



**HARMONY**  
ACADEMY

# **Student Handbook 2021-2022**

**2507 Christie Drive  
Lake Oswego, OR 97034**

**503-496-3929**

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# 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, volitional 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, drug and alcohol free campus.

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

We recovery in community.

## **Harmony Academy Contact Information**

Physical address: 2507 Christie Drive, Lake Oswego, OR 97034  
Mailing address: PO Box 22, Marylhurst, OR 97036

Website: [harmonyacademyrhs.org](http://harmonyacademyrhs.org)

Phone: (503) 496-2929

Fax: (503) 496-3920

Email: [office@harmony.k12.or.us](mailto:office@harmony.k12.or.us)

## **Harmony Academy Board of Directors**

- Tony Mann, Board President
- John Wooley, Treasurer
- Catherine Nyhan
- Kristen Miles
- Susan Bock
- Anne Highet
- Allison Holstein
- Alex Morrison

## **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 & sober and reach your personal & 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 were 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. Above all, we ask 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 judgement. 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 school 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, 2021 Graduate**

*“Harmony is a place where 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, 2021 Graduate**

*“My experience at 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 makes 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**

**Sharon Dursi Martin, Principal:** I am 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 life.

**Denise Maher, Operations 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 allowed me to give back what others have given 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 need us.

**Anthony Buell, Teacher:** In just the first year of my venture as a teacher for this school, I was blessed with witnessing scores of adolescents walking away from a life dominated by drugs toward one of hope, strength, and sobriety. Harmony is an innovative community that pushes students to become better versions of themselves and create a life worth living.

**Melanie Jacobson, Teacher:** Hi. I am excited to join the Harmony team in the 2021-2022 academic year! Here is my blurb. I did not take a "traditional" path to working in schools, but I am grateful to have found this profession in 2009. I am an avid Boston sports fan, and I welcome the challenges that come with being a die hard Patriots fan. Bring it. My coworker, Duke, will join me in the building on a regular basis. That being said, I am humbled to have the honor and privilege of working with exceptional students in recovery.

**Jacob Sweeting, Teacher:** Making connections with students and helping them succeed has always been a passion of mine and I am honored to continue doing this at Harmony. Being able to create an atmosphere where students can feel safe, learn and grow as people are the standards which I teach and live. Harmony has great people coming together to support one another and I am pumped to get to be a part of it!

**Elizabeth (Libby) Kelly, Student Support:** When first hearing about Harmony Academy the year before they 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 support that go on at Harmony.

**Sara Goldman, Counselor:** I am here at Harmony because I believe in the power of community to heal and transform lives. The Harmony community of dedicated, caring staff and resilient, thoughtful and brave students, do this every day. I am honored to be a part of this community.

**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 by using a 12-step recovery program, nature and service to others. I work with students at Harmony because I know from personal experience the struggle of being a team 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.

**Jeremy Ralls, Recovery Coach:** I am a sober person that found my path in recovery through a 12-step fellowship. I have my Drug and Alcohol Counselor Certificate and am a CADCH candidate.

When asked why I work here at Harmony, the answer is simple: I chose Harmony based on my desire to help people like me navigate their recovery by sharing my experience and identifying with the students. The students' amazing growth that I've witnessed, combined with the awe-inspiring staff, is what keeps me here at Harmony. Every day that I am at Harmony strengthens my belief that I am right where I need to be. The love, support, and understanding that exists in this community is at the heart of the person I am striving to be. After walking in the dark for so long, I've found a new light here. It's really Harmony that chose me, and for that I'm forever grateful!

**Angel Stempert, Counseling Intern & Recovery Coach:** When I was in high school, there was no such thing as a recovery high school. I know I could have used it...badly! As a person in long-term recovery, I have been led to work with adolescents who struggle with substance use, and what better way to fulfill my purpose than to love and encourage the students at Harmony Academy. I have learned from experience that being around like-minded individuals who share similar goals and experiences allow for a more effective and supportive environment that has the ability to advance one's own personal journey in the right direction. Not only do I help and support our students, but they help and support me too.

**Cairo Levias, Recovery Coach:** I have been in active recovery from addiction since I was 18, and this work happening at Harmony academy is a testament to everything I've been through, being for a reason. I am so honored to be able to share my experience with these kids and shine a light of recovery. If I can at least plant some seeds of recovery and glimmers of hope into these kids, I will have done my job. I am an avid self-care, and unapologetic self love advocate. The opposite of addiction is connection, and that's what we're delivering at Harmony, and what an honor it is to be a part of this beautiful beginning.

## **Recovery High Schools**

Recovery high schools like Harmony Academy 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 support groups and individual counseling sessions. Recovery high schools are typically small, thus allowing staff to identify specific needs and implement more individualized support, both in academics and recovery.

## **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 (LOSD). However, we have our own employees and our own board. LOSD provides oversight, support and special education services.

Our neighbors are very important to us and we are grateful for our 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 even say it is haunted! We are neighbors with Mary's Woods. Our relationship with Youth Villages, the sisters and Mary's Woods is of utmost importance to us. They care about Harmony's mission and out of respect, we keep the property clean, peaceful and nicotine-free.

## 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.

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Signature

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Date

## **Attendance Policy**

### **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.

### **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.

## **Covid-19 Policies**

### **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-10**

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

### **Mask Policy**

Given the unpredictable status of Covid-19, we will update the mask policy as needed.

## Harmony Policies

### Adult Students

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

### 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.

**Disciplinary actions and appeals:** Suspensions, detention, reparations or appeals for behaviors that violate school policies will be up the discretion of the principal and will be handled on a case by case basis.

**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

\*Trigger warning 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.

### Cellphones

Students check in their cell phones before class and 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.

### **Computer Use**

Please refer to the Computer Use Agreement at the end of the handbook. School computers are to be used for schoolwork only.

### **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.

### **Drug Testing**

Harmony Academy uses a private company called GS Testing to complete urinalysis of students. Tests are typically done monthly at random. Recovery coaches intermittently conduct additional drug tests which may be urinary or mouth swabs. Additional tests may be completed upon request. Breathalyzer testing may also be used to test Blood Alcohol Content (BAC).

### **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.

### **Hallways & Hall passes**

Considering Harmony Academy is a small school, it is 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 the community, even when frustrated, is healthy and healing. Excessive time away from the community counts as an absence. Students who are out of class excessively will be invited to go home and try again the next day.

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

### **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.

### **Mandatory Reporting**

Please understand that all school staff members are mandatory reporters. By law, staff are required to report alleged abuse of students.

**Parking**

Harmony has a limited number of parking spots available for students located in the front entrance. Students must park in spaces marked "Harmony Academy Student Parking."

**Property Damage**

We lease our property from Youth Villages and share our campus with other organizations. Any property damage committed by a student will result in disciplinary action and students involved may be subject to pay for damages and/or assist in clean up and repairs.

**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.

**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.

**Theft**

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

## Scavenger Hunt Activity

Name: \_\_\_\_\_

Directions: Use the previous pages of the handbook to answer the following questions.

1. Name two commitments from the Community Understanding:

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2. What are you supposed to do if you relapse?

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3. How do you notify the school if you are going to be absent?

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4. How many recovery high schools are in Oregon?

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5. What are some ways we show respect for the property?

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6. What is Harmony Academy's phone number? Take a moment and add the phone number to your phone.

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7. What are the names of your teachers?

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8. Can you leave campus for lunch?

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9. What is the cell phone policy? What do you think of the policy?

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10. Write out Harmony's Mission Statement:

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11. List three types of harassment found in the Harassment Policy:

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## 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-based and behavioral goals for this year.

My academic goal is to \_\_\_\_\_

\_\_\_\_\_

I will know I 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 \_\_\_\_\_

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I will know I achieved this goal if I \_\_\_\_\_

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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 behavioral goal is to \_\_\_\_\_

---

I will know I 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 \_\_\_\_\_

## Scavenger True/False Activity

Name: \_\_\_\_\_

For the following statements, mark if they are 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, Harmony Academy will be closed if the Lake Oswego School District is closed. \_\_\_\_\_
6. Students cannot park their cars on campus. \_\_\_\_\_
7. A student can use a cell phone in class as long as it is for something school related. \_\_\_\_\_
8. Students can keep their phones on them if they are 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 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 computer systems.
- 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.

Your signature acknowledges 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.

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Student Signature

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Date