

Travelers Rest High School

Power Hour Program

Description

Overview

Power Hour is a positive school-wide initiative to encourage and support student achievement. This plan allows for a one-hour lunch period from 11:45-12:45. Students are allowed to take advantage of a variety of activities during this time period:

- Students may eat lunch in the cafeteria, courtyard, media center, and classrooms (based on individual teacher preferences.)
- Participate in intramural sports in the gym
- Participate in club meetings
- Meet with teachers for *Academic Overtime* during designated office hours

Guidelines

- TRHS is a closed campus during the school day. Students are required to remain on campus for lunch/Power Hour.
- Food is not allowed in the gym, hallways, or bathrooms
- PED policy applies at all times, as this is academic time
- Hallways are for transitioning; students should not be seated in hallways during Power Hour
- Early dismissals are strongly discouraged during Power Hour as making school-wide announcements can be distracting. Early dismissals should be given before or after Power Hour; between 8:45-11:45 and 12:45-3:00.
- Students are allowed to socialize during entire Power Hour if they are not required to attend Academic Overtime

Office Hours/Academic Overtime

Each teacher will have designated office hours during Power Hour when student will attend Academic Overtime, as listed below. Teachers will assign Academic Overtime for one or more of the following reasons:

- Z.A.P. (Zeroes Aren't Permitted). If a student fails to complete or turn in an assignment, they will be required to attend Academic Overtime until the work is completed. Students will receive a 30% reduction in their grade for late work.
- The student's overall class grade is a 75 or lower.
- The student needs to make up a test or assignment due to an excused absence. (In this case, the student does not have to attend Academic Overtime unless they fail to turn in the assignment within the time frame allotted for their excused absence.)
 - In the event that a student is required to attend Academic Overtime for more than one teacher, EOC courses will have first choice on Monday, Wednesday, and Friday. Other courses will have first choice Tuesday and Thursday.
 - All teachers offer office hours/Academic Overtime each day.

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- Students will receive a pass from the teacher that assigns Academic Overtime, but students are not required to have a pass in order to participate.
- Departments are grouped for Academic Overtime and Lunch Shifts as follows;

“A” Shift: Lunch 11:45-12:15, Academic Overtime 12:15-12:45

- Math
- Social Studies
- CATE
- Special Education

“B” Shift: Academic Overtime 11:45-12:15, Lunch 12:15-12:45

- English
- Science
- Fine Arts
- Foreign Language

Physical Education teachers will be in the gym for intramurals each day.

Lunch Detention

- Lunch detention will be served for 30 minutes during the Power Hour. Students should bring homework and/or study materials with them. Students will have assigned seats in detention and will adhere to the following procedures:
 - No PEDs allowed in detention.
 - No sleeping, talking, or other distracting behavior
- Lunch Detention can be assigned by administration for disciplinary infractions to include, but not limited to tardies and skipping Academic Overtime.
- Failure to comply will result in disciplinary action.

Disciplinary Actions for Not Attending Academic Overtime

- 1st Offense: Lunch Detention / parent contact
- 2nd Offense: After School Detention / parent contact
- 3rd Offense: 1 Day ISS
- 4th Offense: 2 Days ISS
- 5th and Consecutive Offenses: OSS

Bell Schedule

8:45 a.m. – 10:10 p.m.	First Block
10:15 a.m. – 11:40 p.m.	Second Block
11:45 a.m. – 12:45 p.m.	Power Hour
12:50 p.m. – 2:15 p.m.	3 rd Block
2:20 p.m. – 3:45 p.m.	4 th Block