

SOUTHSIDE JUNIOR HIGH SCHOOL

www.southsidejuniorhigh.org

Follow us @GoBucsSJHS



School Hours: 7:20 AM to 2:20 PM

Student Fees: \$30.00 student fee, \$20.00 PE uniform fee. There are also fees included for band, athletics, field trips, and other extra-curricular activities.

Spirit Shirts: Spirit shirts can be purchased and may be worn every Friday for that calendar school year (\$15). School approved crew neck, ¼ zips, and hoodie sweatshirts will also be sold (\$25-\$40). We will have those available to buy at orientation.

Supply List: The supply list will be on the school website and app by July 1.

Sports: Football, Basketball, Cheer, Dance, Swimming, Track and Field, Cross Country

**Physical Form is attached in this packet. You must have a physical to participate in middle school athletics. A suggestion would be to complete this in the summer and it will be good for one calendar year as the student competes. It can be turned into coaches as they tryout for their sports and will be filed so all sports can see the current form.

Cafeteria: Each grade eats lunch at a different time. You may bring your lunch or eat hot lunch. No canned drinks, fast food, etc. allowed in the cafeteria.

Transportation: Students are not allowed on campus until 6:50 AM. A map of carpool drop off and pick up is attached. Buses will dismiss in the afternoon at 2:20. Carpool will begin at 2:25.

Buses: Parents can visit our app / website to find bus pick up and drop off times, locations and bus numbers. Please wait for the transportation department to make these updates around the 1st of August

Cell Phone Policy: State law prohibits cell phones at school. The devices should be out of sight and turned to the "off" position during school hours unless authorized by administration. Students are NOT allowed to bring wireless earbuds (air pods) or wear smartwatches (apple watch, etc.)

Dress Code: Solid color white or navy polo or button-up shirts. Solid color khaki pants, shorts, skirts, etc. Shirts will be tucked in and a belt worn at all times. Hair should be neat, clean, and out of the student's eyes. Hair should be natural color. Please refer to the Livingston Parish Public Schools website and student planner for a complete list of dress code rules for the 2025-2026 year.

Discipline:

- Respect for adults and other students is #1. When you are told to do something, you are expected to do it. There will be consequences if you choose to disobey rules/procedures, are disrespectful, or don't listen to instructions.
- Consequences could be: punish work, parent conference, morning detention, after-school behavior clinic, Saturday clinic, suspension, and expulsion.
- When you attend assemblies/functions in the gym or cafeteria, you are expected to behave appropriately and be respectful of the speaker and each other.
- There will be no physical contact, neither aggressive nor affectionate.

Subjects you will take: Math, ELA (English Language Arts), Social Studies, Science, PE, and either Exploratory (Spanish), ELA/Math Enrichment or Band.

*As students continue through middle school you will have the opportunity to earn High School credit early. Students must meet academic requirements to be considered for these courses. This includes: LSU STEM, Keyboarding, Health, Spanish I, Algebra I, etc.

Grading: As students transition to middle school, we do have weighted grades. Some elementary schools have implemented this. Assignments graded for accuracy count for 80% and assignments for completion will count for 10%. Common Summative Assessments (Unit Tests) count for another 10% of grade. Weighted grades give us a true picture of what that student knows and understands.

Student Laptops: Each student will receive a loaner laptop that they will take to and from school. This computer will be responsibility of the student. Insurance is available to purchase for \$25 in case of accidental damage. Each parent will complete a Loaner Agreement form on the SJHS App that must be signed before the student is issued a computer.

Armadas, Clubs, and Activities: Armadas (House System), Beta Club, Fellowship of Christian Athletes (FCA), 4-H Club, SADD, Field Trips, Activity Nights, and more.

Transition to Middle School:

- You will have 7 classes at SJHS with different teachers for each subject.
- Your job is to do your homework, your classwork, follow rules, and behave respectfully toward teachers and students.
- Meet new kids from other schools (Southside, Lewis Vincent, Seventh Ward, and Denham Springs Elementary).
- Changing from a child to a young adult.
- More responsibility and more expected from you.
- Behaviors are different at Middle School...no playground, recess is different.
- Playing organized sports at a more competitive level.

6th Grade Orientation:

- *****There will be a 6th Grade Orientation Tuesday, August 5th at 1:00 PM in the SJHS Gym.
- An email will be sent to all parents in July to update all information for PowerSchool. All student information forms will be completed online using the link sent. Please make sure your email in PowerSchool is up to date.
- Please download our App (flyer included in this packet). This is our main line of communication by the school and teachers. You can sign up for push notifications in settings.
- Schedules will be given to students during Orientation. They will also get one the first day of school. Teachers will distribute schedules by last name. (Very easy process)

Thank you and we look forward to an incredible 2025-2026 school year. Please do not hesitate to call with any questions that you may have.

Wes Partin, Principal

email: wes.partin@lpsb.org

Terry Griffin, Asst. Principal

email: terry.griffin@lpsb.org

Ashton Bordelon, Administrative Asst

email: ashton.bordelon@lpsb.org

Shelli DuRousseau, Instructional Coach

email: shelli.durousseau@lpsb.org

Renee Martin, Counselor

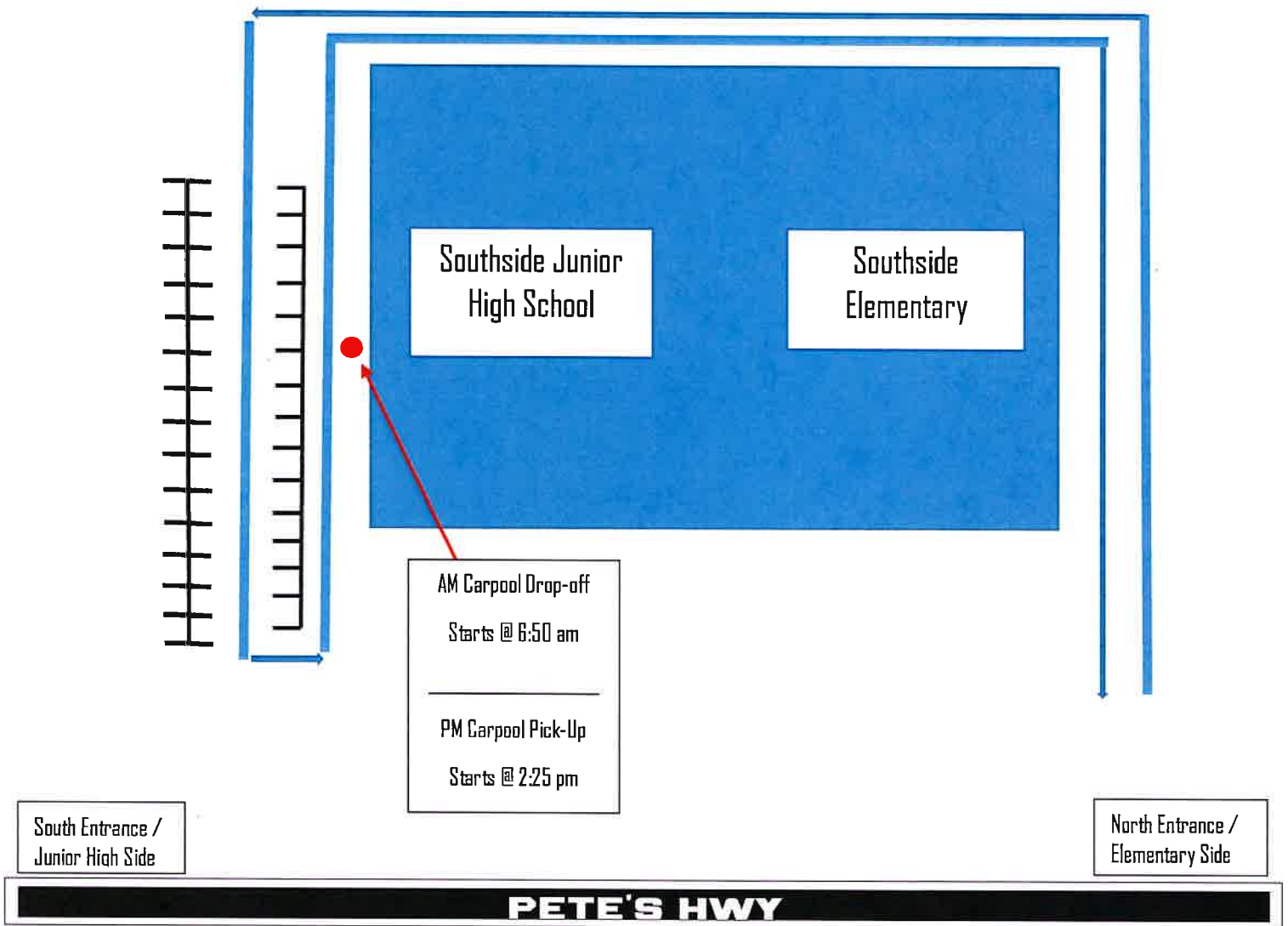
email: renee.martin@lpsb.org

Parents:

This is our updated carpool drop-off for the 2025-2026 school year.

Morning: Drop-off will start at 6:50 am. Please pull up as far as you can under the canopy to allow multiple vehicles to exit simultaneously.

Afternoon: The carpool bell will ring at 2:25 pm each day. We will pull up under the canopy. Please pull up as far as you can under the canopy to allow multiple vehicles to pick up simultaneously.






SOUTHSIDE JUNIOR HIGH SCHOOL

There's
an **App**
for
that!



**Download
for Free
Today!**

Download on the
 **App Store**

GET IT ON
 **Google play**

STAY INFORMED

Notifications from administrators and teachers make it easy to stay on top of what's going on at school and in the classroom.

QUICK AND EASY ACCESS TO GRADES, MENUS & MORE

Quick access to everything school-related including calendars, directions to events, important documents, menus, grade systems, sports scores, school resources and more!

EASY SCHOOL CONTACT

One click to call, email and submit important forms directly to us. Subscribe to receive important notifications from groups that are important to you.

EASY TEACHER CONTACT

One click to call, email and visit teacher websites and class resources. Subscribe to receive important notifications from teachers.

LHSAA MEDICAL HISTORY EVALUATION

IMPORTANT: This form must be completed annually, kept on file with the school, & is subject to inspection by the Rules Compliance Team.

Please Print

Name: _____ School: _____ Grade: _____ Date: _____
 Sport(s): _____ Sex: M / F Date of Birth: _____ Age: _____ Cell Phone: _____
 Home Address: _____ City: _____ State: _____ Zip Code: _____ Home Phone: _____
 Parent / Guardian: _____ Employer: _____ Work Phone: _____

FAMILY MEDICAL HISTORY: Has any member of your family under age 50 had these conditions?

Yes	No	Condition	Whom	Yes	No	Condition	Whom	Yes	No	Condition	Whom
<input type="checkbox"/>	<input type="checkbox"/>	Heart Attack/Disease	_____	<input type="checkbox"/>	<input type="checkbox"/>	Sudden Death	_____	<input type="checkbox"/>	<input type="checkbox"/>	Arthritis	_____
<input type="checkbox"/>	<input type="checkbox"/>	Stroke	_____	<input type="checkbox"/>	<input type="checkbox"/>	High Blood Pressure	_____	<input type="checkbox"/>	<input type="checkbox"/>	Kidney Disease	_____
<input type="checkbox"/>	<input type="checkbox"/>	Diabetes	_____	<input type="checkbox"/>	<input type="checkbox"/>	Sickle Cell Trait/Anemia	_____	<input type="checkbox"/>	<input type="checkbox"/>	Epilepsy	_____

ATHLETE'S ORTHOPAEDIC HISTORY: Has the athlete had any of the following injuries?

Yes	No	Condition	Date	Yes	No	Condition	Date	Yes	No	Condition	Date
<input type="checkbox"/>	<input type="checkbox"/>	Head Injury / Concussion	_____	<input type="checkbox"/>	<input type="checkbox"/>	Neck Injury / Stinger	_____	<input type="checkbox"/>	<input type="checkbox"/>	Shoulder L / R	_____
<input type="checkbox"/>	<input type="checkbox"/>	Elbow L / R	_____	<input type="checkbox"/>	<input type="checkbox"/>	Arm / Wrist / Hand L / R	_____	<input type="checkbox"/>	<input type="checkbox"/>	Back	_____
<input type="checkbox"/>	<input type="checkbox"/>	Hip L / R	_____	<input type="checkbox"/>	<input type="checkbox"/>	Thigh L / R	_____	<input type="checkbox"/>	<input type="checkbox"/>	Knee L / R	_____
<input type="checkbox"/>	<input type="checkbox"/>	Lower Leg L / R	_____	<input type="checkbox"/>	<input type="checkbox"/>	Chronic Shin Splints	_____	<input type="checkbox"/>	<input type="checkbox"/>	Ankle L / R	_____
<input type="checkbox"/>	<input type="checkbox"/>	Foot L / R	_____	<input type="checkbox"/>	<input type="checkbox"/>	Severe Muscle Strain	_____	<input type="checkbox"/>	<input type="checkbox"/>	Pinched Nerve	_____
<input type="checkbox"/>	<input type="checkbox"/>	Chest	_____	Previous Surgeries: _____							

ATHLETE MEDICAL HISTORY: Has the athlete had any of these conditions?

Yes	No	Condition	Yes	No	Condition	Yes	No	Condition
<input type="checkbox"/>	<input type="checkbox"/>	Heart Murmur / Chest Pain / Tightness	<input type="checkbox"/>	<input type="checkbox"/>	Asthma / Prescribed Inhaler	<input type="checkbox"/>	<input type="checkbox"/>	Menstrual irregularities: Last Cycle: _____
<input type="checkbox"/>	<input type="checkbox"/>	Seizures	<input type="checkbox"/>	<input type="checkbox"/>	Shortness of breath / Coughing	<input type="checkbox"/>	<input type="checkbox"/>	Rapid weight loss / gain
<input type="checkbox"/>	<input type="checkbox"/>	Kidney Disease	<input type="checkbox"/>	<input type="checkbox"/>	Hernia	<input type="checkbox"/>	<input type="checkbox"/>	Take supplements/vitamins
<input type="checkbox"/>	<input type="checkbox"/>	Irregular Heartbeat	<input type="checkbox"/>	<input type="checkbox"/>	Knocked out / Concussion	<input type="checkbox"/>	<input type="checkbox"/>	Heat related problems
<input type="checkbox"/>	<input type="checkbox"/>	Single Testicle	<input type="checkbox"/>	<input type="checkbox"/>	Heart Disease	<input type="checkbox"/>	<input type="checkbox"/>	Recent Mononucleosi
<input type="checkbox"/>	<input type="checkbox"/>	High Blood Pressure	<input type="checkbox"/>	<input type="checkbox"/>	Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	Enlarged Spleen
<input type="checkbox"/>	<input type="checkbox"/>	Dizzy / Fainting	<input type="checkbox"/>	<input type="checkbox"/>	Liver Disease	<input type="checkbox"/>	<input type="checkbox"/>	Sickle Cell Trait/Anemia
<input type="checkbox"/>	<input type="checkbox"/>	Organ Loss (kidney, spleen, etc)	<input type="checkbox"/>	<input type="checkbox"/>	Tuberculosis	<input type="checkbox"/>	<input type="checkbox"/>	Overnight in hospital
<input type="checkbox"/>	<input type="checkbox"/>	Surgery	<input type="checkbox"/>	<input type="checkbox"/>	Prescribed EPI PEN	<input type="checkbox"/>	<input type="checkbox"/>	Allergies (Food, Drugs) _____
<input type="checkbox"/>	<input type="checkbox"/>	Medications _____						

List Dates for: Last Tetanus Shot: _____ Measles Immunization: _____ Meningitis Vaccine: _____

PARENTS' WAIVER FORM

To the best of our knowledge, we have given true & accurate information & hereby grant permission for the physical screening evaluation. We understand the evaluation involves a limited examination and the screening is not intended to nor will it prevent injury or sudden death. We further understand that if the examination is provided without expectation of payment, there shall be no cause of action pursuant to Louisiana R.S. 9:2798 against the team volunteer health-care provider and/or employer under Louisiana law.

This waiver, executed on the date below by the undersigned medical doctor, osteopathic doctor, nurse practitioner or physician's assistant and parent of the student athlete named above, is done so in compliance with Louisiana law with the full understanding that there shall be no cause of action for any loss or damage caused by any act or omission related to the health care services if rendered voluntarily and without expectation of payment herein unless such loss or damage was caused by gross negligence. Additionally,

- If, in the judgment of a school representative, the named student-athlete needs care or treatment as a result of an injury or sickness, I do hereby request, consent and authorize for such care as may be deemed necessary.....**Yes No**
- I understand that if the medical status of my child changes in any significant manner after his/her physical examination, I will notify his/her principal of the change immediately.....**Yes No**
- I give my permission for the athletic trainer to release information concerning my child's injuries to the head coach/athletic director/principal of his/her school.....**Yes No**
- By my signature below, I am agreeing to allow my child's medical history/exam form and all eligibility forms to be reviewed by the LHSAA or its Representative(s).....**Yes No**

Date Signed by Parent _____ Signature of Parent _____ Typed or Printed Name of Parent _____

II. COMPLETED ANNUALLY BY MEDICAL DOCTOR (MD), OSTEOPATHIC DR. (DO), NURSE PRACTITIONER (APRN) or PHYSICIAN'S ASSISTANT (PA)

Height _____ Weight _____ Blood Pressure _____ Pulse _____

GENERAL MEDICAL EXAM :		OPTIONAL EXAMS:		ORTHOPAEDIC EXAM :	
Norm	Abnl	VISION:		Norm	Abnl
<input type="checkbox"/>	<input type="checkbox"/>	L: _____ R: _____ Corrected: _____		<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	DENTAL:		<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16		<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	31 30 29 28 27 26 25 24 23 22 21 20 19 18 17		<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>
<i>(if Needed)</i>				<input type="checkbox"/>	<input type="checkbox"/>
COMMENTS: _____				<input type="checkbox"/>	<input type="checkbox"/>
_____				<input type="checkbox"/>	<input type="checkbox"/>
_____				<input type="checkbox"/>	<input type="checkbox"/>

From this limited screening I see no reason why this student cannot participate in athletics.

- Student is cleared
- Cleared after further evaluation and treatment for: _____
- Not cleared for: contact non-contact

Printed Name of MD, DO, APRN or PA _____ Signature of MD, DO, APRN or PA _____ Date of Medical Examination _____

This physical expires 13 months from the date it was signed and dated by the MD, DO, APRN or PA.

Southside Junior High

Football Information for Incoming 5th Graders

- Football tryouts for the 2025 football season will be held in April or May (Date and Time TBD). This tryout will be for all current 5th, 6th, and 7th graders. You will need a current up-to-date physical turned in BEFORE tryouts in order to participate. Listen for announcements at your school for exact dates and times. You can also join the SJH app to receive the football announcements using the instructions below.
- There is a \$100 football fee. The player will be equipped with a helmet, mouthpiece, shoulder pads, girdle, knee pads, practice pants and jersey. All equipment, minus the mouthpiece, will need to be returned at the end of the season. The player will be required to purchase his own cleats. If you own your own WHITE helmet and would like to use it instead of the issued one (Schutt Vengeance Pro) then you may do so.
- **Please join the school app** and join my Football Group for updates on practice/game times. ALL FOOTBALL ANNOUNCEMENTS WILL BE MADE THROUGH THE APP.

Download School APP

1. Click the three bars in the top right hand corner
 2. Scroll down to Directory - PE/Health and click Josh Neal
 3. Click on the bell icon next to Football
- If you have any questions, please feel free to contact me by email.
 - josh.neal@lpsb.org

SJHS Cross Country 2025-2026 Information Sheet

What is Cross Country? A team sport where runners race one to two miles over grass (not on a track). Junior High races are usually two miles while high schoolers race three miles.

Do you need any running experience to try running cross country? Nope! Few elementary schools have track or cross country, so most kids' first running experience will be in junior high.

When/where are races or meets? Most of the races will be on Saturday mornings at city or state parks around the Baton Rouge metro area. There may be one or two meets on a weekday here in Denham Springs but all other races will be on Saturday mornings. There will likely be 5-6 meets. The season runs from August to the end of October. You will be notified of this through the school app, see below. You must have an up-to-date physical to participate in any practices or tryouts.

Where do we practice? We will practice at both Southside Junior High and South Park on Vincent Road, after school until 4pm, or before school as needed due to extreme heat.

Tryouts will be held the first full week of school in August.

What equipment will my child need? The good news is you will not have to buy much equipment! All your child needs is a comfortable pair of sneakers to run in and shorts/t-shirts for practice. SJHS will provide uniforms to race in for the duration of the season. The uniforms will be returned to the school after the season.

Is there a fee? Yes, there is a \$30 fee. This includes a t-shirt for students to keep. Students will be able to wear them to school on meet days with their regular uniform bottoms. This fee also helps pay for our entrance costs to compete in meets/races and other team equipment costs.

Parents/families may also choose to purchase a cross country t-shirt for \$15. We will set that up as an additional payment online. There may be an additional \$2.5 surcharge for 2xl + sizes.

If you have any additional questions about running cross country, you can email me at [@brooke.swain@lpsb.org](mailto:brooke.swain@lpsb.org).

Download Southside Junior High School APP (QR CODE Below)-

1. Click the three bars in the top right hand corner
2. Scroll down to settings and click on My Alerts
3. Click on the Personal and scroll down Find my name, Brooke Swain (may also be in directory under PE/Health
4. Click on the slide option next to the eye and add Cross Country

Use QR code to download the school app



SJHS DANCE TEAM TRY-OUTS



OPTIONAL DANCE CLINIC

**Wednesday, Feb 19
4:30-6:00**



Friday, March 7

**ALL PAPERWORK &
\$20 FEE DUE**



TRY-OUT CLINIC

**Tuesday, March 11-
Wednesday, March 12
4:00 - 5:30**



**Thursday, March 13
4:00 - 6:00**

OFFICIAL TRY-OUTS



DANCE SPONSORS
KRISTIN.SEDLOCK@LPSB.ORG
KASSIDY.CRAIG@LPSB.ORG

SJHS BAND

Frequently Asked Questions

Do I need to know how to play an instrument or read music to join?

NO, most students who join beginning band do not know how to play an instrument and have little to no musical experience. We will teach you!

Can I participate in sports or other activities and band?

YES!! Students in band also participate in basketball, football, softball, soccer, cheerleading, dance and participate in many other activities.

Do I have to pay for my instrument?

In most cases you will have to purchase or rent an instrument to be in band. We work closely with the local music stores to make sure rental prices are affordable for everyone. We will do everything possible to accommodate every student that wishes to be in the band. *If you have financial concerns please contact Mrs. Gambino*

Will my friends be in band?

There are many students in band at SJHS. Chances are you will have several friends in band and make tons of new ones!

Do I get to pick my instrument?

YES! We will do mouthpiece testing the first week of school to help determine the best instrument choice for your success!

Are instruments hard to play?

NO, but like most things, it does take hard work and practice to be good. EVERYONE can learn to play an instrument.

How Do I Join?

Fill out the Sign up form that was sent home with this flyer and return to school by March 14th!

I have more questions, who do I contact?

Rebecca Gambino is the band director, email her at rebecca.gambino@lpsb.org

Why Should You Join Band?

MAKING MUSIC IS FUN!!!

Band members share experiences and are often friends for life.

Being in Band Increases Self-Esteem

Performing music in public, individually or as a member of a group, builds confidence. Making music means every musician plays a part that is important to the group.

Being in Band Can Make You Smarter

Scientific research has proven that musical training builds intellectual skills, raises IQs, increases spatial-temporal intelligence, improves memory, and develops creativity. As a result, children who play a musical instrument do better on average in school than those who don't.

Being in Band Teaches Discipline

Learning to play a musical instrument teaches self-discipline, the value of persistence, and the rewards of hard work. Studies have shown that music students are involved in fewer discipline problems, less crime, and less substance abuse than non-musical students.

Making Music Relieves Stress

Music helps calm the mind. It's been shown that music students experience less test- and performance-anxiety than students who don't study music. In studies, college-age musicians are emotionally healthier than non-musicians.





Hello Parents!

I hope that all of you and your families have had a wonderful school year! I am so excited that your child is coming to Southside Jr. High next year. Signing up for band is such a great opportunity for your child to learn how to learn many new skills. They will learn how to read music, work as a team, and of course play their new instrument! Learning how to play an instrument can be so beneficial. It can increase self-esteem, relieve stress, teach discipline, and even make you smarter! If you have any questions, please feel free to email me at rebecca.gambino@lpsb.org.

See you next year!
Mrs. Gambino

SJHS Band Sign Up Form

Please fill out the following form. This will ensure that your child will have Band on their schedule for the 2025-2026 school year. We will be choosing instruments within the first few weeks of school in the fall. **PLEASE DO NOT PURCHASE ANY INSTRUMENTS AT THIS TIME.** We will have an instrument rental night in August.

Student Name: _____

Elementary School: _____

Parent Name: _____

Parent Email Address: _____

Parent Phone Number: _____

Have you ever played an instrument before? _____

Instrument choices for Beginning Band: **Flute, Clarinet, Saxophone, Trumpet, Trombone**

List your instrument choice in order of 1st choice, 2nd choice and 3rd choice.

1st Choice: _____

2nd Choice: _____

3rd Choice: _____

Please turn this form into your school's front office by March 14th.