



St. John's Happenings

FIRST DAYS OF SCHOOL

WOW!

What an absolute blessing these first two days of school were! I can't wait to see what the rest of the year has in store!

-Mrs. Haas



MORNING DROP OFF AND PICK UP

The Loading Zone is for quick drop offs. If you are walking your child into the building or parking please park outside of the yellow. Handicap parking is for those that have a Handicap Tag!

MIDDLE SCHOOL FORMS

If you can't make a copy of the middle school HIPPA and Emergency forms, please stop by the office and the secretary will be happy to give you a copy!



ORCHESTRA

Students in 4th through 8th grade have the opportunity to be in orchestra. If your child is interested in this, please reach out to the school office.

SCHOOL YEAR VERSE

"LET YOUR LIGHT SHINE BEFORE OTHERS."

MATTHEW 5:16

St. John's Happenings

IMPORTANT DATES

August 24th - Basilica Corn Feed

August 25th - 29th : PICTURE DAYS

September 1st - No School

September 12th - Grandparents Day

September 26th - No School

October 13th & 14th - P/T Conferences

October 16th & 17th - No School

October 25th - HOPE Dinner & Auction

VIRTUE OF THE WEEK
for August 25th:

 **FAITH**

LET YOUR LIGHT SHINE BEFORE OTHERS."
MATTHEW 5:16





Text Alerts From St. John's Academy

Stay up to date when there are special activities or school closings through the text alert system.

Text to the word ALERT

to: 22300

**to “opt in” for receiving text
alerts from the school!**

If your contact information has changed, please let the office know so we can update our records.



Picture Day at SJA!



Picture Week Schedule:

Monday Aug 25th: Grades 1st and 2nd

Tuesday Aug 26th: Kindergarten & PreK (AM 9am & PM 1:00pm)

Wednesday Aug 27th: Grades 3rd and 4th

Thursday Aug 28th: Grades 5th and 6th

Friday Aug 29th: Grades 7th and 8th

School Portraits done by Christine Fieber Photography
Call the office with questions! 701-252-3397



***Kindergarten is exempt from Mass attire on their Picture Day, this Tuesday**

Questions? Contact the Office!
sja.office@k12.nd.us
701-252-3397

St. John's Academy

ACADEMIC EXCELLENCE - ROOTED IN FAITH

SINCE 1890

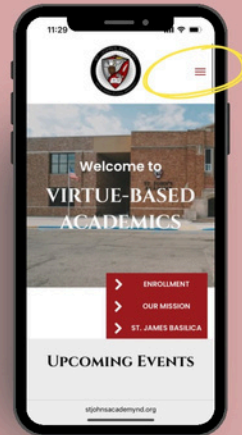
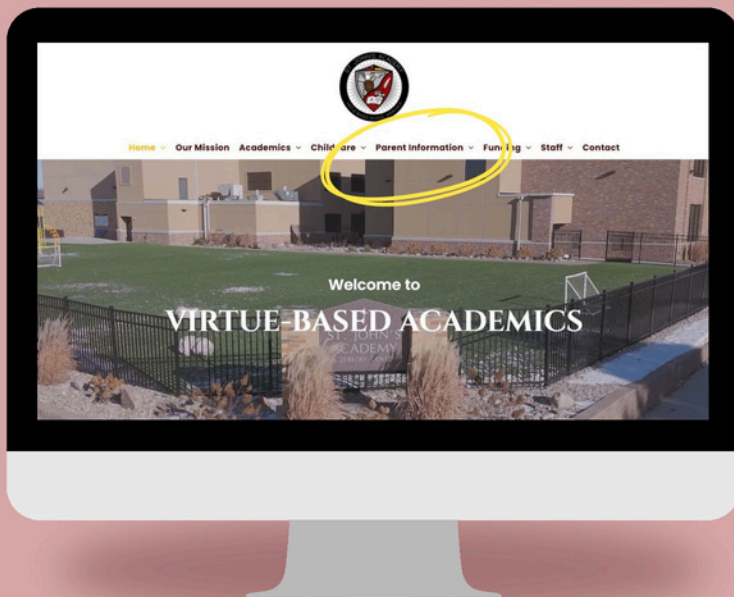


Family Volunteer Hours Form

"Volunteering at school events has been the best way for me to meet the parents of my child's friends and feel connected to the school community. I've built lasting friendships and felt more involved in my child's school life.

It's not just about helping out—it's about belonging to something bigger and making memories as a family."

—SJA Parent



SCAN ME

Step 1:

Go to the school's website: stjohnsacademynd.org

Step 2:

Click the menu item: Parent Information

Step 3:

Click: Forms

Step 4:

Click: Volunteer Hours Form

Step 5:

Fill out and submit form

EASY Peasy



Each family will get a quarterly update on how many hours they have submitted along with future opportunities to serve.

Please let the office know if you have any questions!

Clay Target Team

Grades 6-12

Fall Clay Target Registration is Here Open to all students grades 6-12.

Registration Must Be Completed By September 8th, noon CT 2025.

New Athletes:

Visit ClayTargetGO! <https://www.claytargetscoring.com/> to create your athlete profile and be added to your team's waiting list!

Existing Athletes:

Log in to your profile on ClayTargetGO!

<https://www.claytargetscoring.com/> to check your registration status and complete any necessary steps to get registered for this season!

Team ID: jan567

We shoot Monday evenings at 5:15 pm at the Buffalo City Gun Club by the Jamestown Fairgrounds. Our first night of shooting is Monday, September 15th. The final week of shooting is October 20th. The kids will need to have their own shotgun and bring a minimum of two boxes of shells a week. They will shoot 2 rounds a week with the option to shoot an extra practice round. They must pay their own league registration fees, but all the rounds of clay shooting and uniforms are free.

JMS Activity Dates

Grades 6-8

Boys Soccer: August 4

Girls Golf:

Football: August 11

Cross Country:

Boys Tennis:

Girls Swimming: August 18

Volleyball:

Girls Basketball: October 13

Wrestling (Boys): October 20

Wrestling (Girls): November 10

Gymnastics: November 17

Boys Swimming: December 1

Boys Basketball: December 11

Speech: January 20

Track: March 16

Girls Softball: March 16

Girls Soccer: March 23

Girls Tennis: March 30

Boys Golf: April 6 2025-2026

Start Dates Homecoming: October 10

Tentative 6th Grade Seasons:

XC (Cross Country): August 29 - September 23

GBB (Girls Basketball): September 25 - October 31

WR (Wrestling): October 30 - November 25

BBB (Boys Basketball): November 3 - December 9

VB (Volleyball): January 6 - January 30

Swim: March 16 - April 7

Track: April 9 - May

JMS Football Schedule

Grades 7-8

JAMESTOWN MIDDLE SCHOOL FOOTBALL SCHEDULE – 2025

DATE		GRADE	OPPONENT	H/A	TIME	DEPART
<u>August</u>						
11	Monday	7 th /8 th	Practice/Equipment Handout			
		8 th grade – 4:15	Locker Rm	5:00-6:00	Turf	7 th grade – 4:00-5:00 Turf 5:00 Locker Rm
12-20	Tue-Wed	7 th -8 th	Practice Begins		4:00-5:30	
21	Thursday	7 th -8 th	School Begins		3:30-5:15	
28	Thursday	7 th	Devils Lake	Gates Field	4:15	
28	Thursday	8 th	Devils Lake	Gates Field	5:15	
<u>September</u>						
04	Thursday	7 th	Central Cass	Farm. Union Field	4:15	Dismiss 2:00
04	Thursday	8 th	Central Cass	Farm. Union Field	5:15	Depart 2:15
11	Thursday	7 th	Aberdeen	Gates Field	4:15	
11	Thursday	8 th	Aberdeen	Gates Field	5:30	
18	Thursday	7 th	Kindred	Jerlow Field	4:30	Dismiss 1:18
18	Thursday	8 th	Kindred	Jerlow Field	5:30	Depart 1:30
25	Thursday	7 th	Dickinson	Dickinson MS 5:00 CT		Dismiss 12:50
25	Thursday	8 th	Dickinson	Dickinson MS 6:00 CT		Depart 1:00
<u>October</u>						
02	Thursday	7 th	Central Cass	Gates Field	4:15	
02	Thursday	8 th	Central Cass	Gates Field	5:15	

Updated 08/12/25 **SUBJECT TO CHANGE**

Fall Sports Notes

QUARTER 1 CALENDAR

August

- 4..... Boys' Soccer Begins
- 4..... Girls' Golf Begins
- 11..... Boys' Tennis Begins
- 11..... Cross Country Begins
- 11..... Football Begins
- 13-14.. Schedule Card Pick Up
- 14..... 6th Grade Orientation
- 18..... Girls' Swimming/Diving Begins
- 18..... Girls' Volleyball Begins
- 18-20.. Teacher Workshops
- 21..... First Day of Classes
- 26..... What's Poppin' Open House
- 29..... 6th Grade Cross Country Begins

September

- 1..... Labor Day (No School)
- 3..... Eco Ed Day (6th Grade)
- 25..... 6th Grade Girls Basketball Begins
- 25..... School Picture Day

October

- 6-7... P/T Conference Days
- 9..... Student of the Month Breakfast
- 10..... Homecoming Parade-JMS Band
- 13..... Girls' Basketball Begins
- 14..... Orchestra Concert
- 16-17.. Educator Convention (No School)
- 20..... Boys Wrestling Begins
- 21..... Band/Choir Concert
- 23..... Picture Retakes
- 24..... End of Quarter 1
- 30..... 6th Grade Wrestling Begins

November

- 3..... 6th Grade Boys Basketball Begins
- 7..... Prof Development (No School)
- 10..... No School
- 10..... Girls Wrestling Begins
- 11..... Veteran's Day (No School)
- 17..... Gymnastics Begins
- 20..... Student of the Month Breakfast

FALL SPORTS INFORMATION

Activities start dates and contact information for students in 7th and 8th grades are listed below. Activities for students in 6th grade will not begin until after school starts.

Parents are reminded that all 7th and 8th grade students participating in these activities must have a physical form completed and the \$40 participation fee paid before they are allowed to practice. The NDHSAA physical form dated on or after April 15th, 2025 must be completed for all 7th and 8th grade students participating in a sport. Physical forms are available at the doctors' offices in all of the Jamestown clinics, including Central Valley Health and Medallus. Physical forms and fees may be given to the JMS office.

Girls' Golf: As part of the high school program middle school students may start practice on **August 4th**. Any students not able to attend these early practices may begin later by contacting the JHS Athletic Office at 701-952-4006.

Boys' Tennis: As part of the high school program middle school students may start practice on **August 11th**. Any students not able to attend these early practices may begin later by contacting the JHS Athletic Office at 701-952-4006.

Cross Country: As part of the high school program 7th and 8th grade students may start practice on **August 11th**. Runners should report to JHS at 8:00 am. Any students not able to attend these early practices may begin later by contacting the coach, Ken Gardner, at kenneth.gardner@k12.nd.us.

Girls' Swimming & Diving: As part of the high school program middle school students may start practice on **August 18th**. Any students not able to attend these early practices may begin later by contacting the JHS Athletic Office at 701-952-4006.

Boys' Soccer: As part of the high school program middle school students may start practice on **August 4th** at JHS. Parent/Player Meeting, Tuesday, July 30th, JHS Commons, 5:30PM. Any students not able to attend these early practices may begin later by contacting the coach, Brandi Harty, at brandi.harty@k12.nd.us

Girls' Volleyball: 7th and 8th grade volleyball begins on **August 18th** in the middle school gym. 7th grade will practice from 4:00-5:15 and 8th grade from 5:15-6:30 the first 3 days. Any students not able to attend these early practices may begin later by contacting the athletic director, Mr. Connell, at 701-252-0317.

Football: 7th and 8th grade football begins with equipment check out on **August 11th**. All equipment will be checked out from the football locker room below the small gym. 8th grade players should report to the locker room area at 4:00 PM and 7th grade players should report at 5:00 PM. Practice will begin the next day. Any students not able to attend these early practices may begin later by contacting the athletic director, Mr. Connell, at 701-252-0317.

A Note for Volleyball families...

Dear families,

This Friday (8/22) will be the day the girls receive their teams for the 2025 Volleyball season. Girls will be grouped to create the best chance of success for each individual team as well as each player. The girls will have an opportunity to play for the A1, A2, B1, B2 or intramural team. A1/A2 teams will generally practice together, B1/B2 will generally practice together, and Intramurals will practice together. A1-B2 will travel and play outside communities. The intramural program will play in a house league amongst themselves. Please have a conversation with your child about what it means to be at any level within the Volleyball program. We hope to continue to push our students to excel no matter their level or role. Something to discuss: no matter what your role is on the team, (starting middle hitter, first substitute of the bench, limited playing time during most games) play it as hard as you can and continue to develop your skills. Cheer for your teammates and find a way to be productive and successful on your team. I understand this isn't the easiest conversation to have, but it is one that helps our programs move forward and helps create resilience in our children. Thank you for supporting our program and the efforts of these young ladies at all levels and abilities. I look forward to seeing you all in the stands.

How does the intramural house league look a bit different? This crew will work heavy on developing the basic skills of volleyball 1-2 days a week while playing intersquad games on the 3rd day of the week. A typical week will consist of two days of practice and one day of games. Please continue to have conversations and encourage your player to keep working hard and enjoying the game of volleyball.

I look forward to seeing you all in the stands,

**Justin Connell
Jamestown Middle School
Assistant Principal/AD**

Volleyball Schedule

JMS VOLLEYBALL MASTER SCHEDULE – 2025

<u>DATE</u>		<u>GRADE</u>	<u>OPPONENT</u>	<u>H/A</u>	<u>TIME</u>	<u>Depart</u>
<u>August</u>						
18	Monday	7 th /8 th	Practice Starts – Big Gym	8 th 3:45-5:00	7 th 5:00-6:15	
<u>September</u>						
04	Thursday	7-Harris	Devils Lake	Central MS	4:30/5:30	Dismiss 2:07 Depart 2:20
04	Thursday	8-McInnes	Devils Lake	Sweetwater Elem.	4:30/5:30	
04	Thursday	7-Joseph	Carrington	Big Gym	4:30	
04	Thursday	8-Dietz	Carrington	Big Gym	5:15	
15	Monday	8-Dietz	Simle	JHS	A2 4:00/A1 5:00	
15	Monday	8-McInnes	Simle	JHS	B2 4:00/B1 5:00	
15	Monday	7-Joseph	Simle	JHS	A2 4:00/A1 5:00	
15	Monday	7-Harris	Simle	JHS	B2 4:00/B1 5:00	
16	Tuesday	8-Dietz	Aberdeen	Holgate	TBA	
16	Tuesday	8-McInnes	Aberdeen	Holgate	TBA	
16	Tuesday	7-Joseph	Aberdeen	Simmons	TBA	
16	Tuesday	7-Harris	Aberdeen	Simmons	TBA	
19	Friday	8-Dietz	Wachter	Wachter	A2 6:30, A1 7:30	Depart 4:20
19	Friday	8-McInnes	Wachter	Wachter	B2 4:30, B1 5:30	Dismiss 2:07 Depart 2:20
19	Friday	7-Joseph	Wachter	Wachter	A2 6:30, A1 7:30	Depart 4:20
19	Friday	7-Harris	Wachter	Wachter	B2 4:30, B1 5:30	Dismiss 2:07 Depart 2:20
26	Friday	7-Harris	Devils Lake	Big Gym	5:00/6:00	
26	Friday	8-McInnes	Devils Lake	Big Gym	5:00/6:00	
<u>October</u>						
02	Thursday	8-Dietz	St. Marys	St. Marys	4:15/5:15	Dismiss 1:50 Depart 2:00
02	Thursday	8-McInnes	St. Marys	St. Marys	4:15/5:15	
02	Thursday	7-Joseph	St. Marys	Big Gym	4:15/5:15	
02	Thursday	7-Harris	St. Marys	Big Gym	4:15/5:15	
6-7	PT Conferences					
10	Friday	Homecoming				
13	Monday	7-Harris	Carrington	Carrington	5:00	Dismiss 3:20 Depart 3:30
13	Monday	8-McInnes	Carrington	Carrington	6:00	

Updated 08/12/2025

Subject to change

HIPPA and Emergency Forms

These forms are for middle school sports through JPS. You can access them online, print them yourself, or stop in the office and ask the secretary for help.

Online registration for Activities is now open! Please be aware that the online registration process has changed due to consolidation of our old registration provider with another provider so please be sure to follow these steps to complete your registration and ensure that your student is registered to participate:

1. Create an Arbiter Registration account (you only need one account for your whole family)
 - You may create your account by clicking here or by going to the link on the Activities page on the JHS website.
2. Activate your Arbiter Registration account, from the activation link that will be automatically sent to your email. (Note: this email may go into your junk folder).
 - If you are having trouble creating your account, receiving the activation email, or logging in, you may contact support at registration@arbitersports.com or call them at 800-311-4060.
3. Once you have successfully created your account and are logged in, please click on the link below to complete your registration. Keep in mind that you will need to upload the updated sports physical for your student when registering for any athletic activity:

<https://students.arbitersports.com/jamestown-public-schools>

Eligibility and HIPPA Forms

6th Grade

Please make sure the JMS office has a signed Emergency, Eligibility/HIPPA form.
\$25.00 fee - check payable to JPS, cash, or pay online (contact office for free/reduced fee)

Jamestown Middle School Eligibility Form

Attendance - Participants in the JMS (Jamestown Middle School) activities program must be in attendance for all regular classes on the day of the game, practice, or performance. The following examples will help clarify this policy:

- a. A student misses school the day of a game due to illness. No practice or playing that day.
- b. A student misses morning classes, but is present during the afternoon classes. Play or practice would be allowed, provided the student is not sick or injured at game time. However, all absences must be for legitimate reasons and not for resting.
- c. A student is present during morning classes, but goes home during the day because of illness. No play/practice allowed that day.

Eligibility - Guidelines of the North Dakota High School Activities Association are followed by JMS. The following are of specific concern:

- a. Student athletes must have passing grades in ALL subjects.
- b. Students must not use or have in his/her possession alcohol, tobacco, or illegal drugs. Student shall be suspended from activities for a period of six weeks for the 1st offense and eighteen weeks for 2nd offense.
- c. The Jamestown School District encourages additional rules be developed by each coach/advisor. Violations of these rules could result in suspension.
- d. The Activities Director (AD) and Coaches/Advisors reserve the right to suspend an athlete based on school behavior and/or conduct violations. Student athletes are representatives of JMS and the city of Jamestown.

Injuries - The risk of injury is present in all activities, therefore, this should be considered before a student decides to join or try out for a team. In the event of a school related injury, it is the responsibility of the injured student to report the injury to the coach/advisor in charge and to file a report with the AD's office.

Jamestown Public Schools assumes no responsibility for medical or other bills incurred by students.

Travel - Students selected to take out of town trips are expected to travel to and from games/events/meets with the team. No other means of transportation is to be arranged unless approval has been obtained through the Activities Director (AD). Forms must be signed by the AD and coach/advisor before the team leaves.

During the winter season, all parents are requested to see their children are warmly dressed when they board the school bus. Warm coats, caps, gloves, and pants (girls in dresses) are to be brought along.

Regular bus rules apply to co-curricular trips just as they do for route bus trips. Violations of route bus rules could result in a student not being allowed on an activity bus. See the district's hand book for school transportation for a complete list of rules.

KEEP THIS FORM FOR YOUR RECORDS

Eligibility and HIPPA Forms

6th Grade

JAMESTOWN PUBLIC SCHOOLS

CONCUSSION POLICY

In order to help protect the student athletes of Jamestown Public Schools, the Jamestown Public School Board has mandated that all athletes, parents/guardians and coaches follow the JPS Concussion Policy.

A concussion is a brain injury and all brain injuries are serious. They may be caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head.

They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child/player reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:	Signs observed by teammates, parents and coaches include:
<ol style="list-style-type: none">1. Headache.2. Nausea/vomiting.3. Balance problems or dizziness.4. Double vision or changes in vision.5. Sensitivity to light or sound/noise.6. Feeling of sluggishness or fogginess.7. Difficulty with concentration, short-term memory, and/or confusion.8. Irritability or agitation.9. Depression or anxiety.10. Sleep disturbance.	<ol style="list-style-type: none">1. Appears dazed, stunned, or disoriented.2. Forgets plays or demonstrates short-term memory difficulties (e.g. is unsure of the game, score, or opponent)3. Exhibits difficulties with balance or coordination.4. Answers questions slowly or inaccurately.5. Loses consciousness.6. Demonstrates behavior or personality changes.7. Unable to recall events prior to or after the hit.

What can happen if my child/player keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child/player has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear. Close observation of the athlete should continue for several hours.

An athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and may not return to play until the athlete is evaluated by a medical doctor or doctor of Osteopathy, trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider.

You should also inform your child's Coach, Athletic Trainer (ATC), and/or Athletic Director, if you think that your child/player may have a concussion. And when it doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

www.nfhslearn.com

By signing this code of conduct agreement and concussion policy, the parent/guardian and student acknowledge understanding and support of rules and realize that a violation is a breach of the code of

Eligibility and HIPPA Forms

6th Grade

conduct and willingly accept the consequences for the current school year. Parents/guardian and students also agree to hold the Jamestown Public School district harmless for consequences that occur as a result of violations of this agreement.

AUTHORIZATION FOR RELEASE OF MEDICAL INFORMATION (HIPPA)

1. I authorize the use or disclosure of the above named individual's health and injury information including the Initial and Interim Pre-Participation History and Physical Exam information pertaining to a student's ability to participate in North Dakota High School Activities Association sponsored activities. Such disclosure may be made by any Health Care Provider generation or maintaining such information.
2. The information identified above may be used by or disclosed to the school nurse, athletic trainer, coaches, medical providers and other school personnel involved in the care of this student.
3. This information for which I am authorizing disclosure will be used for the purpose of determining the student's eligibility to participate in extracurricular activities, any limitations on such participation and any treatment needs of the student relating to health conditions or injuries during the year that may affect participation.
4. I understand that I have a right to revoke this authorization at any time. I understand that if I revoke this authorization, I must do so in writing and present my written revocation to the school administration. I understand that the revocation will not apply to information that has already been released in response to this authorization.
5. I understand that once the above information is disclosed, it may be redisclosed by the recipient and the information may not be protected by federal privacy laws or regulations.
6. I understand authorizing the use of disclosure of the information identified above is voluntary. However, a student's eligibility to participate in extracurricular activities depends on such authorization. I need not sign this form to ensure healthcare treatment.
7. This authorization will expire one year from the date of signature.

****By signing below, parent and student agree to the code of conduct and concussion policy, and authorization for release of medical information (HIPPA)**

Student Signature Printed: _____ Grade: _____

Student Signature _____ Date of Birth _____

Parent Signature _____ Date _____

*Please sign and return this page to the JMS office

Emergency Forms

EMERGENCY INFORMATION

STUDENT NAME _____ BIRTH DATE _____ AGE _____

HOME ADDRESS _____ GRADE _____

CITY _____ STATE _____

NAME _____ RELATION _____ PHONE _____

NAME _____ RELATION _____ PHONE _____

INSURANCE COMPANY _____

POLICY # _____

MEDICAL CARRIER: (Sanford/Essentia/Other) _____

KNOW ALLERGIES/MEDICAL CONDITIONS/MEDICATIONS _____

PERMISSION FOR MEDICAL TREATMENT: In the event of an emergency requiring medical attention, I hereby grant permission for emergency treatment for my daughter/son. I expect an effort will be made to contact me if an emergency occurs. I understand the cost for any medical attention may not be covered or paid by school or the North Dakota High School Activities Association. I hereby state that to the best of my knowledge, the above information is true. I approve participation in athletic activities. I hereby authorize release of the information contained in this document to the school nurse, athletic director, superintendent, principal and athletic trainer.

SIGNATURE OF PARENT/GUARDIAN _____ DATE _____

Eligibility and HIPPA Forms

7th and 8th Grade

Please make sure the JMS office has a current Sport Physical on file, a signed Emergency form, and signed Eligibility/HIPPA form.

\$40.00 fee - check payable to JPS, cash (exact change), or pay online

(contact office for free/reduced price)

Jamestown Middle School Eligibility Form

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Eligibility and HIPPA Forms

7th and 8th Grade

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They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child/player reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:	Signs observed by teammates, parents and coaches include:
<ol style="list-style-type: none">1. Headache.2. Nausea/vomiting.3. Balance problems or dizziness.4. Double vision or changes in vision.5. Sensitivity to light or sound/noise.6. Feeling of sluggishness or foginess.7. Difficulty with concentration, short-term memory, and/or confusion.8. Irritability or agitation.9. Depression or anxiety.10. Sleep disturbance.	<ol style="list-style-type: none">1. Appears dazed, stunned, or disoriented.2. Forgets plays or demonstrates short-term memory difficulties (e.g. is unsure of the game, score, or opponent)3. Exhibits difficulties with balance or coordination.4. Answers questions slowly or inaccurately.5. Loses consciousness.6. Demonstrates behavior or personality changes.7. Unable to recall events prior to or after the hit.

What can happen if my child/player keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child/player has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear. Close observation of the athlete should continue for several hours.

An athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and may not return to play until the athlete is evaluated by a medical doctor or doctor of Osteopathy, trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider.

You should also inform your child's Coach, Athletic Trainer (ATC), and/or Athletic Director, if you think that your child/player may have a concussion. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

www.nfhslearn.com

Eligibility and HIPPA Forms

7th and 8th Grade

By signing this code of conduct agreement and concussion policy, the parent/guardian and student acknowledge understanding and support of rules and realize that a violation is a breach of the code of conduct and willingly accept the consequences for the current school year. Parents/guardian and students also agree to hold the Jamestown Public School district harmless for consequences that occur as a result of violations of this agreement.

AUTHORIZATION FOR RELEASE OF MEDICAL INFORMATION (HIPPA)

1. I authorize the use or disclosure of the above named individual's health and injury information including the Initial and Interim Pre-Participation History and Physical Exam information pertaining to a student's ability to participate in North Dakota High School Activities Association sponsored activities. Such disclosure may be made by any Health Care Provider generation or maintaining such information.
2. The information identified above may be used by or disclosed to the school nurse, athletic trainer, coaches, medical providers and other school personnel involved in the care of this student.
3. This information for which I am authorizing disclosure will be used for the purpose of determining the student's eligibility to participate in extracurricular activities, any limitations on such participation and any treatment needs of the student relating to health conditions or injuries during the year that may affect participation.
4. I understand that I have a right to revoke this authorization at any time. I understand that if I revoke this authorization, I must do so in writing and present my written revocation to the school administration. I understand that the revocation will not apply to information that has already been released in response to this authorization.
5. I understand that once the above information is disclosed, it may be redisclosed by the recipient and the information may not be protected by federal privacy laws or regulations.
6. I understand authorizing the use or disclosure of the information identified above is voluntary. However, a student's eligibility to participate in extracurricular activities depends on such authorization. I need not sign this form to ensure healthcare treatment.
7. This authorization will expire one year from the date of signature.

****By signing below, parent and student agree to the code of conduct and concussion policy, and authorization for release of medical information (HIPPA)**

Student Signature Printed: _____ Grade: _____

Student Signature _____ Date of Birth _____

Parent Signature _____ Date _____

*Please sign and return this page to the office