Freshman Parent Survival Guide

The A through Z’s of KMC, and what to know for freshman year.
HELLO PARENTS OF FUTURE KMC CRUSADERS!

If you’re reading this you probably fall into one of three categories:
1. Freshman parent who has had a child attend KMC
2. Freshman parent who attended KMC themselves, but this is your first child to attend
3. Freshman parent who did not attend KMC and has never had a child attend

Of all three scenarios, this book is for you! Though you may feel confused and a little lost at times, you are surrounded by people who want to help, who care about your child, and who want you to be a part of the KMC family.

So please read this guide, and refer back to it through the school year. Look for interesting information and helpful tips throughout the book. Get ready for a great experience for you and your child. Welcome to KMC!
WELCOME FROM THE PRESIDENT AND THE PRINCIPAL

On behalf of our faculty, staff, student population and overall Kapaun Mt. Carmel community, we welcome you to Kapaun Mt. Carmel Catholic High School. We hope that you will find this website helpful in learning more about our school, in understanding our mission and in knowing what goes on daily at Kapaun Mt. Carmel.

We are a diocesan Catholic high school with enrollment hovering around 900. With a legacy of excellence that spans over 130 years, we are proud and honored to partner with our parent community and our parishes to educate and form the young people of the Catholic Diocese of Wichita on the east side of Wichita, Kansas. Our mission at Kapaun Mt. Carmel Catholic High School is to be dedicated to the education and formation of the total person in the image of Jesus Christ. We are mission driven. Our philosophies, policies, prayers and curricula, are intentionally designed to support this mission.

In realizing the total person emphasis of our mission, we operate our programs to encompass the holistic person. We do not focus solely on classroom performance, or athletic performance, or artistic expression or performance, but rather, we promote and encourage dedication and excellence in all aspects of a student's life.

Additionally, our students collectively perform over 15,000 hours of service each year for and on behalf of their family, their school, their parish and their community. They continually support Catholic Charities in its effort to feed the hungry and minister to the poor.

Our school is proud of its heritage built on the spirituality of stewardship; the recognition that all is gift and that as disciples of Jesus Christ, we are called to put these gifts in the service of God and neighbor. As evidence of this recognition by our community, we pray for 14 of our alumni who are currently in formation for the priesthood or the religious life.

We are very honored that you have chosen to learn more about Kapaun Mt. Carmel Catholic High School. You bless us with your interest in our mission. Please continue to pray for all involved in the education and formation of our nation's young people.

May God continue to bestow His bountiful blessings on Kapaun Mt. Carmel Catholic High School, and may He bless all our families, faculty, staff, students, friends and visitors.

Go Crusaders!

Rob Knapp '82
President
rknapp@kapaun.org

Chris Bloomer '90
Principal
cbloomer@kapaun.org

Why do we have a president AND principal? The president focuses his efforts on the business and facilities side of the school; the principal’s focus is on the academic and student side of the school.
THE A THROUGH Z’S OF KMC

All School Mass: All School Mass is every Wednesday at 9:20 am in the gym. There may be some changes to this Mass schedule; please check the school website. Students must be in Mass attire for the all school Mass – see below for the dress code.

Parents and alumni are invited to join us. Please park in the front lot and enter through the main entrance of the school to check in at the front office.

Special all school Masses that we have throughout the year include Pastors Day (January/February), Veterans Day Mass (November), Parents Mass (December) and Grandparents Mass (March). Details will be announced in the daily announcements, email blasts and on our social media pages as the dates approach. Please plan on joining us for as many as you can!

DID YOU KNOW?

Mass is also offered every Monday, Tuesday, Thursday and Friday at 7:10 am. Weekly confessions are offered during lunches. KMC Parents Club offers weekly Adoration every Tuesday.

Appointments/Early Dismissals/Absences – Call Ahead!

If an early dismissal is anticipated, a parent/guardian must call the school at least one hour prior to the early dismissal time requested for their student. No notes from parent/guardian will be accepted for early dismissal, it must be a phone call.

One hour’s notice is requested so that the office has time to deliver an early dismissal slip to the student. It will be the student’s responsibility to leave the class on time; and the student will be allowed to come out to your car. Parents do not need to come in to the school to pick up the student.

If the student returns to school from the absence before the end of the school day, he/she should report to the office to receive a pass that will allow him/her admission to class. Students dismissed for medical appointments must present a note from the medical office to the office upon their arrival when returning from an appointment. Parents do not need to come into the school building with their student.

A student who must leave school due to illness or other emergency MUST check out through the nurse or the office. The parent/guardian will be called who will then give permission for the student to leave school. Upon return, the student is required to check in at the office. A student who leaves the school building without going through the above procedures may be considered truant.

If a student will be absent, the parent must call the school that day. An email will not be accepted. Parents may also call after hours and leave a message.

Back to School Events

These important events begin in July, and are listed here in order in which they occur. More information will be shared closer to the events.

Registration: Online registration is available from mid-July to the beginning of August. All families must register online before the in-house registration in August, held at KMC. At in-house registration, you will pay fees (if you did not do so online), receive student IDs, class schedules, and locker assignments. You will also set up lunch accounts with student fingerprint scans. P.E. uniforms and other spirit wear will be available for purchase. Special arrangements can be made if you can’t attend in-house registration.

Freshman First Day: The freshmen class will get the whole school to themselves (faculty and staff are here too) on freshman first day. They begin their day by walking the red carpet into school and picking up a copy of their class schedule in the round. They will be on a “C” day schedule, and will visit all their classes, beginning with block one, as well as have an orientation. The school day ends at 3:00 pm. Events for this day are subject to change.
Freshman Parent Orientation: Held the night of the freshman first day of school, the KMC administration will hold a parent orientation. This is followed by the Freshman Ice Cream Social, for freshman parents and students.

Fall Fest: A celebration and kick off of our fall sports season. Watch football and volleyball scrimmages, feeder school cheer performances, and the alumni soccer game. Grab a bite to eat and check out the new KMC spirit wear while visiting with other KMC fans.

Back to School Night: Back to School Night is traditionally held in the second full week of school. All parents meet in the gym for a short informational meeting (you won’t want to miss this meeting!). After that, you will walk through your student’s class schedule to visit with the teachers. A copy of your student’s schedule will be provided.

Helpful Tip: Get a picture of your student’s schedule to keep on your phone and you can always reference it throughout the year. Or, use the PowerSchool app.

Backpacks
For safety reasons, backpacks are to be left in lockers. **Students do not carry backpacks from class to class.** Students retrieve books from lockers between classes. If there is a need for a backpack, such as a student on crutches, please see your counselor. Girls may carry a small purse.

Cell Phones/Electronic Devices: Long story short – leave it in your locker!
Any electronic device that interrupts the educational process, such as cellular phones, headphones, smart watches, etc., may not be used during school hours. All cell phones/electronic devices must be turned off and kept in the students’ lockers from 7:50-3:00. Students on free periods may not use cell phones in the building. Violation of this directive will result in two detentions and the device will be confiscated. KMC administration has the right to monitor, access, retrieve, read and disclose information and/or data stored in electronic devices on campus.

Counseling Department
The counselors are here to help your student with anything from class schedules and grades, to helpful advice and college applications. They are an awesome resource, and are always available! Making an appointment with your counselor is advised, so class time missed stays at a minimum; this may be done in Mrs. Lutz’s office.

Each student is assigned a counselor by last name, and will keep that same counselor for all four years at KMC. Our Counseling Department is made up of three counselors: Kara Hallacy (A-H); Jim Flax (I-N); Tom Angelo (O-Z); registrar Anne Lutz; and Dean of Students John Heise.

Crest
The KMC Crest was created in 1971 by Sr. Mary Fleurette Blameuser, BVM, to depict the entire history of the school up to that point, summed up in one symbol. It symbolizes the merging of the two original schools, Mount Carmel Academy and Chaplain Kapaun Memorial High School, into the present-day Kapaun Mt. Carmel Catholic High School. With the rebranding, it will not be removed but used for official school documents.
Crusader Advocacy Program (CAP) ..........................................................

The Crusader Advocacy Program (CAP) was introduced in the 2017-18 school year as an advocacy program designed to create a family-centered approach to peer support and mentoring outside the normal classroom structure. Not unlike our feeder schools that have a Teacher Advisory (TA) time, with CAP, students are grouped by “Houses” and then into smaller groups referred to as “Families,” with a faculty member as the family advisor, that meet twice a week. Each session is approximately 20 minutes built into our block schedule, with different topics and activities assigned during that time. They also sit together at Mass every Wednesday. This program continues to grow, but gives students another advocate in the building.

Crusader Annual Fund ..........................................................

Kapaun Mt. Carmel is different than the feeder parish schools in many ways, but one distinct way is in our funding. At the feeder parishes, the schools are paid 100% by the parish itself through generous, sacrificial and proportionate support of stewardship. At KMC, the parishes pay approximately 85% of the educational costs of their students. That was by design.

Since 1992, when our parishes expanded their mission to include the sponsorship of high school students to attend our Catholic high schools, Kapaun Mt. Carmel has had three funding sources – parish tithing, fees, and the Annual Fund. Today, it’s known as the Crusader Annual Fund, but the purpose hasn’t changed. It’s our school’s only major annual fundraiser to fund immediate needs, long term projects, and extraordinary needs of the school.

We are the only diocese in the country with this model that extends through high school. That means instead of paying $8,500-$16,000 per year for high school (the average tuition cost for Catholic high schools in the Midwest), your family pays their parish tithe and makes an extraordinary gift annually to the Crusader Annual Fund.

Every family is expected to give what they can to the Crusader Annual Fund so that we have 100% participation. Invitations to donate go out in the fall. To learn more, go to the “Donate” section of the KMC website.

Crusader Council ..........................................................

This is the newest version of StuCo. Students will have the opportunity to run for Family Captain in the fall. Your students will be given an explanation of how this works when school begins.

Daily Class Block Schedule ....................................................

KMC has a block schedule. Classes meet for 90 minutes on an A/B schedule. On the A schedule, blocks 1, 2, 3 and 4 meet. On the B schedule, classes 5, 6, 7 and 8 meet. The day consists of four class periods. There are also daily announcements at the beginning of the 2nd and 6th block each day. Refer to your agenda book for special schedules including Mass and CAP days.

Helpful Tip: If this is your first introduction to block scheduling, follow this advice: do the homework on the day it is assigned to keep from getting behind. Each block is 90 minutes, so there can be a lot of homework assigned in that time period.

Dances ..........................................................

KMC hosts four dances per year. These are meant to provide a safe environment for students to let loose and have fun with friends. Parents are welcome to volunteer as chaperones for dances, as long as you have been Virtus trained; we are always in need of them! Some dances allow juniors and seniors to bring an out-of-school date. The out-of-school date must have administrative approval; forms are available in the front office for this purpose, and must be turned in by the advertised deadline. For student safety, all students will be breathalyzed at every dance. Parents, unfortunately, will not be notified if student leave the dance early. Please refer to the agenda book for details, dress code, and rules of dances. Students must have their student ID to attend a dance.

Back to School Dance: The first dance of the school year, and held in the second full week of school in the commons. It is a casual sock hop and is a great way to begin the school year.
Homecoming Dance: This dance is held the Saturday night of Homecoming week, which is in the fall. It is also held in the commons. Students may bring a date, or go with a group of friends, or go by themselves. The attire is semi-formal, no jeans, and modesty is expected.

Sweetheart Dance: Traditionally, this is the dance where the girls do the asking (in the old days it was called MORP). This dance is held at the school. As with all the dances, students may bring a date, go with a group, or go by themselves; they do not need a date to attend a dance. The attire is semi-formal, no jeans and modesty is expected.

Prom: It is held in the spring, and is a dance for juniors and seniors. Juniors and seniors can invite underclassmen to be their date, go with a group or attend by themselves. Traditionally prom is held off-site, and has most recently been at the Wichita Boathouse, though it may rotate with Exploration Place. The attire is formal, no jeans and modesty is expected.

Project Prom is an event sponsored by the KMC Parents Club and held at an off-site location to provide a fun night of activities and games after the dance has ended.

Drop-off and Pick-up - The Rules of the Road Still Apply!

Student drop-off in the morning can be done at the main entrance, as well as the commons entrance. Please pull forward as far as you can before stopping your vehicle. If you will be stopped for more than a few seconds, please pull into a parking space rather than block the drop-off line. This will help alleviate the back up of the drop-off lines and allow for more vehicles to turn into the parking lot.

For student pick-up after school, students may be picked up in the main entrance parking lot, at the commons doors, or at the west end of the school, in the student parking lot. Please remember the building closes at 4:00 pm. All students need to be picked up by that time. There is no latchkey at KMC.

The parking lots get congested very quickly, so please park in a marked parking space. In the main entrance lot, commons and student lots, do not park behind parked cars. In the main entrance lot, please DO NOT park along the yellow curbs, which are marked “No Parking”. These curbs are located behind the front parking spaces and near the access road to the faculty parking lot. Please do not park in the grass or block any part of the access road to the faculty parking lot. This causes congestion around the circle drive while vehicles are trying to get in and out of the parking lot; these areas must remain clear for the flow of traffic. Parking overflow is encouraged to use the empty parking spots in the student parking lot.

We ask all parents to be courteous and conscientious of other drivers in the lot. Please do not block any access or any other car. Use the parking spaces, especially after the bulk of the traffic is gone and there are many open spaces.

Faith Formation

In addition to Mass, Confession, and Adoration opportunities, students participate in all school Rosary, daily prayer that includes the Fr. Kapaun prayer, and monthly holy habits. Available to students are two Chaplains, two IHM Sisters, and religious clubs: Chaplain’s Corner, Handmaids of Mary and Knights of the Morningstar.

Fr. Curtis Hecker
frhecker@kapaun.org

Fr. Gabe Greer
frgabe@kapaun.org

Fireworks Stand

The Fireworks Stand is the largest fundraiser for the Kapaun Mt. Carmel Catholic High School Parent Organization, which includes the Parents Club and Booster Club. All funds directly benefit athletics sports teams and school clubs. Signups begin in late spring, and all students and parents, including incoming freshman, are encouraged to volunteer. All volunteer hours are tracked, and the team/program you identify will receive a percentage of the proceeds earned by you or your student’s volunteer hours. Students also receive school or community service hours.
History of Kapaun Mt. Carmel Catholic High School

In 1887, the Sisters of Charity of the Blessed Virgin Mary (the BVM’s) opened All Hallows Academy, later renamed Mount Carmel Academy, as a boarding and day school for young women grades kindergarten through high school, on a campus near West Douglas and St. Paul. In 1956, the Society of Jesus (the Jesuits) founded Chaplain Kapaun Memorial High School, named after Fr. Emil Kapaun, as an institution for educating young men on a campus near Central and Woodlawn. In 1961, the Mount Carmel Academy moved to East Central and became a high school only. In the 1971, the two schools merged at the site of Mount Carmel Academy to form a co-educational school rich in the teachings of the Catholic Church, renamed Kapaun Mt. Carmel Catholic High School. In the 2017-18 academic year, we celebrated the 130th anniversary of our incredible legacy. To read the complete history and timeline of our school, visit our website.

Homecoming Week & Pep Rallies.

Each day is given a theme and students may dress accordingly. The daily announcements and website will provide the schedule for homecoming activities. Everyone is invited to attend the pep rally held on the Friday afternoon. A great event and is guaranteed to be filled with Crusader pride.

All are invited to all the pep rallies held during the school year. Check the online school calendar for dates and times. Homecoming concludes with the football game on Friday evening and the Homecoming Dance on Saturday evening.

If you have not been to a KMC football game, look for information regarding parking at WSU and other venues, as well as other activities such as tailgates.

ID Cards

Student ID cards are issued to all students at the beginning of each year. They must be worn as part of the uniform, with a KMC lanyard at all times during the school day. They also function as a key card to gain entrance to the building. There should be no additional adornments on the IDs or lanyards. Students will use their ID for admission to activities including home games and dances. Students should make sure to have their ID at all times, as they will receive a detention if they do not have it. Temporary IDs are available in the school office. Lost IDs are replaced for the $30 fee, and lanyards are $5.

KMC Acronyms

CAP – Crusader Advocacy Program
HOTY – House of the Year
KMCAA – Kapaun Mt. Carmel Alumni Association
KSHSAA – Kansas State High School Activities Association
GWAL – Greater Wichita Athletic League
JUG – Justice Under God
KMCPO – Kapaun Mt. Carmel Parent Organization
SLU – Student Leaders Union

Lockers

Lockers are divided in hallways: freshman second floor Science hallway, sophomore first floor Technology hallway, junior 200 hallway, and senior 100 hallway. See map on page 8.
Each locker has a combination your student will have to memorize. Combinations will be given out at in-house registration in August. Students should try out their locker at this time. If there is a problem with the locker, go to the main office for help. Students are not to share lockers with other students. Students may decorate the inside of their lockers, and they may also use locker shelves to make the locker more organized. Nothing should be stored on top of the lockers, and students should keep their lockers clean.

Student athletes or students in a P.E. class will be assigned an athletic locker.

At the end of the school year, all lockers will need to be emptied out. Most students do this during finals week; it must be done by the end of finals. Anything left in the lockers is collected and donated.

**Logo**

A new KMC logo was unveiled in the fall of 2017. Prior to that, a variety of symbols were used including an interlocking KMC, a knight, and a bold-faced K. None of those were official per say, but grandfathered in over time. The rebranding effort began by designing a new logo to represent Kapaun Mt. Carmel going into the future. The result is the pictured logo - a sleek representation of a combination of the original crest, the Cross of Jesus Christ, and Crusader’s sword. All previous symbols won’t be immediately replaced, but phased out over time. Any questions about the logo and its usage may be directed to Julie Valliere.

**Looking Ahead: Baccalaureate Mass and Graduation**

Baccalaureate Mass is held at the Church of the Magdalen and is a celebration of the senior class. All senior parents are encouraged to attend. After Mass is completed, there is a ceremony to recognize students’ academic accomplishments. Senior boys are expected to dress up wearing slacks, shirt, tie, and dress shoes. Senior girls are expected to dress up wearing modest dress or dress pants and dress shoes.

Graduation is held at Hartman Arena. All who attend the graduation ceremony must have a ticket, including children. Tickets are given to the senior families in April. The number of tickets to each student is determined by class size. Senior boys are expected to dress up wearing slacks, shirt, tie, and dress shoes under the blue graduation robe. Senior girls are expected to dress up wearing light colored, modest dress or dress pants and dress shoes under the white graduation robe.

**Lost & Found**

The lost and found is located just inside the mailroom door (to the right of the office windows). The lost items pile up quickly and are collected and donated a few times a year. Please advise your student to be responsible with their belongings, and if something is lost, check here first! The vast majority of lost items are left behind by forgetful students and end up here. There are always many nice items, such as coats, tennis shoes, and backpacks that never get picked up and therefore are donated.

**Lunch**

The Crusader Café has an incredible menu and is run by chef Denise Unruh and her awesome staff. Everything is cooked fresh here at KMC, using healthy, quality ingredients.

Students eat lunch during their 3rd and 7th block classes. Freshmen, sophomores and juniors eat in the commons. Seniors eat in the Senior Lounge, or have free lunch off-campus. Students will find out which lunch they have on their class schedule, or from their 3rd and 7th block teachers (lunches are subject to change). The Crusader Café also serves breakfast before school.

**Helpful Tip: Don’t miss out on setting up your student’s lunch account at in-house registration in August!** This is the time to put money on the account and have your student’s fingerprint scan taken. Students will access and “pay” for lunches using the fingerprint scan.

Please keep your student’s lunch account balance in the positive. To add money to the account, students may turn it in at lunch time, or parents may bring it to the cafeteria. The front office does not accept money for lunch accounts. You may also add money online at myschoolbucks.com. There is a service fee for this option.
Your student has five minute passing periods in between classes. It is possible to make it from sophomore hall to G-Hall no matter what they tell you!

Locations to know: front office and round (rotunda), counselor offices, library and media center, competition gym (new gym), auxiliary gym (old gym), spirit store, commons and cafeteria, Mount Carmel Chapel and Fr. Kapaun Chapel (basement), Advancement office, auditorium, nurse’s office, drama and music rooms.

Mission Statement

Kapaun Mt. Carmel Catholic High School is dedicated to the education and formation of the total person in the image of Jesus Christ.
Mosaic - Our Lady of Kansas

Our school is home to a beautiful work of art created and installed in place over a one and one half year period beginning in 1961 by Sr. Mary Fleurette Blameuser, B.V.M. The work is a glass tile mosaic mural entitled "Our Lady of Kansas" with over 135,000 tiles. The mural adorns the gathering area at the front entrance to Kapaun Mt. Carmel and majestically greets our guests. An article, authored by Sr. Mary Fleurette herself, discussing the mosaic may be found on our website.

Parents Organization (KMCPO) - Ways for parents to get involved!

This organization is divided into the Booster Club and Parents Club. The Booster Club has an athletic emphasis, while the Parents Club has an academic emphasis. Each of these groups select a set of executive officers and voting members to conduct business for the group. All parents and friends of the KMC community are members of the KMC Parents Organization. These two groups sponsor many events and programs that provide resources for our school. There is an opportunity to sign up during online registration, and look for both groups at in-house registration in August.

These events provide numerous opportunities to volunteer and support KMC. Here are some of the events or programs each group handles:

**Booster Club:** concession stand, Fall Fest, fireworks stand, Spirit Store, sports programs, stadium rental. Meets first Monday of the month at 6:30 pm.

**Parents Club:** fireworks stand, hospitality at Grandparents Day and other events, junior class PSAT breakfast, student directories, Teacher of the Year awards, teacher grants. Meets the second Wednesday of the month at 7:00 pm (except December and March).

Help is always needed for these events and more! We require our students to complete stewardship hours and we are asking the same of you. Be the ultimate example of stewardship to your student and friends. GET INVOLVED!

Parking (when they are old enough to drive - coming soon!)

Only upperclassmen are allowed to purchase a parking pass. Randomly assigned, the parking spaces are given at registration for a fee. Any extra spaces are then opened up to sophomores. Freshmen are not allowed to park on campus because of space constraints. See the Student Handbook in the agenda book for more information.

All visitors may park in the main entrance parking lot. We ask that you do not park in the faculty and staff parking lot during school hours and never in the administrative parking spaces in the main lot.
People to Know

There are some people you should know to make your life a lot easier while your students are at KMC. The website lists all the faculty and staff at KMC. Here’s a list of a few, to get you started:

**Kelly Davied: School Nurse**
* nurse@kapaun.org*

Kelly and Jennifer take care of your student when they aren’t feeling their best. The nurse’s office is located in the main hallway across from room 104.

**Jennifer Soebbing: School Nurse**
* nurse@kapaun.org*

Anne Lutz: Registrar
* alutz@kapaun.org*

Anne is a valuable resource when it comes to PowerSchool. She can help with any questions, problems or contact updates. She is also the person to go to for transcript requests, letter of recommendation requests, and appointments with the counselors.

**Amy Marshall: Bookkeeper**
* amarshall@kapaun.org*

She ensures all fees associated with your student are current. This includes sports and club fees.

**Chenay Sloan: Director of Advancement**
* csloan@kapaun.org*

Chenay and her team spearhead the KMC Annual Fund every year with the goal of raising $450,000. Any fundraising questions can be answered by Chenay. She can be reached at 636-9612 or cslloan@kapaun.org.

**Jane Truman: Front Office Manager**
* jtruman@kapaun.org*

Jane is the helpful and friendly voice you hear on the phone. She will let you in the front door and can also be your guide to all you need to know at KMC. Jane also handles attendance.

**Denise Unruh: Crusader Café Chef**
* dunruh@kapaun.org*

Mrs. Unruh makes sure your students have delicious, healthy lunches and breakfast options.

**Julie Valliere: Marketing & Communications Manager**
* jvalliere@kapaun.org*

Julie manages the branding of the school, including usage of logo and apparel designs, as well as communications, such as email blasts, the parent newsletter *Crusader Connection* and the alumni newsletter *Quest*. She also manages the school website and social media accounts. If you have anything you would like to share, contact Julie at jvalliere@kapaun.org.
PowerSchool

Use PowerSchool frequently to check your student’s grades! Please make sure to have current contact information, including email listed in your student’s account. We pull this contact information to make our email lists each year! Your PowerSchool username and password will be the same as what was used at your previous school. Contact Anne Lutz with questions.

Service Hours

Each student is required to perform service hours in each year of the student’s tenure here at KMC. Consistent with our mission “to educate and form the total person in the image of Jesus Christ,” the service hours program stretches the student to look beyond his or her direct needs or wants and beyond his or her family and immediate community to put into service the gifts that God has given him or her for the benefit of others. Students are required to complete a total of 80 hours during their 4 years at KMC: 10 hours of Family service during their freshman year; 15 hours of School service during their sophomore year; 20 hours of Church service during their junior year; and 35 hours of Community service during their senior year. Additionally, each member of the senior class will be required to work at least one shift at The Lord’s Diner during their senior year. Other than the Lord’s Diner requirement, students may work ahead, but no service can “double count” for hours in multiple categories.

Specific requirements and explanations of the Service Hours Program at KMC will be disseminated to all students in their religion class during the first semester.

Social Media - Follow Us!

Find us on Facebook by searching Kapaun Mt. Carmel Catholic High School
Follow us on Twitter: @kapauncrusaders and @kmcathletics
Follow us on Instagram: @kapaunmtcarmel

You will find information and photos of events, important reminders and upcoming dates on our social media pages!

Spirit Days

These are our jeans days, held mostly on Fridays throughout the year. A schedule can be found on the website. Students must purchase a Spirit Day pass for $1 in order to wear jeans; the cost is $2 on the day of. Dress code is blue denim jeans with no holes, rips, or fraying, and a blue, white, gray or black KMC shirt.

Sports Information

Please attend the Incoming Freshman Sports Meeting, tentatively scheduled for April. At this meeting, you will receive important information regarding sports conditioning, tryouts, expectations, etc. Most fall teams will start conditioning during the summer, and may even hold a “camp” with the recommendation that all interested students attend; with some being mandatory. There is a moratorium during the week of July 4. Tryouts take place during the first week of sports practices each season.

Sports physicals must be completed after May 1 for the current year, and turned in to coaches before participation including summer camps and conditioning. Forms can be found at kapaun.org/athletics.

There are three seasons of sports: fall, winter and spring. The fall sports consist of: cheer, cross country, football, girls golf, boys soccer, girls tennis, pom, and volleyball. Winter sports are: boys and girls basketball, bowling, cheer, pom, boys swimming, and wrestling. Spring sports are: baseball, boys golf, softball, girls soccer, girls swimming, boys tennis, track and field. The summer season is busy with team conditioning and summer camps. Athletic Director is John Cherne III. He can be reached at jcherne3@kapaun.org.

Student Activities

Encourage your student to be involved and participate in the many different activities and opportunities available here at KMC. Students have the opportunity to attend the Activities Fair, held during lunches after the start of school. Here, they can see what each club is all about, and sign up to join. Occasionally, new clubs form and other clubs disband. As a family, go to a football game, buy spirit wear, attend Kapaun Kabaret or attend any of the many events and programs KMC has to offer.
In the past, clubs at KMC have been: Art Club, Crusader Powerlifting Club, Crusaders for Life, Debate & Forensics Society, Drumline, Ecology Club, Engineering & Applied Sciences Club, French Club, Handmaids of Mary, Kansas Association for Youth (KAY), Knights of the Morningstar, Latin Club, National Honor Society, Peer Mentoring, Quill & Scroll Society, Red Cross Club, Robotics, Scholars Bowl, Science Olympiad, Spanish Club, Spirit Leaders Union (SLU), Stage Union-Thespian Troupe #695, Student Ambassadors, Swing Dance Club, Trap Shooting, Women’s Club.

Go to the website, daily announcements, and the calendar in the agenda book to see all the events and programs. Every year is a new opportunity to try something new.

**Student Directory**

This publication contains names, addresses, phone numbers, parents’ names, parish, and our School Council roster. This book is your connection to the KMC community. It is available for $12 during the online enrollment process. It can also be downloaded from our website at no charge, however, the file is password-protected. The password will be shared with parents via email blast upon completion of the directory.

**Student Handbook**

Located in the agenda book, it contains rules and guidelines of the school. It can also be found on the website. You may purchase a parent agenda book that contains the student handbook and monthly calendars.

**Uniforms**

The purpose of the KMC dress code is to provide a uniform appearance, to promote school identification, and to encourage pride and responsibility in personal appearance. All parts of the uniform must be neat and clean. Any uniform that is tattered, torn, marked or stained must be replaced at the discretion of the KMC staff. The students’ dress at KMC should reflect Catholic modesty. These requirements are in effect during school hours regardless of free periods. Preferred vendor of the KMC uniform is Schoolbelles. For full uniform policy, please refer to the student handbook.

**MASS ATTIRE FOR BOYS:** must wear uniform tie, and ¼ zip, blazer, or sweater.

**MASS ATTIRE FOR GIRLS:** must wear ¼ zip, sweater or vest.

 Helpful Tip: Students can leave Mass attire pieces, such as a tie or sweater, in their lockers so they always have it for Mass day!
Used Uniform Sale
This sale is in June and is a great time to pick up used uniform pieces at a fraction of the price. Donations of uniform pieces are always accepted at the school office. This is a Parents Club event.

Water Bottles
Students may carry clear water bottles during the day. These may be filled at our water bottle fountains located throughout the building.

Ways to Stay Connected
www.kapaun.org
You can use our website to access the online school calendar, faculty and staff contact information, daily announcements, upcoming events and more! The rotator on the home page is updated frequently so please make sure to check that out too.

www.kapaun.org/athletics
The athletics website celebrates our sports program. Here you can find team rosters, competition results and other important information.

Daily Announcements
These can be found near the bottom of the home page on our website. This is what is read to students each day during blocks two or six. The announcements contain important information such as upcoming student meetings and events, counseling information and reminders.

KMC News Email Blasts
These are emails that come from Julie Valliere, Marketing & Communications Manager. There is a weekly email sent out every Friday (or possibly Thursday if there is no school that Friday) and contains information that pertains to the next week and beyond. Information may include upcoming events, deadlines, and other important information. You may receive an email blast on another day, if there is an important reminder to be shared.

Publications
The Crusader Connection is a monthly parent newsletter. It is posted on our website and shared via email blast after it has been posted, by the 5th of each month. It contains articles, photos, school news, and a calendar of upcoming events.

The Quest is our alumni newsletter and is published quarterly. It is posted on our website and shared with alumni via email blast. It contains alumni and school news, alumni spotlights articles, photos, reunion information and a calendar of upcoming events.

School Reach
This is a phone call system used only in the case of an emergency, such as a weather-related school closing or other emergency notification. The phone call would go to the phone numbers listed in students’ PowerSchool accounts.

WHAT IF?
If a parent/visitor comes to school during the day...
School doors are locked so all visitors must enter through the main entrance. Please press the doorbell and the door will be unlocked for you to enter the building, where you will proceed to the front office to sign in.

If you are staying at school for something...
you will be given a visitor’s nametag to wear while you are here. Please sign out at the front office when you leave the school.
If you are dropping something off...
you may leave it at the front office. The office will contact the student to pick up the item from the office. Please do not text your student during school hours as they are not allowed to use their phones. We encourage our students to be responsible of any needed school items, so parents don’t have to be.

If you are helping with any event or any volunteer opportunity...
you must have VIRTUS training. If you have not been VIRTUS trained, you must attend a training session. VIRTUS training is held at different locations throughout the diocese.

If you have a question or concern...
going to the source is your best bet. While we want your student to become a self-advocate, you will remain a critical piece to their development. The normal process for questions and concerns are to have your student address it themselves. If that isn’t satisfactory, then an email to the teacher or coach is the next step (email is the best way to communicate with teachers and coaches). If a resolution isn’t found, and more help is needed, a member of the administrative team can help. We are all here to help!

• • • • KMC FIGHT SONG • • • •
Let us stand, let us cheer, raise our voices loud and clear, for the Kapaun Crusaders are here.
In and out, let us shout, it’s our team we’re proud about, for the Kapaun Crusaders are here.
We’ll fight, fight, fight, on the field of victory, shout out our colors loud and clear.
Blue! White!
For wherever you go, you will always know, that the Kapaun Crusaders are here!
Thank you for choosing KMC!