



# **WALK THROUGH REGISTRATION**

## **THURSDAY, AUGUST 5**

### **10 AM - 6 PM**

**Pick up your ID Card, class schedule (at your assigned time), shop the newest spirit wear, grab some food, find your classes, and see your friends! Students must be in dress code.**

**Save time by purchasing your WTR items online at <https://clovisusd.revtrak.net/clovis-north-area>. Select "Clovis North High School" then "Walk-Through Registration". All forms of payment accepted.**



### **FEATURING:**

- BRONCO STUDENT STORE**
- CAMPUS TOURS**
- DUTCH BROS (10AM-1PM)**
- KONA ICE (1PM-6PM)**
- TACO TRUCK (ALL DAY)**

Brought to you by the  
CNEC Bronco Foundation



**CLOVIS NORTH EDUCATIONAL CENTER**

**WALK-THROUGH REGISTRATION**

**THURSDAY, AUGUST 5, 2021**

**GRANITE RIDGE**

**FLYERS**

**CLOVIS NORTH EDUCATIONAL CENTER**

**WALK-THROUGH REGISTRATION**

**THURSDAY, AUGUST 5, 2021**

**COUNSELING**

**CENTER**

**FLYERS**



# PSAT 8 AND PSAT/NMSQT TESTS

The Clovis North Educational Center counseling staff recommends that your son/daughter take the practice tests for the SAT described below. These tests provide an excellent opportunity to participate in National testing programs and can be an effective diagnostic tool. There are no passing scores for these tests.

**You may sign up and pay for the PSAT test online through [RevTrak](#) starting July 29, 2021. If you are unable to register and pay online; PSAT registration forms will be available in the Counseling Center starting August 16th, 2021. The last day to sign up for the PSAT is Friday, August 27, 2021 by 4:00 pm.**

- Pending CDC guidelines- students **may be required to wear mask for the duration** of the exam. Any students determined ill or have a high temperature will not be allowed to test and be sent home.
- **NO MAKE UPS OR REFUNDS** should a student move, decide not to take the test once registered, or fail to show up.
- **Limited seating- first come, first served!!**

## PSAT 8 TEST

October 19, 2021  
8th grade

The PSAT 8 is designed and recommended for 8th grade students. Any 8th graders wanting to take the test must register and pay a fee of **\$16 online through [RevTrak](#) OR exact cash/check must be payable to Clovis Unified School District.**

### Reasons to take the PSAT 8 are as follows:

- Helps establish a baseline measurement of your college and career readiness as you enter high school. It also gives you a chance to preview the SAT and PSAT/NMSQT.
- The PSAT 8 is highly relevant to your future success and focuses on the skills and knowledge at the heart of education. It measures: What you learn in school and What you need to succeed in college
- A comprehensive report with information about every question – including correct answers, student responses, and difficulty level, along with student's own test booklet

**Learn more about PSAT 8/9 at [www.collegeboard.org](http://www.collegeboard.org)**

## PSAT/NMSQT TEST

October 13, 2021  
Grades 9-11

The PSAT/NMSQT (National Merit Scholarship Qualifying Test) is designed and recommended for 9th, 10th and 11th grade students. Any 9th, 10th and 11th graders wanting to take the test must register and pay a fee of **\$20 online through [RevTrak](#) OR exact cash/check must be payable to Clovis Unified School District.**

### Reasons to take the PSAT/NMSQT are as follows:

- A practice test for the SAT Reasoning Test
- **Opportunities for juniors to enter scholarship competitions and receive recognition as a National Merit Scholar**
- An avenue for connecting students to colleges and scholarship organizations
- A comprehensive report with information about every question – including correct answers, student responses, and difficulty level, along with student's own test booklet

**Learn more about PSAT/NMSQT at [www.collegeboard.org](http://www.collegeboard.org).**



There's no magic formula for choosing a college or deciding on a future career but exploring your options in Xello is a great place to begin. Xello is a complete college and career planning program that is FREE for all Clovis Unified students.

Through Xello you can...

1. Explore Colleges & Careers
2. Take Career Assessments
3. FREE SAT/ACT Test Prep
4. Search and Apply for Scholarships
5. Create a Resume, Record Community Service Hours, Leadership Positions, Awards Received, and More!

## A proven model for student success

Based on academic and user research, Xello's award-winning program puts the student at the center of their planning experience. They build personalized plans for the future, and the skills and knowledge to persist.



Build Self-Knowledge



Explore Options



Create a Plan



Learn & Reassess

### How to access Xello:

#### From a school computer

- Login to the computer *Username:* firstlast001 *Password:* your CUSD password
- Click on tab at the top labeled Clever.com
- Click on the 4-colored box
- Click on Xello app

#### From your personal computer

- Go to Clever.com
- Choose login as student
- In the high school box, type in Clovis North High School -- Clovis Unified
- Login to your CUSD Single Sign in Account
- Click on the Xello app

**CLOVIS NORTH EDUCATIONAL CENTER**

**WALK-THROUGH REGISTRATION**

**THURSDAY, AUGUST 5, 2021**

**OPTIONAL**

**FLYERS**



**Clovis North Educational Center**  
**2021-2022 School Year**  
**CLUB EXCLUSION FORM**



I do not wish my student to participate in the clubs & organizations listed below.  
List any additional clubs on the back of this form.

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Student Name: (Please Print)\_\_\_\_\_

Student Grade: 7      8      9      10      11      12

Parent/Guardian Name: (Please Print)\_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# **2021/22 Athletic/Activities Pass**

**Entrance to ALL Home games for FREE  
(excluding playoff games)**

**GR Dances are FREE**

**Powder Puff game is FREE**

**\$5 off Sadies**

**\$5 off Formal**

**\$10 off Prom**

**Spirit Bag AND Spirit Sticker  
For \$80**







**CLOVIS NORTH EDUCATIONAL CENTER**  
**GRANITE RIDGE INTERMEDIATE SCHOOL ♦ CLOVIS NORTH HIGH SCHOOL**  
**"Home of the Broncos"**

Dear Parents,

Clovis North High School/Granite Ridge Intermediate is in the process of electing members to the School Site Council (SSC) for the 2021-2022. The SSC is required for schools receiving categorical funds such as Title I and Title III funds. These funds are used to supplement the regular school program Clovis North High School/Granite Ridge Intermediate School receives the following categorical funds: **Title III.**

The purpose of the of the SSC is to ensure the school is continually engaged in identifying and implementing curriculum and instructional practices resulting in strengthening the core academic program and ensuring pupils have access and success in school. This core program should embody the District's curriculum, which itself should reflect the state frameworks and curriculum standards. The SSC is charged with the task to develop and approve the Single Plan for Student Achievement (SPSA); which is a comprehensive plan designed to improve the effectiveness of the school program The school's improvement effort should also be coordinated with the District's effort to upgrade its curriculum offerings and quality of instruction in order that both the school, through the SSC, and the Governing Board, through the District Office, become part of a single improvement effort. The council shall carry out all other duties and responsibilities assigned to it in the Education Code of the State of California.

Clovis North High School/Granite Ridge Intermediate in Clovis Unified School District (CUSD) has designated our School Site Council (SSC) established pursuant to California Education Code (EC) Section 52852 to function as the School Advisory Committee (SAC). One member of the SAC designates one member from the school SSC to serve as a voting member on the District Advisory Committee (DAC). SAC serves an advisory committee for the purpose of advising schools regarding their specific categorical programs and the role of developing the LCAP in the creation of a plan that will make a meaningful difference in the lives of our students. The District Advisory Committee (DAC) will engage in meaningful consultation, under the guidelines provided by Administrative Procedure 9062, on any program changes that have not originated from the DAC.

In order to accomplish this task, the SSC meets on a regular basis to assess student needs, develop and approve the plan including categorical budgets, and monitor its implementation. At Clovis North High School/Granite Ridge Intermediate School the SSC meets on a quarterly basis in Room 245.

Members of the SSC include the principal, classroom teachers, other staff members, parents, and at the secondary level, students. Members of the SSC are elected by their peers; therefore, parents are elected by parents. Clovis North High School/Granite Ridge Intermediate Parents need to be elected this year for the 2021-2022 SSC. A member serves for two years. If you are interested in being a member of the SSC, please fill out the nomination form below and return it to school with your child no later than September 3, 2021. After all nominations are in, a digital ballot will be sent out to all parents. The parents with the highest number of votes will serve on the SSC.

Return the nomination form to school with your child no later than September 3, 2021. Nominations will not be accepted after this date. If you have any questions, please call the school.

Sincerely,

Kaitlyn Vargas  
Learning Director

**CIRCLE ONE: CLOVIS NORTH OR GRANITE RIDGE SCHOOL SITE COUNCIL NOMINATION FORM**

I am interested in being a member of the School Site Council (SSC) and would like to place my name in nomination. I understand that after all nominations are in, digital ballot will be sent home for final selection.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Child's Name

\_\_\_\_\_  
Counselor

**Return to Mistie Burrow (Silverado Cluster Office) by September 3, 2021**

2770 E. INTERNATIONAL AVE. • FRESNO, CALIFORNIA 93730 • 559-327-5000

Joshua Shapiro, Ed.D., *Principal*  
Jonathan Bowns, Laurel Graves, *Deputy Principals*  
Yvette Adams, Alicynne Chaney, Whitney Swillis,  
Coby Lindsey, Katie Scalzo, Kaitlyn Vargas, Tom Wright, *Learning Directors*



**CLOVIS NORTH EDUCATIONAL CENTER**  
**GRANITE RIDGE INTERMEDIATE SCHOOL ♦ CLOVIS NORTH HIGH SCHOOL**  
**"Home of the Broncos"**

Clovis North High School/Granite Ridge Intermediate  
English Learner Advisory Committee (ELAC)

Dear Parents,

Clovis North High School/Granite Ridge Intermediate is in the process of forming the English Learner Advisory Committee (ELAC) for the 2021-22 school year. The ELAC is required for schools with an enrollment of 21 or more English Learners (EL). At Clovis North High School, the ELAC will meet four times a year during the lunch period.

The purpose of the ELAC is to advise the principal, and staff on:

- The development of a detailed school plan for English Learners submitted to the Governing Board.
- The development of the school's needs assessment.
- Administrators of the school's language census.
- Efforts to make parents aware of the importance of regular school attendance.

Parents on the ELAC are elected by their peers; therefore, parents elect parents. School sites with 21-50 EL students should have an ELAC membership of at least eight (8) people. Four of the eight must be parents; of which two must be parents of EL students. School sites with 51 or more EL students should have an ELAC membership of at least ten (10) people. Five of the ten must be parents; of which four must be parents of EL students. All parents shall be the parents /guardians of the English learners at the school site. The first step is to determine the number of parents/guardians of English learners that need to be on the committee. Other parents/guardians of students at the school may serve on this committee as long as they were elected by the parent/guardians of English learners. The other members may be teachers, resource teachers, bilingual instructional assistants, principals, and other parents this may include a parent/guardian of a reclassified EL Student. Parents/ guardians of EL students, not employed by the District, shall constitute the majority of the committee membership (51% or more).

Clovis North High School has an EL enrollment of 34 and requires an ELAC membership of 8, of which 2 must be parents of EL students.

Granite Ridge Intermediate has an EL enrollment of 30 and requires an ELAC membership of 8, of which 2 must be parents of EL students.

If you are interested in serving on the ELAC, complete the form below and return it to the office by September 3, 2021.

Sincerely,

Kaitlyn Vargas  
Learning Director

**CIRCLE ONE: CLOVIS NORTH HIGH SCHOOL or GRANITE RIDGE**  
**ELAC NOMINATION FORM FOR PARENT MEMBERS**

\_\_\_\_\_ Yes, I am interested in becoming a member of the English Learner Advisory Committee

Name \_\_\_\_\_ Student Name \_\_\_\_\_ Phone \_\_\_\_\_

Please return to Mistie Burrow (Silverado Office) by September 3, 2021  
2770 E. INTERNATIONAL AVE. • FRESNO, CALIFORNIA 93730 • 559-327-5000

Joshua Shapiro, Ed.D., *Principal*  
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# **BRONCO ATHLETICS IS GOING GREEN! ATHLETIC PACKETS ARE NOW DIGITAL!**

In an effort to conserve materials and expedite our athletic packet process, all Granite Ridge and Clovis North sport packets can be completed digitally using Permission Click!

\*The medical release completed by your physician will still be a signed hard copy and uploaded to your Permission Click submission prior to participation in sports.

You can complete the digital forms at any time by going to <https://permission.click/aL49y/us#/information>. The link can also be found on the CNEC /Granite Ridge Athletics website.

Our new athletic packet process can be used for our upcoming **ATHLETICS PHYSICAL NIGHT on May 24<sup>th</sup> from 5:30 to 8:00 PM in the Clovis North Large Gym.**

Complete your athletic physical early and start the 2021-2022 school year ready to compete in co-curricular activities!

Here's how:

1. Go to <https://permission.click/lGxew/us> and complete all the digital athletic packet forms.
2. Bring \$25 CASH for each student needing a physical (no checks will be accepted).
3. Complete the form for physical clearance at the event and upload to your permission click submission and you're set!

If you have questions about the online forms or process, please call the CNEC Athletics Office at (559)327-5055.

## **GO BRONCOS!**





## Are you a Medical Provider?

### We need your help!



The Athletic Office at Clovis North Educational Center (CNEC) is looking for licensed Medical Physicians (MD's, PA's, DO's and NP's) to assist in the Annual Sports Physical Night held at the end of each School Year. This event is a Fundraiser for the Athletic Department and also is a convenient way for our Bronco student-athletes to get their Sports Physicals completed for the next school year. We would appreciate your generous donation of time and expertise to serve the student-athletes of our CN community. The services are provided at little cost to most athletes and for those who have a need, no cost is required. Your donation of time can make this possible.

***Physical Night will be held on Wednesday May 24, 2022***

We are seeking medical providers that are willing to donate 3 hours (5:00-8:00pm) of their time to this event. If you or someone you know are interested in helping us provide this service, please complete the form below and return it to the CNEC Athletic Office or fax to (559) 327-5096. If you have any questions about the Physical Night event, please contact Stacey Belmont at (559) 327-5062 or email at [staceybelmont@clovisusd.k12.ca.us](mailto:staceybelmont@clovisusd.k12.ca.us)

Thank you in advance for your consideration... GO BRONCOS!

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

Email Address: \_\_\_\_\_

Credential: MD PA NP DO

Do you prefer to see (Please circle): Females Males Both

Are you a CNEC parent? Yes No If yes, students name: \_\_\_\_\_

Shirt Size (Please circle): Adult S M L XL XXL



***CLOVIS NORTH EDUCATIONAL CENTER***  
***ATTENDANCE / MAIN OFFICE***  
***QUICK-TIPS***

**A PHOTO ID WILL BE REQUIRED WHEN CHECKING A STUDENT OUT OR COMING ONTO CAMPUS.**

**ALL VISITORS MUST CHECK-IN THROUGH THE MAIN OFFICE.**

**TO CLEAR FULL DAY ABSENCES:**

CALL ATTENDANCE HOTLINE AT 327-5066 OR SUBMIT THROUGH PARENT CONNECT [REPORT AN ABSENCE](#) LINK.

**MORNING TARDIES:**

STUDENTS ARRIVING LESS THAN 30 MINUTES LATE, FOR A NON-MEDICAL REASON, REPORT DIRECTLY TO CLASS.  
AFTER 30 MINUTES, STUDENT MUST CHECK IN THROUGH MAIN OFFICE (EVEN IF ARRIVING DURING PASSING PERIOD).

**OFF-CAMPUS PASSES:**

CALL ATTENDANCE OFFICE AT 327-5011 OR 327-5012 THE MORNING OF, OR AT LEAST 3 HOURS PRIOR TO STUDENT DEPARTURE. (PASSES ARE NOT ISSUED FOR NON-SENIOR STUDENT DRIVERS WITH LUNCHTIME DEPARTURE EXCEPT FOR VERIFIED MEDICAL APPOINTMENTS.) NON-DRIVERS MUST BE SIGNED OUT BY PARENT/GUARDIAN THROUGH OFFICE.

**LUNCHES:**

DROP-OFF COUNTER IS LOCATED OUTSIDE STUDENT SERVICES OFFICE.

**DROPPING OFF SCHOOL-RELATED ITEMS:**

ITEMS MAY BE DROPPED OFF AT MAIN OFFICE FOR STUDENT TO PICK-UP BETWEEN CLASSES, AT LUNCH, OR AFTER SCHOOL. STUDENTS ARE RESPONSIBLE FOR PICKING UP ITEMS AND WILL NOT BE NOTIFIED BY OFFICE.

**INDEPENDENT STUDY INQUIRIES:**

CALL SHALEECE COVINGTON AT 327-5088 FOR INFORMATION OR TO INITIATE AN INDEPENDENT STUDY CONTRACT.

***FOR MORE DETAILED INFORMATION, PLEASE SEE PARENT/STUDENT HANDBOOK AND CNEC WEBSITE***

**<http://cneccusd.com/students-and-parents/attendance>**

**AUTHORIZATION FOR MEDICATION ADMINISTRATION AT SCHOOL**

Name of Student	Date of Birth	Grade	School	Date
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**California Education Code 49423** defines certain requirements for administration of medication "...any pupil who is required to take, during the regular school day, medication prescribed for him/her by a physician, may be assisted by the school nurse or other designated school personnel if the school district receives (1) a written statement from such physician detailing the method, amount, and time schedules by which medication is to be taken, and (2) a written statement from the parent or guardian of the pupil indicating the desire that the school district assist the pupil in the matter set forth in the physician statement." CUSD Board Policy No. 2401 does not allow students to administer their own medication without written permission as stated above.

Additionally, CUSD Administrative Regulation No. 2401 indicates that school personnel are **prohibited** from administering any over-the-counter or prescription medications including, aspirins, vitamins, antihistamines, etc. unless the medication is accompanied with **written permission from both the parent/guardian and physician**. The medication must be clearly labeled and sent to school in a container from the pharmacy and **will be kept in the school office unless otherwise directed by the physician**.

**All medication orders will be automatically discontinued at the end of the school year after summer school.**  
**New orders are required each school year.**

PLEASE RETURN THIS FORM TO YOUR SCHOOL HEALTH OFFICE

**\*\*\*\*PHYSICIAN USE ONLY\*\*\*\***

1. Medication: \_\_\_\_\_ Dose: \_\_\_\_\_ Reason/Diagnosis: \_\_\_\_\_

Route: ☐ Oral ☐ Inhalation ☐ Nasal ☐ Topical ☐ Intramuscular ☐ Subcutaneous ☐ Other \_\_\_\_\_

Medication Start Date: \_\_\_\_\_ Stop Date: \_\_\_\_\_

☐ If DAILY, Time (s) to be given: \_\_\_\_\_

☐ If AS NEEDED (prn), Frequency: ☐ Every 4 to 6 hrs. ☐ Every 6 to 8 hrs. ☐ Other \_\_\_\_\_

**FOR INHALER, EPINEPHRINE AUTO-INJECTORS or other medications approved by physician only.**

☐ Self- Carry - Student demonstrates competence. ☐ Self- Pace PE

☐ Stored in the Health Office

Other instructions or precautions-possible reactions: \_\_\_\_\_

2. Medication: \_\_\_\_\_ Dose: \_\_\_\_\_ Reason/Diagnosis: \_\_\_\_\_

Route: ☐ Oral ☐ Inhalation ☐ Nasal ☐ Topical ☐ Intramuscular ☐ Subcutaneous ☐ Other \_\_\_\_\_

Medication Start Date: \_\_\_\_\_ Stop Date: \_\_\_\_\_

☐ If DAILY, Time (s) to be given: \_\_\_\_\_

☐ If AS NEEDED (prn), Frequency: ☐ Every 4 to 6 hrs. ☐ Every 6 to 8 hrs. ☐ Other \_\_\_\_\_

**FOR INHALER or EPINEPHRINE AUTO-INJECTORS ONLY or other medications approved by physician only**

☐ Self- Carry - Student demonstrates competence. ☐ Self- Pace PE

☐ Stored in the Health Office

Other instructions or precautions-possible reactions: \_\_\_\_\_

3. Medication: \_\_\_\_\_ Dose: \_\_\_\_\_ Reason/Diagnosis: \_\_\_\_\_

Route: ☐ Oral ☐ Inhalation ☐ Nasal ☐ Topical ☐ Intramuscular ☐ Subcutaneous ☐ Other \_\_\_\_\_

Medication Start Date: \_\_\_\_\_ Stop Date: \_\_\_\_\_

☐ If DAILY, Time (s) to be given: \_\_\_\_\_

☐ If AS NEEDED (prn), Frequency: ☐ Every 4 to 6 hrs. ☐ Every 6 to 8 hrs. ☐ Other \_\_\_\_\_

Physician's Name: \_\_\_\_\_ Physician's Signature: \_\_\_\_\_ Physician's NPI # \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_ Date: \_\_\_\_\_

**PLEASE COMPLETE BOTH SIDES**

Name of Student	Date of Birth	Grade	School	Date
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**\*\*\*\*PARENT/GUARDIAN COMPLETES THIS PAGE\*\*\*\***

**Parent Request For Assistance with Medication at School**

**Responsibility of the Parent or Guardian**

1. Parents/guardians shall be encouraged to cooperate with the physician to develop a schedule so the necessity for taking medications at school will be minimized or eliminated.
2. Parents/guardians will assume full responsibility for the supply and transportation of all medications.
3. Parents/guardians may administer medication to their child on a scheduled basis arranged with the school. Students are not permitted to carry prescribed or over-the-counter medication on school campus.
4. Parents/guardians may pick up unused medications from the school office during and at the close of the school year. Medication remaining after the last day will be discarded.
5. Each medication is to be in a separate pharmacy container prescribed for the student by a California licensed health care provider.
6. Each over-the-counter medication is to be in its original sealed container and prescribed for the student by a California licensed health care provider.

The parent or guardian must complete this page before any medication (prescription or over-the-counter) can be given, or taken, at school. This form must be renewed at the beginning of each school year or with any change in medication.

**Parent Request for School Assistance with Medication**

I understand that school district regulations require student medication to be maintained in a secure place, under the direction of an adult employee of the school district, and not carried on the person of a student (with the exception of inhalers and epinephrine auto-injectors accompanied by appropriate physician instructions).

All medication orders will be automatically discontinued at the end of the school year-summer school. New orders are required each school year.

**A. For MEDICATIONS KEPT IN THE SCHOOL HEALTH OFFICE only:** I hereby request that the staff of my child's school assist in giving medication to my child during school hours as stated in the physician instructions. I also give permission to contact the physician for consultation and exchange of information as needed.

**Signature of parent  
or guardian:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Phone  
Number:** \_\_\_\_\_

**B. For INHALERS/EPINEPHRINE AUTO-INJECTORS SELF CARRY only:** I hereby request that my student carry and self-administer his/her inhaler or auto-injector. I understand that if my student does not follow the rules and responsibilities of carrying his/her medication, he/she will lose the privilege of carrying such medication. I also give permission to contact the physician for consultation and exchange of information as needed.

**Signature of Parent  
or Guardian:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Phone  
Number:** \_\_\_\_\_

# Type 2 Diabetes Information

Pursuant to California *Education Code* Section 49452.7, this type 2 diabetes information is for local educational agencies to provide to parents and guardians of incoming seventh grade students beginning July 1, 2010.

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The California Department of Education developed this type 2 diabetes information in collaboration with the California Department of Public Health, American Diabetes Association, California School Nurses Organization, and Children's Hospital of Orange County. Also see [available translations](#) of this information.

## Description

### Type 2 diabetes is the most common form of diabetes in adults.

Until a few years ago, type 2 diabetes was rare in children, but it is becoming more common, especially for overweight teens.

According to the U.S. Centers for Disease Control and Prevention (CDC), one in three American children born after 2000 will develop type 2 diabetes in his or her lifetime.

### Type 2 diabetes affects the way the body is able to use sugar (glucose) for energy.

The body turns the carbohydrates in food into glucose, the basic fuel for the body's cells.

The pancreas makes insulin, a hormone that moves glucose from the blood to the cells.

In type 2 diabetes, the body's cells resist the effects of insulin, and blood glucose levels rise.

Over time, glucose reaches dangerously high levels in the blood, which is called hyperglycemia.

Hyperglycemia can lead to health problems like heart disease, blindness, and kidney failure.

## Risk Factors Associated with Type 2 Diabetes

**It is recommended that students displaying or possibly experiencing the risk factors and warning signs associated with type 2 diabetes be screened (tested) for the disease.**

### Risk Factors

Researchers do not completely understand why some people develop type 2 diabetes and others do not; however, the following risk factors are associated with an increased risk of type 2 diabetes in children:

**Being overweight.** The single greatest risk factor for type 2 diabetes in children is excess weight. In the U.S., almost one out of every five children is overweight. The chances are more than double that an overweight child will develop diabetes.

**Family history of diabetes.** Many affected children and youth have at least one parent with diabetes or have a significant family history of the disease.

**Inactivity.** Being inactive further reduces the body's ability to respond to insulin.

**Specific racial/ethnic groups.** Native Americans, African Americans, Hispanics/Latinos, or Asian/Pacific Islanders are more prone than other ethnic groups to develop type 2 diabetes.

**Puberty.** Young people in puberty are more likely to develop type 2 diabetes than younger children, probably because of normal rises in hormone levels that can cause insulin resistance during this stage of rapid growth and physical development.

## Warning Signs and Symptoms Associated with Type 2 Diabetes

Warning signs and symptoms of type 2 diabetes in children develop slowly, and initially there may be no symptoms. However, not everyone with insulin resistance or type 2 diabetes develops these warning signs, and not everyone who has these symptoms necessarily has type 2 diabetes.

Increased hunger, even after eating  
Unexplained weight loss  
Increased thirst, dry mouth, and frequent urination  
Feeling very tired



Blurred vision  
Slow healing of sores or cuts  
Dark velvety or ridged patches of skin, especially on the back of the neck or under the arms  
Irregular periods, no periods, and/or excess facial and body hair growth in girls  
High blood pressure or abnormal blood fats levels

## Type 2 Diabetes Prevention Methods and Treatments

Healthy lifestyle choices can help prevent and treat type 2 diabetes. Even with a family history of diabetes, eating healthy foods in the correct amounts and exercising regularly can help children achieve or maintain a normal weight and normal blood glucose levels.

**Eat healthy foods.** Make wise food choices. Eat foods low in fat and calories.

**Get more physical activity.** Increase physical activity to at least 60 minutes every day.

**Take medication.** If diet and exercise are not enough to control the disease, it may be necessary to treat type 2 diabetes with medication.

The first step in treating type 2 diabetes is to visit a doctor. A doctor can determine if a child is overweight based on the child's age, weight, and height. A doctor can also request tests of a child's blood glucose to see if the child has diabetes or pre-diabetes (a condition which may lead to type 2 diabetes).

## Types of Diabetes Screening Tests That Are Available

**Glycated hemoglobin (A1C) test.** A blood test measures the average blood sugar level over two to three months. An A1C level of 6.5 percent or higher on two separate tests indicates diabetes.

**Random (non-fasting) blood sugar test.** A blood sample is taken at a random time. A random blood sugar level of 200 milligrams per deciliter (mg/dL) or higher suggests diabetes. This test must be confirmed with a fasting blood glucose test.

**Fasting blood sugar test.** A blood sample is taken after an overnight fast. A fasting blood sugar level less than 100 mg/dL is normal. A level of 100 to 125 mg/dL is considered pre-diabetes. A level of 126 mg/dL or higher on two separate tests indicates diabetes.

**Oral glucose tolerance test.** A test measuring the fasting blood sugar level after an overnight fast with periodic testing for the next several hours after drinking a sugary liquid. A reading of more than 200 mg/dL after two hours indicates diabetes.

Type 2 diabetes in children is a preventable/treatable disease and the guidance provided in this information sheet is intended to raise awareness about this disease. Contact your student's school nurse, school administrator, or health care provider if you have questions.

## References

[American Diabetes Association Clinical Journal](#) 

[Helping Children with Diabetes Succeed: A Guide for School Personnel](#) 

[KidsHealth](#) 

[Mayo Clinic](#) 

[National Library of Medicine and National Institutes of Health's MedLine](#) 

[Centers for Disease Control and Prevention](#) 

**Questions: Coordinated School Health and Safety Office | 916-319-0914**

# **Granite Ridge Yearbook**

## **All Yearbooks will be purchased online ONLY and for a limited time. Sales will end March 2022.**

Please follow these steps:

1. Visit Pictavo Community at: [commpe.pictavo.com](http://commpe.pictavo.com)
2. Tap Shop My School
3. Find your product: 2022 Granite Ridge School Yearbook
4. Enter student information.
5. Add to Cart & Check Out to complete your purchase!
6. The email confirmation will be your receipt and proof of purchase. Please keep a copy of your email for reference if needed.

# Fall Picture Day is coming soon!

Granite Ridge Intermediate School

August 17 & 18, 2021

<b>Package A</b>  2-8x10s 4-5x7s 4-3x5 Magnets 4-3x5s 8 Wallets Digital Download <b>\$ 53</b>	<b>Package B</b>  2-8x10 3-5x7s 4-3x5 Magnets 4-3x5s 4 Wallets Digital Download <b>\$ 47</b>	<b>Package C</b>  1-8x10 3-5x7s 4-3x5 Magnets 4-3x5s 4 Wallets Digital Download <b>\$ 42</b>	<b>Package D</b>  1-8x10 2-5x7s 4-3x5s 8 Wallets <b>\$ 35</b>
<b>Package E</b>  2-5x7s 4-3x5s 8 Wallets <b>\$ 32</b>	<b>Package F</b>  4-3x5s 8 Wallets <b>\$ 24.50</b>	<b>Build Your Own</b> <b>3 Sheets \$ 32</b>  1-8x10 2-5x7 4-3x5 8 wallets <b>4 Sheets \$ 38</b>  1-8x10 2-5x7 4-3x5 8 wallets <b>5 Sheets \$ 45</b>  1-8x10 2-5x7 4-3x5 8 wallets <b>6 Sheets \$ 49</b>  1-8x10 2-5x7 4-3x5 8 wallets	<b>Retouching</b> Retouch artists will remove, soften, or lighten blemishes before the package is printed. Does not include any print products <b>\$ 12</b>  <b>NEW THIS YEAR "MAGNETS"</b>  4-3x5 Magnets <b>\$ 20</b>
<b>Package G</b>  2-3x5s 4 Wallets <b>\$ 17</b>	<b>Download</b>  You will receive a link with a high resolution download of your student. Downloads will include Lifetime Copyright Release. <b>\$ 27</b>	<b>Your school code</b> <b>2008</b>	

#### 30 Day Money Back Guarantee

If your credit/debit card is declined from your bank, we will attempt to re-present your transaction and there will be a service fee charged once collected. Payment by check is your express authorization that it may be converted into a one-time Electronic Fund Transfer (ETF) from your account, and all returned checks or ETFs may be re-presented electronically along with a separate ETF or demand draft for the maximum returned check fee allowed by state law.  
for inquiries: 800.460.0124 or www.statecheckfees.com.

## CLICK HERE TO PRE-ORDER

Or Pre-Order at [LarsonBrothers.com](http://LarsonBrothers.com) with school code  
Students must be in dress code to appear in the yearbook

Contact Us

Monday-Friday 9am to 4pm | Phone (559) 292-8161 | Email: [CustomerService@larsonbrothers.com](mailto:CustomerService@larsonbrothers.com)

**CLOVIS NORTH EDUCATIONAL CENTER**

**WALK-THROUGH REGISTRATION**

**THURSDAY, AUGUST 5, 2021**

**FOUNDATION**

**FLYERS**

# CNEC BRONCO FOUNDATION

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## OUR MISSION:

The Bronco Foundation proudly advocates for academic excellence and co-curricular enrichment at Clovis North Educational Center. We collaborate with parents, school administrators and staff, and the community at large to promote and provide the best educational experience for students through essential funding, volunteer support and parent communication.

**As the only school-wide parent support group,  
the Bronco Foundation carries out this mission by:**

Providing volunteer support for activities and events throughout the year  
Raising and distributing funds to help each of our students reach their fullest potential  
Advising administration of parent and student needs and concerns

## MEMBERSHIP BENEFITS

Participation via volunteer opportunities throughout the year  
Direct connection to the school via contact with our Board of Directors and newsletters  
**The satisfaction of knowing that you actively support programs and services  
that directly benefit all Clovis North and Granite Ridge students**

## HOW TO JOIN

To join the Bronco Foundation, visit the [online registration link](#), select the membership level, and add to your cart.

***All members receive a FREE gift at Walk Thru Registration on August 5th.***

# BRONCO FOUNDATION MEMBERSHIP LEVELS

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☐ **BRONCO BOOSTER \$40**

Donate to the Bronco Foundation General Fund to support all students and staff at CNEC.

☐ **BRONCO PROTECTOR \$100**

Donate to the Bronco Foundation General Fund to support all students and staff at CNEC and contribute to our Grant Program, which provides funding for academic and co-curricular programs.

☐ **BRONCO GUARDIAN \$250**

Help fund the above and provide direct support for CNEC's College and Career Day  
AND receive 2 spirit wear t-shirts.

☐ **BRONCO DEFENDER \$500**

Support our General Fund and Grant Program, plus college scholarships for deserving Clovis North seniors  
AND receive 2 articles of CNEC gear plus 2 stadium cushions.

☐ **BRONCO CHAMPION \$1000**

Support our General Fund and Grant Program, plus our Turn-it-in anti-plagiarism software used by all CN students AND receive an All Seasons Sport Pass for 2 plus 2 stadium cushions.

☐ **BRONCO HERO \$2500**

Your very generous donation will provide funds for use at our Principal's discretion and to support our General Fund. Receive an All Seasons Sport Pass for 2, 2 stadium cushions, and CNEC gear.

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

Email: \_\_\_\_\_

Student Name/Grade: \_\_\_\_\_

Phone: \_\_\_\_\_

QUESTIONS? CONTACT US AT [BRONCOFOUNDATION@GMAIL.COM](mailto:BRONCOFOUNDATION@GMAIL.COM)

# LEAVE A LEGACY... BUY A BRONCO BRICK!

## \$150

Each brick can be personalized up to  
3 lines, 18 characters per line.  
Bricks will be installed June 2022.



The Bronco Foundation will permanently install a brick with your personalized message at Clovis North's front entrance.

All proceeds will go towards the Bronco Foundation Scholarship Program, which has already provided significant scholarships to more than 100 Clovis North graduating seniors.

Don't miss your chance to mark your place  
in CNEC history! Purchase your brick  
through the [online registration link](#).  
*Space is limited.*



For inquiries, contact the  
Bronco Foundation at  
[broncofoundation@gmail.com](mailto:broncofoundation@gmail.com)

**BROUGHT TO YOU BY THE BRONCO FOUNDATION**

# 2021 BRONCO SPIRIT SHIRTS



**Bronco Champ Hoodie**  
\$35, Sizes YL, S - 2XL

## 2 FOR \$25

## AT WALK THRU REGISTRATION

AVAILABLE IN  
YOUTH LARGE &  
ADULT SM - XXXL

(Both shirts must be  
the same size)

Prices will go up to \$15 each  
in the Student Store after Registration

Please order  
via online registration  
(CUSD RevTrak). Items  
will be available at Walk  
Through Registration on  
August 5th, or later in  
the Student Store.



Brought to you by the Bronco Foundation



# THE CNEC STUDENT STORE

*Your on-campus destination for all of the best school spirit merchandise,  
plus snacks and beverages during lunch and after school.*

## **ALL NEW MERCHANDISE**

**Regular Hours of Operation:  
11 am to 3:30 pm – School Days**

**Shop at Walk Thru Registration and online:  
[cnechbrncostore.square.site](https://cnechbrncostore.square.site)**

FOLLOW US ON



*Instagram @ bronco\_store*

*Be the first to preview our fall 2021 apparel!*

## **RELOADABLE GIFT CARDS**

- Pick up an empty card for free at Registration (\$1.50 after Registration)
- Add any amount to your card
- Reload your card at the Student Store
- Use for all Store purchases and avoid the need for cash!



**The Bronco Foundation proudly maintains and runs  
the Student Store. All proceeds go directly to  
improving the CNEC experience for all of our students.**





15th Annual

# Bronco Stampede

FEATURING

The Killer Dueling Pianos

SATURDAY, OCTOBER 2nd 5:30 - 10:00PM

**\$50** each ticket or **\$400** for table of 8

visit [www.broncofoundation.com](http://www.broncofoundation.com) to purchase tickets

Dinner  
Entertainment  
Live Auction  
Silent Auction & more

Stockbridge Residence  
11865 Old Friant Road, Fresno

