

The Santa Cruz City Schools Life of a Student Program

Co-Curricular Activity Policy Overview

-Phase #1 Pre-Season Meetings for Entry Level Participants and Parents

Phase one employs a strategy for school districts to establish mandatory seasonal meetings to discuss conditions for involvement, expectations, philosophy and also to address the issues of substance use by athletes and co-curricular activities participants. A clear perspective of the privilege and personal and collective responsibility required to be allowed to participate in co-curricular activities. This program allows you to impact the majority of your entire student body and most importantly the parents. Athletics and Co-Curricular Activities are the largest target populations that exist in any school. Current alcohol and drug statistics and research is shared with all stakeholders

-Phase #2 Co-Curricular Activity Codes of Conduct Conditions for Involvement and Introduction of The Santa Cruz City School Co-Curricular Policy

The #1 issue reported by high school Co-Curricular Activity Directors is the problem of enforcing Codes of Conduct. This program helps schools to understand what a code is for, what it can impact and how to rewrite them for today's co-curricular activities participants and the dilemmas they face. This program includes strategies for controlling adult fan/stakeholder behaviors of concern, parental issues, and the non-negotiable conditions for involvement to partake in high school co-curricular activities. This program also introduces The Santa Cruz City Schools Co-Curricular Policy. This policy is designed to strengthen the Life of a Student Program by assisting in the reduction of use of alcohol, marijuana, and other drugs among students. The policy contains an educational component, The Seven Challenges. The Seven Challenges is part of our school substance use prevention/intervention procedure. It is a strength-based curriculum that may allow students an early return to the classroom and maintain their involvement in athletics and co-curricular activities. The re-writing of the Codes of Conduct along with the implementation of the Santa Cruz City Schools Co-Curricular Policy updates existing code to reflect the integration of the successful evidence based strategy, The Seven Challenges. Codes are re-written as proactive character based documents, taking us to a valuable paradigm shift, supporting our young athletes and student participants by telling them what we want them to do and our rationale for why, rather than telling them what we don't want and what we will do to them, if they fail to follow the rules.

-Phase #3 Coaching Effectiveness Training for Substance Use Issues

Phase 3 focuses on training of all coaches and co-curricular activities directors at all levels to understand and confront substance use issues for today's student co-curricular activity participant. Training includes: Drug Abuse Recognition Training, Implementation training, and tools with a power point presentation and handouts which helps a coach/advisor impact his/her team or group with valuable lessons and affords a perspective of the present day problem and how they can impact it. Additionally, training helps to understand the reasoning behind The Santa Cruz City

Schools Co-Curricular Activities Policy and how to implement the principles and adhere to the guidelines of the policy.

-Phase #4 Developing Project Success: Peer Led Student Assistance Groups

This phase is designed to identify, evaluate and develop peer led student assistance groups. Once formed, these groups have a primary focus on teaching the individual what it means to be a leader and how to handle the responsibility that comes with a position of authority, influence, and importance. The groups also serve as a peer-based community where students can feel safe. We teach the leaders how to confront their peers with behaviors of concern and to take matters that merit immediate action or continual issues to an adult authority. This workshop gives the coaches, directors and administrators a conduit to behaviors in the group. Individual, group, and team success depends on good leadership. The first school to use this program had 27 athletes turned in for substance use violations in the first year, for failure to follow the code of conduct.

-Phase 5 Stakeholder Unity

The fifth and final phase in the Forward Focus Student program is to ensure that all members of the community take stake in eliminating drug and alcohol use among youth. Only by coordinating our efforts and taking a "many messengers with the same message" approach can we ensure that all individuals receive that message. This workshop allows a school district to take a comprehensive look at all aspects of their existing programs and determine priorities for the future. **Phase five allows all stakeholders to share their views of the entire athletic and co-curricular activity program. This process gives any school district a valuable perspective of establishing priorities, strengths and limitations for the future directions of the programs. An evaluative process is utilized to garner valuable information on student athlete and participant substance use issues within your co-curricular activity program. The information gained is incredible.**