.

Disciplinary Probation

Any student demonstrating consistently poor conduct will be placed on disciplinary probation by the Principal for a designated period of time. While on disciplinary probation, a student is ineligible to participate in any extracurricular activities. If a student in a probationary status shows no substantial improvement in behavior, his or her parents will meet with the Principal to determine a proper course of action, which may include expulsion.

EXTRACURRICULAR ACTIVITIES & ELIGIBILITY

Students who participate in extracurricular activities should not jeopardize their grades by sacrificing too much study time to non-academic functions. Good grades and good conduct are always expected as prerequisites for participation in any extracurricular activity.

Requirements:

- An overall grade average of 70% or above, AND
- No more than one D, regardless of the grade average, AND
- No failing grade in any subject.

Eligibility for a given activity will be established, subject to final determination by the Principal, for that entire activity (e.g. sport season) based upon grades from the most recently completed academic semester. For example, eligibility for soccer or hiking (fall/winter sports) will be determined based upon the second semester final grades of the previous academic year.

A student's eligibility status (eligible or ineligible) will remain unchanged for the semester unless the Principal changes a student's status based upon poor or commendatory performance in any area. Coaches are a critical source of input for such eligibility considerations and must provide input to the School Principal about students if matters of concern arise.

Additional Considerations

- Teachers will evaluate classroom behavior when submitting grades; a conduct grade of a D or below will constitute ineligibility.
- Students on disciplinary probation are ineligible to participate in any extracurricular activities.
- Students who receive a major detention are suspended from extracurricular activities for a minimum of one week.
- Students are ineligible to participate in extracurricular activities on any day they are absent

from school. This includes students who are absent for morning classes and arrive at school after lunch.

- Students who are on the ineligible list are encouraged to utilize their time studying in order to regain eligibility. Ineligible students are, therefore, **not permitted** to remain at school to watch any extracurricular activity or practice.
- Students who violate any Academy rule, regulation, or policy may be declared ineligible at the discretion of the School Principal.
- The School Principal reserves the right to waive these restrictions on a case-by-case basis.

STUDENT EMPLOYMENT

Student employment outside the home during the school week is strongly discouraged. If a student's academic performance is deficient and he or she works outside the home on school days, parents should insist upon a change in work schedule or job termination. The School Principal may separate academically deficient students with jobs who continue to sacrifice academics for employment.

STUDENT SAFETY

Student safety, moral and physical, is a primary concern. Our wide-ranging activities are important for student formation but carry some risks. At the district level, all SSPX USA schools are governed by a robust Abuse Prevention and Response program, put in place to ensure student safety, which includes screening of all employees in positions of trust with students and annual faculty training. Locally, we have a Safety and Security department responsible for maintaining physical security of the campus and planning and overseeing emergency response drills in the schools.

Privacy and Use of School Facilities

All campus restrooms, locker rooms, bedrooms, changing or shower rooms, or any other private areas are designated for either men or women, and use of these facilities is restricted to individuals of the designated sex based upon the information given on their original birth certificates. Any entrance by members of the opposite sex for custodial/maintenance or emergency purposes is allowed only with proper notice and safeguards. All students, administrative/school staff, parents, invitees and licensees must comply with this policy in order to preserve the safety and privacy rights of our students and to maintain an environment conducive to a proper Catholic formation.

Activities

There are a range of school-sponsored activities that contribute to our students' broader development, from field trips, sporting events, and retreats during the school year to camps over mid-year or summer breaks. Detailed policies and procedures for higher risk and more elaborate activities like camps are covered in other district documents. Field trips are covered in this handbook because they affect all parents and students.

Field Trips

Field trips provide meaningful and enjoyable learning experiences for students and are mandatory academic events when scheduled. Parents agree to and sign the "Permission to Transport," "Release of Liability Agreement," and "Permission to Treat" during on-line enrollment. The school will inform parents of each field trip (or other activity) throughout the year.

Field trips are a student privilege and not a right. Students may be denied field trip privileges if they are not performing well academically or behaviorally. Students denied field trip privileges for any reason must still attend school on field trip days.

Attendance at Field Trips

While a privilege, field trips are integral to the Academy formation and curriculum. Unless barred by physical / psychological limitation, serious illness, or family emergency, students are required to attend all field trips including out of town trips (high school) that often occur during vacations or summer break.

In high school, students attend three (3) mandatory trips:

1. 11th Grade: One pilgrimage trip, lasting three to six days, plus two travel days.
2. 12th Grade:
 - a) the Angelus Press Conference, lasting three days plus two travel days, and
 - b) a five-day silent Ignatian retreat, plus two travel days.

Emergency Procedures & School Closing

In case of severe weather (dust storms, monsoons, flash flooding, etc.) during school hours, students should remain at school. The school will maintain contact with the U.S. Weather Service and Maricopa County Emergency Management Department for severe conditions. In the event of severe weather, students will assemble in the designated locations within the buildings, and the school will follow procedures recommended by the Maricopa County Emergency Management Department. Parents should not attempt to pick up children during emergency conditions prior to dismissal time. During emergencies, as at all other times, teachers will not release children to any person other than parents unless specifically notified by the parents. In the case of a crisis or lockdown on campus, parents will be notified of an offsite location for parents to gather and await further details.

Fire Drills

Emergency preparedness drills are mandated by statute in the State of Arizona. The school will conduct monthly fire drills. During drills students must maintain silence and behave in a controlled manner while following the instructions of the school faculty. This is to ensure their safety and that of other students, faculty, and staff members.

Inclement Weather and School Closings

A decision to cancel school under adverse weather conditions is made in the interests of the students' welfare and safety. If Phoenix Union High School District closes for the day, Our Lady of Sorrows Academy will *generally* also be closed for the day. Parents will be notified via Parent Alert when there is a school closing. School closings will also be published on our family portal and communicated via email.

The school will contact parents in the event of an early closing, and parents should have an emergency transportation plan in place in case they cannot come and pick up their child or children. If severe storms begin after school has begun, parents may pick up students and form carpools at their discretion.

APPOINTMENTS & CONTACT WITH SCHOOL PERSONNEL

Appointments with Teachers or Administration

Parents may request meetings with any member of the school faculty or administration. Such meetings should be scheduled in advance through the school office.

Contact with Teachers

Parents should contact teachers regarding school matters during regular school hours.

The school will not call teachers out of the classroom or away from other supervisory duties to take calls during school hours. Teachers who receive messages relating to school matters will return phone calls during available free periods. Teachers will respond to messages left after hours at their earliest convenience.

Parents should not contact teachers at their homes or at parish functions (or in other social settings) regarding school matters. Parents may contact teachers by e-mail but should only contact teachers by cell phone if the teacher has given them permission to do so.

VISITOR POLICY

Visitors, including parents, must enter the Academy through the main school gate and check in at the school office.

TUITION, FUNDRAISING & FINANCIAL AID

Tuition

As it is a matter of justice, contractual obligation, and the financial stability of the school, parents must take their tuition obligations seriously. During FACTS enrollment/re-enrollment, parents are required to select a tuition payment plan with automatic tuition payments. Options for weekly, bi-weekly, semi-monthly, monthly, semi-annual, quarterly and annual payments are available.

Upon the Academy's acceptance of a student's enrollment for the academic year, parents become responsible for the full annual tuition liability per child, regardless of enrollment status during subsequent quarters of that Academic year, except in cases where the Academy initiates a separation of the student.

Parents, who for valid reasons cannot meet their obligation as agreed upon during enrollment, must contact Accounting for modification to the timing of payment and contact the School Principal regarding an application for financial assistance.

In the absence of special arrangements made with the Principal, late fees are applied to payments that are not made in accordance with the tuition payment plan. The school may require parents to withdraw students until they can meet financial obligations. The school reserves the right to withhold report cards, transcripts, and diplomas in these cases.

Fundraising Obligations

Fundraising provides necessary operating income and allows the school to maintain tuition costs well below average for private institutions. Fundraising also instills a sense of ownership and responsibility

in students. The Academy has one or more fundraisers per year. Participation in the official school fundraisers is mandatory for all families and a financial penalty will be assessed if the family does not meet the minimum level of participation.

Financial Aid

As of October 2022, every school-aged child residing in Arizona is now eligible for the universal Empowerment Scholarship Account (ESA). Parents apply once and receive a renewal contract to sign each school year.

STOs are non-profit, 501(c)(3) organizations developed under the guidelines provided in the Arizona Private School Tuition Tax Credit Law, A.R.S. Section 43-1089. STOs obtain contributions from individuals and businesses, which support school choice. These donations are then made available to families in private schools in the form of tuition scholarships.

For the maximum number of students to receive STO scholarships, Academy parents must apply for a minimum of two (2) STO scholarships, regardless of their intention to use these scholarships. STO applications roll over from year to year and also from student to student.

Beyond ESA and STOs, each year, the school can provide a limited amount of financial assistance to families in need, though the amount available depends entirely on benefactor donations earmarked for this purpose. To be considered for financial aid assistance, applicants must apply for two (2) STO scholarships, meet with the Principal and complete the financial aid application through FACTS.

VOLUNTEERING

Volunteers are vital to the successful operation of the school. Those interested in volunteering should contact the school office. All volunteers who have unsupervised contact with students must be fingerprinted.

Confidentiality Agreement

Volunteers must understand the importance of confidentiality and students' privacy rights. Any information obtained or overheard while volunteering at the school, or in any capacity in or out of the classroom, must remain confidential.

Volunteers will:

- Respect the confidentiality of all faculty, staff, and students;
- Remain in designated work areas;
- Dress appropriately for activities;
- Know and adhere to Academy rules and expectations;
- Notify the school office and the appropriate teacher if they cannot come when expected.

Volunteers will not:

- Hold unscheduled conferences with teachers;
- Visit classrooms of their own children unannounced;
- Bring their own children other than those directly involved to scheduled activities without prior approval;
- Use cell/smart phones or other personal electronic devices while supervising children in class, on the playground, or on field trips, except to fulfill assigned duties.

- Have unsupervised contact with students, unless they have been fingerprinted.

WITHDRAWAL, TRANSFER & READMISSION

Continued enrollment and yearly reenrollment require both observance of this handbook's rules and demonstrable support of the mission of the Academy. In any given year, either parents or school administration may suggest separation with or without cause.

Withdrawal Guidelines

In the event of withdrawal from the Academy during an academic year:

- Parents should arrange a meeting with the School Principal to discuss and/or finalize the withdrawal.
- After making the decision to withdraw, parents must inform the Registrar and return all borrowed books and materials to the school.
- Faculty will have at least three days to prepare materials for the withdrawal.
- The contract signed for enrollment is binding: parents must pay all fees and reconcile all accounts.

Readmission after Withdrawal

The school will not guarantee readmission to students withdrawn from the Academy during an academic year for reasons other than relocation or health. At the discretion of the School Principal, the school may impose a one year waiting period before considering a request for readmission. In these cases, the school will consider these children to be new students for purposes of admission and enrollment. Permission to re-enroll must be requested in writing from the School Principal.

Transfer

Our Lady of Sorrows Academy will not automatically release records to another school in the case of transfer. The new school must request student health, scholastic, and standardized test records from the Academy in writing with a transcript release request form. This request must be made within five days according to state law.

Pursuant to Title 15-828, Our Lady of Sorrows Academy will send requested records within 10 days of receiving a written request.

APPENDIX: DIGITAL SAFETY GUIDE

General Observations

Although we are created by God in His own image, our wounded nature makes us prone to make mistakes, a tendency only enhanced by advances in technology. Most of us now routinely use devices that are capable of instantly putting before our eyes anything and everything—information, music, pictures, and videos.

Primary Reasons to Beware of the Internet:

- It is a resource, easily accessible anywhere on a smartphone, designed and controlled by people who want to make money and who are very good at captivating our attention.
- It is the provider of social media platforms: Instagram, Snapchat, Tumblr, TikTok, Facebook, WhatsApp, Pinterest, etc., widely considered to be quick and easy means for friends to stay in touch. Most platforms provide open access to anyone, however, and have frequently been used maliciously to promote pornography and subject users to extreme social pressure.
- It is the predominant source of pornography, which comprises one-third of the billions of gigabyte data freely available worldwide. Pornography is not only morally reprehensible but also neurologically dangerous, eliciting responses in the brain that resemble the addictive reaction to hard drug use. Addiction to pornography has nothing to do with a person's moral character or upbringing—it can happen to anyone.

General Rules for Parents:

- Recognize that no one is immune to the challenges imposed by the ascendancy of technology. Guard against naivete on the one hand and overreaction to problems on the other.
- Using smartphones, laptops, or any computer with access to **unprotected** internet is an irresponsible use of technology, not unlike leaving loaded guns on the table in a houseful of curious children.
- It is **immoral** to allow children to use the internet unsupervised.

General Guidance:

- Lead by example: start by examining and restricting your own internet use.
- Open and maintain lines of communication with your children. Conversations about sensitive topics are difficult but necessary. Initiate discussions with them about the internet and social media. Focus on positive education rather than mere, unexplained prohibition. The goal is responsible use of technology in the context of building virtue.
- Having explained the challenges of using technology, establish clear limits, rules, and accountability for screen time that apply to all internet users in the household. For example, no use behind closed doors, or in the bedrooms, or during family gatherings, meals, or outings.
- Encourage transparency. Reassure your children that they can and should come to you for advice about anything. If they are ever troubled by something they see or experience online, they should stop what they are doing and tell you right away.

- Learn about resources for parents, such as filtering apps and secure Wi-Fi routers, to protect everyone in the home from the dangers of the internet.
- Provide for and encourage healthy screen-free recreation and activities such as sports and hobbies.
- Spend quality screen-free time with each child often and avoid using technology as a babysitter—the youngest are most susceptible to becoming captivated and addicted to the screen.
- Postpone providing personal smartphones for older children until the final year of high school or later.

Safety How To's and Resources

Here are some recommendations to use devices with prudence for you and your family.

- **Websites worth checking out:**

- **ProtectYoungEyes.com** (PYE). PYE is currently one of the best resources available. Dedicated to raising awareness of digital safety threats and to providing practical instructions for device protection from inappropriate internet material and social media abuse, they offer:
 - a free website and weekly email that include thorough up-to-date information regarding the latest apps and games that parents should be concerned about.
 - an app with easy-to-follow instructions and information for digital protection.
- The SSPX does not have any official affiliation with PYE, and we might not agree with everything that they present regarding parenting, in general. Nevertheless, PYE is a very valuable resource for internet safeguards.

- FightTheNewDrug.org
- TruthAboutPorn.org
- CovenantEyes.com

- **Phones**

- The best method for families (and friend groups) is to have shared filtering and accountability. If we make our devices an openly used tool and not a private world, many pitfalls can be avoided.
- **Covenant Eyes** is the best app to date. It is worth the money.
 - It is a major company that is constantly staying up to date on the sources of impure content.
 - Its screen monitoring cannot be turned off and works even when not accessing the internet.
 - Their website has many of free reading resources.
- **Have a family policy**, for example:
 - No phones in the bedroom
 - No phones on family outings or at meals.
 - No phones after a certain time in the evening, and all phones charge together in the same spot.
 - One, shared family internet device
- Even an app like Covenant Eyes isn't foolproof. Additional apps like Bark can always add further protection.
- Children and teenagers simply should not be given smart phones. Perhaps the best method is to give seniors in high school a majorly restricted smart phone with plenty of guidelines in order

to give them the chance to form good habits before graduation.

- Also see **Boomerang, Qustodio, Accountable2Me, and EverAccountable.**

- **Home Wi-Fi**

- Bad websites can be blocked at the very source by having a router like **Gryphon.**
- Passwords should be changed frequently.
- Don't fall for 'innocent' devices like Alexa, MP3 players, or Kindles. Any internet device can be used for problems.
- Nor for tablets, etc. that don't have data. All it needs is a walk to the coffee shop or to sidewalk in front of the neighbor's house.
- **OpenDNS,**
- **CleanBrowsing.org**

Phones Without Internet

Past is the difficult time when it seemed like there were no options for a phone that could lead to falls. Here are our recommended devices:

1. **Wisephone**

- It looks like a smart phone but has no internet or social media capability.
- It has a basic maps/navigation app.
- It can be used with your family network provider.
- It has a **family portal for accountability.**
- wisephone.com

2. **Lightphone**

- It is extremely simple, with no internet or social media capability.
- It has a basic maps/navigation app.
- It can be used with your family network provider.
- Thelightphone.com

3. **Gabb**

- It looks like a smart phone but has no internet or social media capability.
- **It has no maps/navigation.**
- **It has no parental control.**
- **It needs its own network provider.**
- It is a less expensive option than others listed.
- Gabb.com

4. **Gabb watch**

- An independent cell-watch with up to 25 parent approved contacts that can be called or texted. That's pretty much it.
- **The Gabb watch is the best option all around if all you want is a way to keep track of your child.**
- Gabb.com

5. **Pinwheel**

- It looks like a smart phone but has no internet or social media capability.
- **It has no maps/navigation.**
- **It has a very thorough parental control system—so thorough that this is not really recommended for adults.**
- It can be used with your family network provider.

- It is a less expensive option than others listed.
 - Pinwheel.com
6. **Bark Phone**
- A newer option that has accountability built right into the phone. Seems to be a great option, especially as a starter phone.
 - Strict app controls
 - There are no loopholes.
 - Bark.us
7. **Troomi**
- No social media or harmful games.
 - Varying levels of security.
 - Option for safe web browser.
 - Access to safe apps.
 - Troomi.com

For Bark, Gabb, and Troomi, you can get discounts through the PYE website:

<https://protectyoungeyes.com/best-phones-for-kids-ultimate-guide/>

8. **Other options** that are available but have not been personally researched by the authors of this publication:
- QinF30
 - Fig Flip II X
 - Nokia 3310
 - Sunbeam F1
 - Blu Tank II T193
 - LG B470 3G
 - Kyocera DuraXV LTE
 - Plum Ram 7 – 3G
 - Samsung Galaxy J2 Pro
 - Samsung Rugby 4

Setting up a safe internet connection can be confusing and time consuming but considering the risks of real inevitable threats to our souls and to those entrusted to us, establishing preventative measures is well worth the effort.

We would advise something like this as a best case scenario in a family:

- One, shared computer or tablet for the family
 - Safe Router/ DNS
- One, shared smart phone for dad and mom, complete with an accountability app like Bark, and filtering like CovenantEyes
 - No social media except for work, if necessary.
 - Browser and videos disabled on the phone.
- One, shared internet-free phone with transparency (WisePhone good option) for the kids to use when necessary.
- As the kids grow up, frequently take the time to explain why the family rules are like this, what we are protecting, and what we are avoiding.

- Towards the end of high school, teens can be given an accountable, internet free phone or can share a filtered and accountable smart phone with their parents.
- Imagine the time regained and the peace of soul...

Good Reads

Cal Newport

- *Digital Minimalism* – Cal Newport
 - This book is fantastic, and everyone should read it.
- *Deep Work* – Cal Newport
- *So Good They Can't Ignore You* – Cal Newport
 - An expose on the insidious use of technology to exploit our attention for income.

Phone addiction / Kids vs. Tech

- *The Shallows* – Nicholas Carr
 - A very interesting read about how the internet is changing how we think (not for the better.)
- *How to Break up with your Phone* – Catherine Price
- Jean Twenge, the author of *iGen: Why Today's Super-Connected Kids...*
- *Screen Schooled* by Joe Clement & Matt Miles
- *Glow Kids*, Dr. Nicholas Kardaras
- *Virtual Child* by Cris A. Rowan

Social Media

- *Alone Together* – Sherry Turkle
- *Ten Arguments for Deleting Your Social Media Accounts Right Now* by Jaron Lanier
- Watch 'The Social Dilemma'
- Watch 'Childhood 2.0'

Pornography

- See the loads of free informational books and essays on *CovenantEyes.com*
- *The Porn Myth* – Matt Fradd
- *ProtectYoungEyes.com* – see the Blog section:
 - *5 Ways Pornography Harms Children and Teens*
 - *Why Kids Look at Pornography (It's not their fault)*
 - *Pornography: Not Just For Boys (Teen Girls Struggle, Too)*

