

Harmony Academy
MISSION STATEMENT

The mission of Harmony Academy is to provide a safe, sober and supportive gold standard education for youth in recovery, where they can develop the skills and strengths needed for personal, academic, vocational and community success.

Harmony Academy

Community Understanding

Harmony Academy is an intentional recovery community.

- I have chosen a school that provides a safe, sober community for recovering students committed to academic progress and personal growth. I choose to be part of this program based on the following understanding:
- My intention is to be drug and alcohol free.
- I agree to develop a recovery plan with my team and then act on it.
- Participation at mutual aid meetings is recommended.
- Caring for my mental health is necessary for recovery.
- I will participate in drug testing.
- I will hold my peers accountable to community agreements.
- Relapse is part of recovery (but not required). If I relapse, I agree to talk about it.
- I will attend school.
- I commit to making academic progress.
- Harmony is a tobacco and drug-free campus.
- Safety is essential to a recovery community. Racist, sexist, and homophobic comments cannot be ignored.
- We recover in community.

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Harmony Academy

Physical Address: 2507 Christie Drive, Lake Oswego, OR 97034

Mailing Address: PO Box 22, Marylhurst, OR 97036

Website: harmonyacademyrhs.org

Main office phone number: 503-496-2929

Main office email: office@harmony.k12.or.us

HARMONY BOARD OF DIRECTORS

- Tony Mann, Board President
- Brent Canode, Vice President
- John Wooley, Treasurer
- Catherine Nyhan
- Billy Grande
- Allison Holstein
- Susan Bock

A Message from your Principal

Welcome to Harmony Academy, the first and only recovery high school in Oregon!

We opened this school in 2019 so that young people like you could have a community to call your own, friends to identify with, and a supportive staff who are 100% behind you as you figure out how to live clean and sober and reach your personal and educational goals. Many of our staff--including your principal--are also in recovery.

We know how hard early recovery can be, but we are sure you can do this! You've already taken huge steps on this journey and shown courage, strength, and a refusal to give up on yourself. If you have found your way here, I can tell you: You are worth it, and you are growing into the person you are meant to be.

The community here at Harmony will support you with love, honesty and new skills. We ask a few things from you. We ask that you have the intention to stay free from drugs and alcohol. We ask that you show up, be yourself, and be a part of what happens here. What happens here is important. We're learning to live in new ways, with new freedom and new hope. We ask, above all, for honesty.

At Harmony, you are welcome, wanted and needed.

With love and respect,
Principal Sharon

STUDENT TESTIMONIALS

I'm really excited for my future. I'm pretty stoked to keep moving on with my life. It's crazy how much stuff improved for me at Harmony, so if I keep working a program, it's just gonna keep getting better.

~ Trevor, 2020 graduate ~

Harmony is a place where we can express our feelings and not receive immediate judgment. My addiction, like everyone else's addiction, took over my entire life. Harmony has changed everything for me! Harmony was there when I needed it.

~Sammy, Class of 2022~

I was putting myself and my life at risk every day and not caring. AT Harmony I learned to take more accountability and responsibility for all of my actions. I learned how to be in a healthy community.

~Madison, 2020 graduate~

Before Harmony, I didn't really know what I wanted out of my life I guess because I wasn't really sure if I wanted to continue using drugs. I felt like I was a little bit lost, like I didn't have any connection. I felt a little bit lonely. After attending Harmony, I grew a lot and I was able to find some pretty cool people and make really strong connections and I also was able to relate to people about a lot of things. I felt less alone and more involved in a community that accepts me for who I am.

~McKenzie, 2020 graduate~

Harmony is a place that promotes a really great community, and it's super supportive for everybody here. I needed Harmony because public school was just perpetuating my addiction. And I couldn't be sober with other kids who were using.

~Mae, Class of 2021~

Harmony is a place that I got sober and I know a lot of other people have gotten sober. I needed Harmony because I couldn't get sober by myself.

~Jackson, Class of 2021~

My experience of Harmony versus beforehand was pretty drastic. I remember going to high school and always thinking about who had drugs...always thinking about when I could get high versus what I could actually do to have fun. And then when I started going to Harmony, I met a lot of people who were kind of the same way. We had a problem and we were trying to stop, and that made it a lot easier to actually realize what I should be doing instead of just falling into the same habits.

~Silas, 2020 graduate~

STAFF LIST



"We're all here because we're not all there."

Sharon Dursi Martin, Principal: I'm here because my life has been transformed through recovery and learning. Through this school, I want to empower young people to find freedom from substances, new connections with the world, and new ways to live.

Denise Maher, Office Manager: I am proud to have a job that reflects my inner values. I come to work every day knowing that I am making a difference in someone's life who could go to make a difference in another's life and so on. Being a part of a movement that encourages and promotes not only recovery, but academic, personal and community success allows me to give back what others have given to me. If a school like Harmony Academy would have been made available to me during my high school years, my life would have taken a much different trajectory. I want to make sure Harmony stays the beacon to those students who needs us.

Jen Lopez, Teacher: As someone who is in long term recovery, I am here at Harmony Academy to give back to our young community. I feel that what we do here at our school is heart led work and I am grateful to be a part of a team who is dedicated to the well-being, safety, and success of our students. In my own experience, I have benefited from the love and service of my own recovery community. As a result, I feel passionate and a deep responsibility to create opportunities and solutions for young adults who want a way out of addiction and their own path to recovery. It is a personal mission, to be on the front lines of addiction and help our students find a way to freedom. I am dedicated to giving our students an inclusive and high standard education and arm them with hope, confidence, strength, and belief that all things are possible and nothing short of their dreams can be achievable. I want to also help smash the stigma of addiction and give our students the ability to find their light, their voice, and stand confidently in their truth.

Terry Cosentino, Teacher:

I know that when people have the support they need, all students can succeed at high levels. I am here because Harmony endorses the notion of putting students first. I'm proud to be part of a team of like-minded professionals who share the importance of helping students reach their potential by focusing on the "whole student."

Elizabeth (Libby) Kelly:

When first hearing about Harmony Academy the year before they'd opened, I thought, "Wow, that's SO cool! I would LOVE to get to work there!" These students and this work are so important, and I'm so pleased that I get to contribute to the teamwork and supports that go on at Harmony.

Sara Goldman, Counselor: I love being a school counselor, but after 10 years, I decided to leave public schools. However, when a friend asked if I was interested in helping out at Harmony, I decided to check it out. What I discovered there, the wonderful staff, and the resilient, thoughtful

students, helped me to remember what I love about school counseling and working in schools. Harmony helped me reignite. I am so thankful to be here.

Ian Nisley, Recovery Coach: I have worked with adolescents in a recovery environment since the time I was a youth finding my own recovery and growth in life. I am a Certified Recovery Mentor and practice my own self-care using a 12- step recovery program, nature, and service to others. I work with students at Harmony because I know from personal experience that the struggle of being a teen in recovery, finding my “people”, and navigating the roller coaster of the world and its stage while trying to find myself. I want to be a safe place for the students that come to Harmony.

Mary Doyle, Recovery Coach: I come to the Harmony team with professional experience in higher education and clinical social work. I believe students deserve strength-based supports, backed by evidence-based practices. That’s a nerdy way of saying I work with students from a place of self-empowerment, flexibility, and good humor. On a personal level, I am a big believer in the power of creativity and mindfulness to strengthen self-esteem and success in early recovery. Harmony Academy is an innovative launch pad for students in recovery and I’m happy to be part of the team!

Recovery High Schools

Recovery high schools like Harmony support adolescents recovering from substance use disorders by providing an alternative environment to support their recovery, usually after treatment. For students returning to their previous high schools, old peer groups and environments that previously facilitated their substance use present serious obstacles to sustained sobriety.

Recovery high schools provide a fresh start for students, surrounding adolescents with peers who share in the struggles of battling a substance use disorder. Peers, school staff, and school programming provide support for the student’s recovery process throughout the school day.

Although one of the main missions of recovery schools is to support a student’s recovery from substance use disorders, their primary function is still that of a school: to provide students with the rigorous education they need to develop a vision for themselves that involves a successful future free from addiction and associated behaviors.

Students attending recovery schools engage in a full day of academic courses in addition to time spent in support groups or in individual counseling sessions. Recovery high schools are typically small.

Harmony's Larger Community:

Harmony is a member of the Association of Recovery Schools, a national organization uniting high schools serving students in recovery. There are around 35 recovery schools in the entire country.

As a public charter we are sponsored by the Lake Oswego School District. We have our own employees and our own board. LOSD provides oversight, support and special education services.

Our neighbors are very important to us, because we really like the building and the land we are on. We lease our property from Youth Villages and we are on land owned by the Sisters of the Holy Names. The sisters dedicated the land to help youth at risk. Our school was actually an orphanage, back in 1908, and some say it is haunted! We are neighbors with Mary's Woods. Our relationship with Youth Villages, the sisters, and Mary's Woods is very important. They care about Harmony's mission and we keep the property clean, peaceful, and nicotine-free out of respect.

SCHOOL PLEDGE

As a student of Harmony Academy, I pledge to comply with school rules and expectations.

I will arrive on campus prepared to be a student.

I will treat both students and adult staff members with respect at all times.

I will use language appropriate for both the school and workplace environments and refrain from any harassment.

I will make appropriate decisions for my recovery before school, during break, and at lunchtime.

I will follow directions respectfully at all times and help others when requested or needed.

I will assist in any way possible to help keep Harmony's campus safe, clean and welcoming.

I will treat guests to the building with respect and assist in creating a good first impression.

I agree to follow the Harmony Pledge.

_____ (Signature)

ATTENDANCE POLICY

Attendance for Hybrid Learning during COVID-19

Students need to attend in person twice a week with their cohort and attend online on the other two days. If a student is not able to attend on an in-person day, they must check in.

Attendance includes both participation in class activities and interaction with a licensed or registered teacher and/or educational assistant, recovery coach or paraprofessional during a school day or interactions with other instructional staff under the direction of a teacher of record.

Check-ins include any of the following or a reasonable equivalent:

- *Participating in a video class;*
- *Communication from the student to the teacher via chat, text message or email;*
- *A phone call with the student*
- *Turning in an assignment for the class*

Attendance will be taken on in-person **and** distance learning days.

Attendance for all distance learning during Covid 19

Students need to check in daily to each class. **Attendance will count towards credit.*

Interactions include any of the following or a reasonable equivalent:

- *Participating in a video class;*
- *Communication from the student to the teacher via chat, text message or email;*
- *A phone call with the student*
- *Turning in an assignment for the class*

Attendance for Typical School Year:

- Email the office if you are going to be absent, as soon as possible.
- Your community needs you. Please show up every day unless you are very sick.
- Make every effort to schedule appointments and other meetings outside of school hours.
- You need to be in every class and group during a school day.
- Attendance will count towards credit.

Adult Students: Parents/guardians retain all educational rights for students above the age of 18.

MANDATORY REPORTING please understand that all staff at the school are mandatory reporters by law.

CHECKING OUT WHEN LEAVING CAMPUS

Students may leave campus for lunch.

During the regular school day, students need to check out to leave campus if it is not during lunch time.

During COVID -19, checking out from campus will be more complicated. **A MASK IS MANDATORY**- we share the campus with elderly, vulnerable people.

Daily Tracking Cards

When school is in regular session, students use a daily tracking sheet to encourage individual goal setting and growth. The sheets are also used to recognize “Rock Stars,” students who go above and beyond for the community. The cards list regular expectations. Most students won’t get any marks in the course of a day. If a student does get a mark, it’s not a big deal. If there’s a pattern of marks, we will meet to figure out what’s going on and problem-solve. For example, you might not feel like working one day. That’s not a big deal. But if you have marks for refusing to work in many classes, we will meet to help figure out some solutions. The focus is on your success. In another case, the focus might be on the community, and not on you. For example, if you have a pattern of marks for “disrespecting peers,” it probably means that your behavior is making other people feel unsafe. We would meet as a team to see what’s going on, learn about your perspective, and invite you to come up with ways to restore your relationship with the community.

BEHAVIOR AND DISCIPLINE

Students are expected to follow our Community Understanding. For specific questions about behaviors, please refer to the Student Conduct section of the Harmony Handbook.

HARASSMENT POLICY

Our Community Understanding states:

Safety is essential to a recovery community. Racist, sexist, and homophobic comments cannot be ignored.

Some types of harassment are:

- Name calling
- Verbal put-downs
- Not respecting other’s personal space
- Unwanted stares
- Bullying
- Unwelcome sexual advances
- Request for sexual favors
- Physical or verbal conduct that is *non-consensual* at school

- Racial or derogatory comments
- Electronic communication of the above (internet, text, social media.)
- Wearing, possessing, depicting, or implying racial hatred or prejudice on clothing, written material, or personal property

Examples of specific language (not limited to):

- “That’s gay.”
- “That’s retarded.”
- “Don’t be a pussy.”

It’s important that in a recovery community, we learn to express our feelings in creative ways and find new ways to describe our experience.

Bystanders are responsible for their community and in a recovery high school they are urged to step forward to keep the environment safe.

Speakers and Guests

Behavioral expectations are very high for these events. It is critical for the success of the school that everyone feels respected and involved. Electronic devices, food or drink, and side conversations are not allowed. Students will not be dismissed to use the restroom during the assembly. Students need to be prepared to meet these expectations.



Extracurriculars

Charter school students are allowed to play sports or participate in other extracurricular activities at their home district. Students may be dismissed early to get to practice on time.

DISCIPLINARY ACTION/APPEALS

For questions about suspension, detention, reparations or appeals, please refer to the Harmony Handbook Discipline/Due Process section.

COMPUTER USE

Please refer to the ****computer use agreement*** at the end of the handbook. School computers are to be used for schoolwork only.

HALL PASSES

Students are required to carry a pass with them whenever they are outside of the classrooms during class minutes. A staff member must sign the pass.

SCHOOL PHOTOS AND ID CARDS

Every student is required to have a photo taken for his/her student ID card. Students have the opportunity to have this photo taken during student registration, photo day, and photo retake day. All students are required to carry their student ID card at all times.



SCAVENGER HUNT ACTIVITY A

Name: _____

Using the previous pages of the handbook complete the following list.

1. Name two commitments from the Community Understanding:
2. What does it say you're supposed to do if you relapse?

3. How do you notify the school if you're going to be absent?
4. How many recovery schools are there in the United States?
5. How many recovery schools are in Oregon?
6. What are some of the ways we show respect for the property?
7. What are the names of your two teachers?
8. Can you leave campus for lunch?
9. What do you think of the cell phone policy?
10. Write the Harmony mission statement:
11. List three types of harassment found in the harassment policy:
12. List one example of a harassment violation that you have witnessed:

SEARCH AND SEIZURE

- a. Public charter school officials may search the student, their personal property and property assigned by the public charter school for the student's use at any time on public charter school property or when the student is under the jurisdiction of the school. Such searches will be conducted only when there is reasonable suspicion based upon specific and articulated facts to believe that the student personally poses or is in possession of some item that poses an immediate risk or serious harm to the student, school officials and/or others at the school.
- b. Searches shall be "reasonable in scope", that is, the measures used are reasonably related to the objectives of the search, the unique features of the official's responsibilities and the area(s) which could contain the item(s) sought and will not be excessively intrusive in light of the age, sex, maturity of the student and nature of the infraction. Strip searches are prohibited by the public charter school.
- c. Public charter school officials may seize any item which is evidence of a violation of law, Board policy, administrative regulation or school rule, or which the possession or use of is prohibited by such law, policy, regulation or rule.

- d. Public charter school officials may also search when they have reasonable information that emergency/dangerous circumstances exist.
- e. Public charter school-owned storage areas assigned for student use, such as lockers and desks, may be routinely inspected at any time. Students have no expectation of privacy regarding these items/areas. Such inspections may be conducted to ensure maintenance of proper sanitation, to check mechanical conditions and safety, and to reclaim overdue library books, texts or other instructional materials, property or equipment belonging to the public charter school. The student will generally be permitted to be present during the inspection.
- f. Dangerous items will not be returned.

DRUG POLICY

As Harmony Academy is committed to recovery, we cannot have drugs on campus. Alcohol is a drug. Marijuana is a drug. Any medications necessary need to be checked in at the office. Any medications that are not checked in are **prohibited**.

For more information, please check the Student Conduct section of the Harmony Handbook.

Nicotine is also prohibited on school grounds.

PARKING

Please fill out a parking agreement if you wish to park on campus.

HALLWAY

As Harmony Academy is a small school, it's important that students stay in their classrooms and participate with their community. If students need a break, they may use the designated break area in the hallway for ten minutes. It's important not to use this area to avoid classwork. Isolation and avoidance are closely associated with substance use disorder, and practicing being with community, even when frustrated, is healthy and healing. Excessive time away from the community counts as an absence and it defeats the purpose of a recovery high school. Students who are out of class excessively will be invited to go home and try again the next day.

CELL PHONES

Students check in their cell phones before class or group time. Checking in cell phones is a requirement to participate in the program. We have found through experience that cell phones take away from our goals of building community, learning, and making academic progress.

If you need to contact an employer, sponsor, family member, probation officer, etc., you will need to use an office phone. It is okay to give the school's number to your outside support system, but please do not have friends contact you at school. If you need privacy, staff can help with that.

THEFT

If you believe you have become a victim of a theft, report immediately to the office.

INCLEMENT WEATHER

School opening may be delayed when weather conditions are uncertain. Harmony Academy follows Lake Oswego's decision on closure. However, students coming from other districts should follow the directive of that district. If that district is open and Lake Oswego is closed, school will still not be open.

STUDENT GOAL SETTING ACTIVITY

Name: _____

Research has shown that goal setting is a critical component to achieving what you want in life and being successful. For goals to be successful they must be SMART. SMART stands for:

Specific

Measurable

Achievable

Relevant

Timely

Please use this form to set academic, attendance, and behavior goals for this year:

My **academic** goal is to _____.

I will know I have achieved this goal if I

This goal is possible because

It is important to have this goal in order to achieve

This is the right time to focus on this goal because

My **attendance** goal is to

I will know I have achieved this goal if I

This goal is possible because

It is important to have this goal in order to achieve

This is the right time to focus on this goal because

My **behavior** goal is to _____.

I will know I have achieved this goal if I

This goal is possible because

It is important to have this goal in order to achieve

This is the right time to focus on this goal because

STUDENT SIGNATURE

This student handbook belongs to:

(Print name)

I have read and understand the contents of this student handbook.

Sign on the line below:

(Signature)



SCAVENGER HUNT ACTIVITY B

Name: _____

True or False?

1. If you are at school but not in your class, you will be marked absent for that class. _____
2. Staff members can search your backpack for any reason. _____
3. If you fail a drug test, you will be suspended. _____
4. It is okay to use nicotine on campus, as long as it's outside. _____
5. If it snows, the school will be closed if the Lake Oswego School District is closed. _____
6. Students can park on campus as long as they have a parking pass. _____
7. A student can use a cell phone in class as long as it's for something school related. _____
8. Students can keep their phones on them if they're expecting a call from a family member, probation officer, or employer. _____

COMPUTER USAGE/NETWORK AGREEMENT

It is the responsibility of the school administration to control access to data stored in the District's computer-based systems to maintain confidentiality where necessary, maintain integrity over the data and protect all computers and peripheral devices against unauthorized use. Only "authorized users" are given access to the district's computer-based systems.

By acknowledging this document, you will be designated as an authorized student user and agree to adhere to the following guidelines:

- Use computers for official class instruction as directed by your teacher.
- Never download any material onto a school computer without the direct consent of your teacher.
- No listening to music.
- The changing of any computer "settings" is strictly prohibited.
- Recreational games and instant messaging are prohibited.
- You will not retrieve or send unethical, illegal, immoral, or simply inappropriate or unacceptable information of any type. If you have questions, please ask.
- You will follow network etiquette rules, including the use of appropriate language and polite responses.
- You will adhere to all guidelines for any assignment that may be either stored on a local campus server, district server or linked from a district page.
- You will not share home addresses, phone numbers, pictures or last names with another online user for any purpose.
- You understand that information obtained online is the intellectual property of its author unless otherwise specified.
- You will adhere to copyright laws and guidelines and will not plagiarize information obtained in any form.
- You will not logon to the District network with another person's account, and you will not share passwords with any other person.
- You will not attempt to bypass the security built into the system and recognize that doing so will result in immediate cancellation of privileges and possible disciplinary action.
- You will not interfere with or disrupt network users, services, or equipment. Disruptions include, but are not limited to:
 - Distribution of unsolicited advertising, propagation of computer viruses
 - Using the network to make unauthorized entry to any other machine accessible via a network
 - Misuse may result in criminal prosecution
- You will not connect personal technology to school equipment without permission from your teacher/recovery coach or Principal.
- You will print only to the appropriate classroom printer.

- You will not use technology access provided by the school for illegal purposes of any kind or for financial gain.
- You will not use technology access to transmit threatening, obscene, or harassing materials.
- You will understand and agree that Lake Oswego School District, Clackamas Education Service District, and Harmony Academy will not be held responsible for participation in such activities.
- You understand that information received online is not private property and is subject to the scrutiny of school administrators.

Any student who suspects that computer security has been compromised is to report immediately such information to your teacher, school administrator, or any other person in authority. Intellectual misuse of data and/or computers can result in disciplinary action.

This agreement applies to:

- Computer data created or maintained within the mainframe computers system.
- Computer data created or maintained within a district-wide mini-computer system.
- Data stored on file servers and workstations within the district.
- District data stored outside data processing services.

You acknowledge that you have received a copy of this notice, that you understand the responsibilities of authorized users, and further understand that intentional misuse of data and/or computers can result in disciplinary action up to and including expulsion.

