





Dear Maharishi Middle and Upper School Students and Parents,

We are very happy to welcome new and returning students and parents to Maharishi Middle and Upper Schools. We look forward to a successful year of academic progress and rapid development of both individual and collective consciousness.

In the mid-1970s the founder of the TM program and our School, Maharishi Mahesh Yogi, was asked what he considered the most important values in various fields of life. His insight into organizational management and natural law itself yielded his Fundamentals of Administration:

- Responsibility
- Stability
- Communication
- Adaptability
- Creative Intelligence

Communication is the foremost purpose of this Middle and Upper Schools *Student and Parent Handbook*. Our goal is to provide all of the necessary information to establish a frictionless flow of communication among students, parents, teachers, and administrators through our policies, procedures, schedules, contact information, forms, and more. We hope you will find this *Handbook* to be well organized and useful in the daily life of our school.

If you have any suggestions for additions or revisions, please contact the School administrators.

With best wishes,

Maharishi Administrators and Board of Directors

NOTE: Policies and procedures are subject to change over time. These will be updated in the electronic version of this *Handbook* on our website.

READY REFERENCE GUIDE

Telephone Numbers

- Main School Number 641-472-9400...then
- Central Office Ext. #5060

- Admissions Ext. #5076
- Administrative Director Ext. #5108
- Head of School Ext. # 5080
- Development Office Ext. #5070
- Enrollment Management Office Ext. #5537
- Human Resources/Facilities/Athletics Ext. #5096
- Registrar / MS / US Ext. #5703
- Student Accounts Ext. #5095

Who to Call

Contact Central Office regarding:

- All attendance or tardiness matters and messages for students or teachers

Contact the Middle and Upper School Division Director regarding:

- Middle and Upper School concerns that impact student progress and well-being

Contact the Administrative Offices regarding:

- General Information
- Employment
- Tuition Cost and Payment
- Financial Aid
- Student Accident Insurance
- Safety Concerns

Contact the Admissions Office regarding:

- Admissions
- Tours

Contact the Registrar's Office regarding:

- Transcripts
- Withdrawal

Contact the Athletics/Physical Education Office regarding:

- Physical Education and Sports Programs
- Recreation Center

Contact the Development Office regarding:

- Fundraising Activities and Donations

Important Notice

Maharishi School reserves the right to change at any time without prior notice, programs of study, course offerings, academic requirements, the academic calendar, codes of student conduct, tuition and other fees, policies, and procedures. The School will determine the times at which all such changes are effective. Changes may apply not only to prospective students but also to those who are already enrolled in the School. The school will make every effort to seek input from parents and other stakeholders before making important changes and to communicate in a timely manner with parents and students.

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I. Communication

Mission Statement

To create an innovative Consciousness-Based educational environment where students think deeply and become creative, compassionate, contributing citizens of the world.

Maharishi School Core Values

RESPECT

In our words and actions, we treat others with the respect they would want and expect to receive.

RESPONSIBILITY

We accept responsibility for our own thoughts, words, and actions.

SOLUTIONS

Whenever confronted by challenges or problems, we seek creative solutions. “Don’t agonize, organize.”

SERVICE

We seek to serve others and be good stewards of our environment. The world is our family, and the world is our home. When we transcend, we enliven coherence in collective consciousness and balance in nature.

TRANSCENDING: the foundation for living our Core Values

Our daily practice of transcending builds depth in our thinking, knowledge, and relationships, and provides the support of Natural Law to fulfill our goals, desires, and Core Values.

Accreditation

Maharishi School is accredited by the Independent Schools Association of the Central States (ISACS) and is a member of the National Association of Independent Schools (NAIS). Grades K-6 hold traditional accreditation with the Iowa Department of Education, which also awarded Grades 7-12 college preparatory accreditation in recognition of the high percentage of graduates accepted at four-year colleges and universities.

Who to Contact

The faculty and administration of Maharishi School wish to be as helpful and responsive as possible to both parents and students. The School encourages students and parents to seek the most appropriate channels of communication to answer any questions or requests, so that their needs may be quickly and easily met.

The main principle in using the School's channels of communication is—whenever there is a question on School programs, policies or procedures, first determine whether it has to do with the School's academic programs or has to do with the School's administrative departments.

When parents have a concern, they should deal first with the person who is most directly responsible for helping to identify a solution. This means that for most issues, the first point of contact is the classroom teacher. If the problem cannot be resolved at the level of the classroom, then that teacher, together with the concerned parent, should take the issue to the next higher level. In the case of the classroom teacher, this would mean that the teacher and the parent (plus the student, if appropriate) would meet with the Academic Director or Division Director. The Head of School would generally get involved only with matters of serious concern, perhaps involving expulsion, or legal implication, such as harassment or a safety concern, that have not been resolved through the regular process. Needless to say, the director is always available for general concerns, suggestions or queries, as are the other administrators.

As a general principle, rather than talking about someone, it is important to speak openly with people in an atmosphere of trust and transparency, and with an emphasis on respect and solutions.

Campus Security

If for any reason parents or others are unable to reach the School by telephone in an emergency, Campus Security may be contacted to deliver a message or respond to an emergency. Campus Security can be reached at 641-472-1115 at any time, day or night.

Parents' Newsletter

Three to four times a month, a newsletter is emailed to parents of Middle and Upper School students. This newsletter contains news of upcoming events at the School, as well as information about student accomplishments. Please refer weekly to this memo to keep current with what is happening at Maharishi School. If you are not receiving the e-newsletter, please contact the Middle/Upper School Division Director.

Messages

Messages for students may be left with the Central Office and will be relayed to the student's classroom in a timely manner. Only in emergency situations will the office manager interrupt the student's class to deliver a message immediately. Parents should not go directly to classrooms or call their student's phone.

School Closings Due to Inclement Weather

School closings/openings are posted on the School website at www.maharishischool.org, and broadcast on radio KMCD/KIHK (1570 AM, 95.9 FM), and on the internet at

www.exploreseiowa.com. Please do not call the School, Maharishi International University (MIU) switchboard, or the radio station. **Please Note:** Maharishi School does not automatically close when the Fairfield schools close for bad weather. If possible, the status of School classes will be announced before 7:00 am. However, occasionally a decision will be made later. If in doubt, please listen until 8:00 am.

School Pictures

Individual pictures are taken each year, usually in early fall. Parents will be notified in advance of the schedule for school pictures. Picture packages will be available for purchase.

Role of Parents at Maharishi School

A student progresses most rapidly when parents and the School work together with a common commitment, understanding, and educational approach. Working together within the context of Consciousness-Based education enlivens a nourishing, coherent, and consistent environment in which students can grow toward enlightenment and develop their full potential. This includes helping them to maintain a well-balanced daily routine, overseeing their homework and academic progress, and providing positive guidance in their social life. Parental support of the School's educational philosophy and policies is vital and plays an integral part in realizing the cherished goals of the School community.

1. ***The role of the parent... as the foremost guide, supporter, and model of your child's growth.*** You are your child's first and most important teacher. Your active involvement in their progress—academic, physical, emotional, and social—is the greatest investment you can make in their lives. The School encourages you to communicate daily about school experience, to monitor your child's academic status on FACTS/RenWeb, and to communicate regularly with teachers and administrators, especially if you have any concerns.
2. ***The role of the parent... as collaborator with teachers.*** The collaboration of parents and teachers is essential in any school. That partnership is especially powerful in the context of Consciousness-Based education. We share the same fundamental goal: the maximum happiness and growth of the child—in every aspect of his or her life. Parents are strongly encouraged to be supportive of the School or a teacher in front of a child. If your own child or another child brings up a concern or criticism, we ask that you listen and support the child without opposing the teacher or the School. Then find out from the teacher what can be done together to address the actions and the feelings of the child. This approach protects the very precious teacher-student relationship, and reinforces our core values of Respect, Responsibility, Solutions, and Service.
3. ***The role of the parent... as supervisor of children and youth outside of school.*** Outside of school and after school hours, parental supervision is expected to ensure that children in the community have the attention they need to be safe and engaged in constructive activities. The School strongly advocates that all children through high school have adult guidance and supervision at all times. It is especially valuable for

parents at each grade level to communicate common expectations and standards for behavior. Parents, working with School personnel, can promote all students using their time productively, in ways that further their growth.

4. ***The role of parents...as supporters of the School.*** Maharishi School does its best to accept all children in the community with demonstrated financial need. We appreciate the contributions parents can provide to help raise funds and volunteer where needed. Examples include shelving library books, chaperoning and/or driving to extracurricular events, or, of course, raising money to offset the cost of school activities such as Destination Imagination or rocketry. If you have questions about this program, please call the School Development office at 641-472-9400 x 5070 to see how you can help.
5. ***The role of the parent... as a knowledge resource.*** Many parents in the community have expertise that is valuable for Maharishi School students. Parents who would like to volunteer as guest lecturers or consultants in appropriate classes are invited to contact your child's teacher or Division Director if you are interested in sharing your knowledge with the students of Maharishi School.
6. ***The role of the parent... as participant in parent-teacher meetings including Student Led Conferences.*** Your involvement is a message to your child that you care about his or her education. For these reasons the School strongly encourages parental attendance at the Orientation meeting at the beginning of the year, at Parents Nights, and at other School gatherings. We invite all parents to be involved in our [Parent Advisory Committee](#) (PAC) to focus on ensuring that parents play an active role in identifying priorities and finding creative solutions to challenges.

II. Consciousness-Based Education: Experience, Curriculum, and Instructional Strategies

Maharishi School's distinctive feature is called Consciousness-Based Education (CBE). What is Consciousness-Based education? How is it unique? What does it look like in action?

The Nature of Consciousness

We can define consciousness as how **awake** we are, to ourselves and our environment. Some days we are at the peak of our game, feeling wide awake, creative, energetic. Other days--even times of days--not so much. We feel tired, stressed, or closed down. So we know from experience that consciousness is variable. You could have the best school in the world--great teachers, academics, facilities. But if students arrive with sleep deprivation or anxiety, fatigued and distracted, both teaching and learning will be a strain. At Maharishi School, we put consciousness first. When students--and their teachers--are maximally rested and alert, every part of the education experience is optimized. How do we achieve that wakeful state?

Twice Daily Investment: Research in Consciousness (RC) Program

Every morning and afternoon our students invest in rest. And that makes all the difference. We call this their Research in Consciousness (RC) program.

Maharishi Yoga

RC starts with a simple set of yoga asanas or postures that help dissolve physical stress and improve flexibility, balance, and muscle tone.

Pranayama

Next is an easy breathing technique called pranayama. Research has shown that it oxygenates the blood, lowers blood pressure, and reduces anxiety.

Maharishi Transcendental MeditationSM Technique

The next, and most important part of the RC program, is the practice of the Transcendental Meditation technique by students and teachers alike. Called “T.M.” for short, this natural effortless mental technique allows the mind to settle from the incessant activity on the surface to a quiet experience of restful alertness inside. That inner silence is a part of each of us, effortlessly experienced through this specific technique.

And it is more than just quiet. When we transcend, we tap into a vast reservoir of intelligence, creativity, and energy. Just as watering the root of a tree brings nourishment to all the branches and flowers, diving deep within the mind through the practice of the Transcendental Meditation technique enriches all areas of the student’s life. Research has shown improved academic performance, reduction in anxiety and depression, and more coherent brain functioning. And that’s the brain they use the rest of the school day.

CBE Curriculum and the CCLS Class

In addition to the Research in Consciousness program, we offer a special class that introduces the unique CBE curriculum. It is called “Consciousness, Connections, and Life Skills,” or CCLS. In this class, students are given a solid understanding of their practice of the T.M. technique and the development of consciousness. In addition, we share a curriculum that illuminates universal principles at work in every aspect of life. Students see these principles or qualities in their own life, in nature, and in all of their other academic subjects. Like “Every action has a reaction,” which we know from science. But it’s also true of mathematical equations, characters in a novel, and governmental responses to social issues. Making these underlying connections develops a habit of deep thinking in our students: seeing that the myriad details of knowledge on the surface have common roots. That’s our CBE way of solving the problems of relevance and fragmentation of knowledge in formal education.

Maharishi Ayurveda: Natural Healthcare System

Another aspect of the CCLS class is the study of a comprehensive natural healthcare system called Maharishi Ayurveda (MAV). Students learn the basic framework of this ancient approach to holistic health, how each person's physiology is unique, and how to establish balance as a foundation for health, optimal performance, and longevity.

Maharishi Self-PulseSM Assessment

One interesting aspect of MAV is Maharishi Self-Pulse assessment. All students ages 12 and older receive instruction in this quick, simple way to monitor one's own internal state. After their RC program in the morning and at other times during the school day, students take a few moments to feel their own pulse. This self-referral activity has been found to be very helpful in learning to detect subtle changes in their physiology, which can be addressed through diet, exercise, daily routine, and other modalities of MAV.

Life Skills: Social-Emotional Learning

The CCLS class also introduces a variety of topics related to social-emotional learning (SEL). These are practical skills that are expected but are often untaught in schools. At Maharishi School, students explore and develop skills in: making first impressions, using active listening, understanding mindsets, cultivating curiosity and grit, among many others. Along with their TM practice for optimizing consciousness, students will carry these SEL skills into their college and careers, a truly holistic preparation for dynamic success.

CBE Instructional Practices

Consciousness-Based Education is for teachers too. Not only do they also practice the Transcendental Meditation technique and yoga twice a day, but CBE includes instructional principles, strategies, and tools. This body of teaching principles, derived from our founder Maharishi Mahesh Yogi, forms the common core of teaching philosophy and practice at Maharishi School. These points were compiled from many sources of Maharishi's teaching about education and are organized according to the five Fundamentals of Education he identified:

- Receptivity
- Intelligence
- Knowledge
- Experience
- Expression

Every new teacher is trained in these Principles and they are often cited in ongoing professional development. Parents can also learn about the Principles in workshops that are offered periodically by the School administration.

When these teaching fundamentals are fully enlivened, learning is engaging, enjoyable,

successful, and fulfilling. The learning environment is structured to support and nourish all students regardless of learning style, abilities, background, or gender (*Receptivity*). Primary emphasis in teaching practice is given to providing comprehensive learning experiences for all students through the cycle of: knowledge–action–achievement–fulfillment (*Intelligence* and *Knowledge*). Students are encouraged to actively work with the knowledge they are gaining (*Experience*), and to share it with others in a variety of ways (*Expression*). When these Consciousness-Based Principles of Teaching are lively in the life of the School, the hallmarks of ideal education are developed: enthusiasm for learning, relevance of knowledge, and strong rapport between students and teachers.

Course Overview Charts

Each course taught in Middle and Upper School has a Course Overview Chart, which shows the unit topics for the entire course. These charts provide a timeline allowing the student to appreciate the sequential unfoldment of the knowledge of the course.

Summary

As a result of Consciousness-Based Education, students come to understand the deeper underlying connections among all the subjects they study and how they are different expressions of their own intelligence. They begin to feel at home with everything and everyone. This growth of self-confidence and self-sufficiency provides the basis for a balanced and integrated personality. As stated in our mission statement, “...to become creative, compassionate, contributing citizens of the world.”

III. Traditional Academic Curriculum

Philosophy

Maharishi School strives to provide a high quality college preparatory academic program in combination with the Consciousness-Based technologies, curriculum, and instructional methods. The academic curriculum includes the study of mathematics, science, language arts and literature, social studies, physical education, art, drama, and music.

Assessment

The purpose of assessment at Maharishi School is twofold: to monitor and encourage continuous improvement and to hold students, teachers, and the School accountable for expected standards of academic achievement.

Assessment at Maharishi School occurs in two ways. Formative, ongoing assessment is conducted by each teacher in a variety of ways on a daily basis: oral questions, discussion, homework assignments, quizzes, participation in projects and learning activities, and more. Summative assessment occurs at the end of a unit or quarter or semester and at the end of the year. The final exam counts for no more than 12% of the second semester average and serves primarily to help students see the big picture (what Maharishi calls the wholeness) and

to comprehensively review the major concepts covered in the course.

Maharishi School faculty and administrators seek to incorporate innovative, research-based assessment methods, including rubrics, authentic assessment, and alternative assessments to match students' special needs.

The School also administers nationally normed standardized testing to assist with individual student, grade level, and institutional evaluation. These include the Comprehensive Testing Program for Lower and Middle School, Test of English as a Foreign Language, and the PSAT and SAT, among others. We do not "teach to the test," but will orient students to the structure of the test.

Quarter System

The academic year is made up of four quarters of approximately nine weeks each. Each Upper School day includes six required classes and one project and physical education period. The academic day includes morning and afternoon group practice of the Transcendental Meditation and TM-Sidhi programs, followed by physical education classes. For students participating in interscholastic sports, practice starts at 4:30 pm.

Advanced Placement courses

Graduation requirements and the academic curriculum maps are detailed on our website: [Upper School Academics](#).

Maharishi School offers several Advanced Placement (AP) courses to students in 11th and 12th grade each year. Taking an AP class introduces students to the rigors of a college course, which helps prepare them to transition to college. Highly selective colleges expect their students to complete AP courses and to pass them with top marks and may, in some cases, grant students college credit for AP courses taken in high school as long as the student scores well (at least a 4 or 5 out of 5 on the exam). Being successful in the class and on the test also shows the highly selective college that the student can compete with their peers. Apart from the exam results, students who successfully complete an AP course (C or better) improve their chances of admission to a selective college.

We recommend students take enough Advance Placement (AP) courses to prepare them for the rigors of college but not so many that students feel overly stretched and stressed. We recommend that most students take no more than five AP courses in total. As researchers at University of North Carolina-Chapel Hill determined, taking more than five AP courses in high school gives no significant increase in college grade point average (GPA): [More AP Classes May Not Be Better](#).

Advanced Placement (AP) courses are generally offered to 11th and 12th graders who have taken the necessary prerequisites and indicated both aptitude and affinity for the subject. Younger students may petition to take an AP course with the Academic Director. We strive to

offer approximately 4 AP courses a year to 11th graders and 4 AP courses to 12th graders: one each in math, science, english, and social studies.

If fewer than 5 students are interested in an AP course and / or a qualified teacher is not available to teach the course, Maharishi School will make every effort to support an online version of the course, mostly through the [Belin-Blank Center at the University of Iowa](#). If students are interested in a course not offered at school or through Belin-Blank, the student must pay the online course fee. Students will generally not be allowed to register for an AP exam unless they are enrolled in an accredited course in the subject. Exam fees are included in the overall fees for boarding students, but day students have to pay for their own exams, although Maharishi School places the orders and provides proctoring.

Project Period

In addition to completing required courses in math, science, language arts, social studies, foreign language, and CCLS (formerly named SCI), Upper School students choose from a variety of elective projects. Some examples of project choices are: Studio Art and Portfolio, Rocketry, Ceramics, Speech and Drama, Fashion Design, and Robotics.

Required Academic Courses

The course offerings that follow represent the standard sequence for Middle and Upper School students, although changes may occur for individual students.

Grade Five

- Mathematics
- General Science
- Social Studies: geography
- Language Arts
- CCLS
- Art / Music / Drama / Seed to Table
- Physical Education

Grade Six

- Mathematics
- General Science
- Social Studies: geography
- Language Arts
- CCLS
- Art / Music / Drama / Seed to Table
- Physical Education

Grade Seven

- Mathematics
- Earth Science

- Social studies: World History
- Language Arts
- CCLS
- Art / Tech Literacy / Drama
- Physical Education

Grade Eight

- Pre-algebra or algebra or Geometry
- Science
- Social studies: American History
- Language Arts
- CCLS
- Art/ Tech Literacy / Drama
- Physical Education

Grade Nine

- Language Arts
- World Geography
- Algebra I or Geometry or Algebra II
- Biology
- Spanish I
- CCLS
- Elective Projects
- Physical Education / Sports

Grade Ten

- World Literature
- World History
- Geometry or Algebra II or Pre-Calculus
- Chemistry
- CCLS
- Spanish II
- Elective Projects
- Physical Education/Sports

Grade Eleven

- American Literature or AP English Language & Composition
- American History
- Algebra II or Pre-Calculus or AP Calculus
- Physics
- Cultural Paradigms / Financial Literacy
- CCLS
- Elective Projects
- Physical Education / Sports

Grade Twelve

- British and World History or AP English Literature & Composition
- American Government / Global Solutions
- Pre-Calculus, AP Calculus or Statistics or AP Statistics or AP Computer Science
- Anatomy & Physiology
- AP Psychology
- CCLS
- Elective Projects
- Physical Education/ Sports

Minimum graduation requirements include:

- English 4 credits
- Social studies 6 credits
- Math 3 credits (minimum level: Algebra II)
- Science 4 credits (one for each year at Maharishi School)
- CCLS 4 credits (or one for each year at School)
- Projects 4 credits (or one for each year at the school)
- Physical Education 2 credits (.5 for every year at the school)
- World Language 2 credits (ELL or other language classes for international students)

English Language Learners Program

Our ELL program is designed to meet a wide range of student needs. Recognizing that no two students are alike, teachers provide ongoing evaluation of student English language strengths and weaknesses. This forms the basis of an individually-designed ELL curriculum for each student to ensure the most rapid development of language skills (reading, writing, speaking, listening) for academic success, based on test results (TOEFL, PSAT, etc.) and teacher recommendation.

The ELL program also works closely with international students to facilitate the acculturation process and help strengthen “learning readiness” skills: organization, time management, study skills, etc. Levels of ELL support are three-fold:

1. Pull-out classes taught by the ELL teachers, for those whose EL levels indicate the need for one-on-one or very small-group support;
2. ELL designated status in the regular classroom, supported by ELL teachers who continually liaison with content-area teachers and students; and
3. Regular mainstream status in the classroom once a student has demonstrated proficiency in EL acquisition.

All levels of classroom placement are closely monitored by the ELL program teachers who work with all teachers and administrators to advocate for and oversee the success of our

international students.

Computer Applications

In Middle School, students may bring their own laptop or use Chromebooks provided by the school. Each Upper School student is required to have a laptop computer that they can use in school virtually every day. Students develop keyboard and word processing skills and are introduced to computer research techniques, basic programming, desktop publishing software, specific academic applications and research skills.

Resources

The School has a library for Lower School in addition to subscriptions to online resources for research. Middle School classrooms contain libraries and, in addition, textbooks and other resources, such as Chrome Books and calculators, are assigned to students each year. ***If these resources are lost or damaged, replacement costs must be covered.*** Outstanding fines will be added to student accounts.

Physical Education Courses

Maharishi School's health-related physical education program, based on the principles of the Maharishi Ayurveda program plus national standards for physical education and health, allows the student to learn specific athletic skills while moving towards full development of mind-body integration through dynamic activity and personal and group instruction. Students take physical education and can also participate in interscholastic sports.

Interscholastic Sports

Maharishi School encourages interscholastic athletic competition in a variety of sports, offered by our school or in sharing programs with Fairfield High School. The sports options may include soccer, track and field, tennis, golf, and volleyball. These programs also provide an opportunity for the entire community to support and contribute to the spirit of unity that prevails at these events.

Academic Competitions

Maharishi School encourages friendly competition among its students for the purpose of developing and expressing excellence. In the Middle School, students enjoy participating in competitions such as regional science or history fairs, Young Writers, Scholastic Art, American Junior High School Math Exam, and Destination Imagination. In the Upper School, students complete a project or prepare a performance or portfolio for interscholastic competitions in science, math, history, or the arts. Most popular among these competitions are Team America Rocketry Challenge and the NASA Student Launch Rocketry competitions, robotics, speech and drama, plus Destination Imagination.

Honors and Awards

- **National Honor Society:** Students in grades 10, 11 and 12 are eligible for membership

based on qualities of academic scholarship, high moral character, an attitude of servitude and leadership abilities. For the scholarship criterion, a student must have a cumulative GPA of 3.3 or better on a 4.0 scale. The student must also have a 90% average in Research in Consciousness.

- **Alex Grace and Pioneer Awards:** At the culmination of each school year academic and special awards are given. The Middle School Alexander Grace Awards and the Upper School Pioneer Awards are given to the boys and girls who represent the highest ideals of Maharishi School. Pioneer Award recipients deliver the graduation addresses.
- **Valedictorian and Salutatorian:** The valedictorian is the graduating senior with the highest grade point average over at least five semesters at our school. The salutatorian is the student with the next highest grade point average over at least five semesters at our school. Transfer credits do not count towards GPA nor do they qualify students to be valedictorian or salutatorian. If GPA is too close, dual awards are given.
- **Hall of Fame Award:** This award is given at the Awards Ceremony preceding graduation to seniors who have displayed outstanding athletic achievement during his or her high school years.
- **Paul Eskenazi Award:** This award is presented at the Awards Ceremony to the senior who has displayed motivation and dedication to sports throughout his or her school years.
- **Department Awards:** These awards are given to outstanding students in specific departments, including but not limited to art, physical education, math, science and English. These awards are merit-based, not relative to other students' performance.

IV. School Policies

Student Support Services

Students with Special Needs

Maharishi School serves special needs students by recognizing their individual strengths and learning styles, and supporting these students' optimal learning experiences in and out of the classroom. Each class will have a wide range of skill and ability levels. Although the School's position is that needs are first met by the classroom teacher and the ideal is for all students to be with their friends in the classroom, some students need greater support and attention. If it is determined that not enough support can be provided by the classroom teacher or resource program, the parents may be required to provide a one-on-one aide.

Beginning the Referral Process

If you suspect that a student needs additional attention and/or evaluation for learning difficulties, contact the Division Director or Academic Director. They will organize and facilitate a meeting of the student's teachers, and possibly the parents, to evaluate the situation. This is the first step in what we call a case conference.

Types of special needs referrals are:

- Academic needs refer to students who are experiencing academic or learning difficulties that present special challenges in the classroom.
- Non-academic referrals refer to such issues as recurring or ongoing health problems, emotional and/or social problems causing unhappiness or inappropriate behavior. These students may first be recognized through habitual absence or tardiness, or disruptive classroom behavior.

Initiating the process

In addition to regular faculty meetings, the MS and US teachers meet once a week on a rotating basis by class level to focus on student needs. At these meetings, or whenever a student concern is raised, the Academic Director will initiate a process of follow-up that may include the student, other teachers, parents or specialists, such as a school psychologist or speech therapist. Often the concern can be resolved through a conference or an adjustment or adaptation within the classroom context. If the issue is more serious or persists, then a formal observation and assessment process will be initiated involving educational psychologists or other professionals who work with the school through the Great Prairie Area Educational Association or as adjuncts.

Parents can also initiate the process by raising their concerns with the Division Director or Academic Director.

This formalized process may result in the creation of a 504 plan, which is a legal agreement between the parents and the school that includes adaptations and modifications based on identified needs. The 504 document includes a brief description of the identified needs of the student, plus recommended interventions to meet those needs, and it is shared with parents and relevant teachers. The 504 plan may be short-term (e.g. providing physical accommodations for a student with a broken leg) or long-term (e.g. a diagnosis of ADHD or anxiety and depression) and should be reviewed annually, including the student (wherever appropriate) in the process.

Developing a 504 or IEP

Section 504 of the Iowa Department of Education “s the law that prohibits schools from discriminating against students with disabilities. Section 504 sets minimum standards for providing related services and aids to students with disabilities that substantially limits a major life activity. All accredited Iowa schools must comply with Section 504. Section 504 applies to elementary and secondary education, preschool and adult education, and private education.” The policy goes on to specify that “a multidisciplinary Section 504 team including individuals knowledgeable of the student, placement options, and data should convene and consider multiple sources of data including teacher assessments and results from tests that are valid for the specific area of concern that tests abilities as well impairments. The team makes the placement decision based on the student’s needs and the related services and aids needed as determined through the evaluation process.

“When schools suspect that a student has a disability that substantially impacts a major life

activity, then the school must evaluate the student to ensure that the student has equal opportunity to access the school's programs and activities. The school should obtain the consent of the student's parents or guardians before an initial evaluation. If the parents decline, then the school may appeal the decision by using due process hearing procedures. However, if the parents or guardians inform the school that the child has a disability and the school disagrees, then the burden is on the parent or guardian to provide further evidence of the disability or appeal the school's decision by using an impartial hearing."

A 504 plan is not the same as an IEP (Individualized Education Plan), which requires support by a special educator and can involve a significantly modified curriculum. For the most part, a 504 plan includes accommodations that can be implemented within the classroom context by the classroom teacher, based on consultation with specialists with the GPAEA or learning support personnel (counselors, reading and math specialists) employed by the school. As mentioned above, sometimes support means that the students are "pulled out" for extra help by specialists. Modifications can include such provisions as shortened reading assignments or fewer math problems, for example, that make the mainstream curriculum accessible to students with disabilities.

When modifications to the curriculum or assessment criteria are significant, students will receive a "circle grade" on their report card, which signals that these adaptations have been made. As in all cases, these provisions are made with full knowledge of the parents and, when appropriate, the students.

Mental Health

Maharishi School works with local mental health care providers, including licensed therapists and organizations such as Optimae Life Services, to provide mental health assessment and support for our students. The school schedules weekly appointment slots for middle and upper school students, who may sign up for a slot confidentially as long as their parents have completed and submitted the requisite permission and release forms in advance. These appointments are intended to provide occasional support for students who need guidance or who may need further attention for more long-term or chronic issues, as diagnosed by the therapist. In the case of the need for ongoing therapy or further assessment, parents make direct contact with Optimae or the service provider of their choice to make appointments outside of school.

All boarding students are provided with at least one wellness check within about six weeks of their arrival at school, to be sure they are settling in and adjusting.

Professionals are also invited to facilitate workshops for teachers on identifying and responding appropriately to signs of trauma, depression and anxiety and other mental health challenges. They can help to facilitate follow up with professionals. All faculty and staff are required by the State of Iowa to complete an online module on suicide prevention, as well as a module on signs of abuse, as they are designed as Mandatory Reporters by the Department

of Human Services. We work hard to ensure, through surveys and assemblies and advisory sessions, that every student in middle and upper school has at least one adult to whom they can reach out if they need help.

Students also get their TM practice checked regularly—and these one-on-one sessions with a TM teacher provide an additional opportunity to talk about mental and emotional well-being in general. TM teachers will reach out to counselors and therapists if issues and concerns are raised.

Dress Code Policy

The School's dress code policy is that every student must be in appropriate uniform whenever they are in the School facilities. Students should also be in appropriate dress for School-sponsored activities (as a participant or spectator), including field trips, academic competitions, and social and recreational events.

General Points

To maintain a coherent and neat appearance, the following points will be observed by all Maharishi School students:

- Uniforms are required to always be clean, properly fitting, and in good repair. Lands' End (or an equivalent, in style and color options) is acceptable uniform attire.
- Students are expected to remove hats when indoors.
- Only uniform sweaters can be worn during school hours.
- Only ear and nose piercings are allowed.

School Uniforms

Uniforms are required of all Maharishi School students. **Please mark all uniform items with the student's name.** If students are out of uniform during school hours, they will be asked to change before attending class and may be sent home.

Uniform items include:

Pant or Skirt options:

- Plaid uniform skirt (three styles available at Lands' End). Skirts must be of a reasonable length. *Shorts or tights are recommended to facilitate asanas.*
- Navy or Khaki pants or skirts. **NO JEANS OR SWEATPANTS**

Blouse or Shirt options:

- White, woven long or short sleeve blouse with collar OR polo shirt with school insignia or no insignia at all in gray, blue or green (order through Lands' End)
- White long or short sleeve button-down collar shirt

Sweater Options:

- Cardigans or pullovers (single color, no hoods, without striping, patterns or logos) in the following colors: evergreen, navy, white, yellow, light gray, medium gray
- Maharishi School logo spirit-wear sweatshirts

Shoes and Socks

- Opaque tights: navy or black leggings

- Socks: navy, black, white, or brown
- Brown or black dress belt
- Shoes: dark brown, black dress loafers, oxfords, or flats, or athletic shoes. Heels should be low and soles should not leave scuff marks.

Middle and Upper School PE Uniforms

Upper School students should wear clothing suitable for athletic performance, not their regular school uniform. The following guidelines should be followed:

- T-shirts with sleeves (without logos that might be offensive) and that cover the midriff
- Shorts of reasonable length
- Long pants or sweatpants

Indoor athletic shoes

All students need athletic shoes to be worn for indoor PE. When PE is held outside, students will be required to wear appropriate outdoor footwear. Clogs or sandals will not be permitted.

Lunch Policy

All students in Middle and Upper School will eat lunch on campus. They may bring a sack lunch, buy lunch at school or purchase items from the vending machine. ***Only students whose parents have formally registered with the school will be allowed to leave campus during lunch with the parent(s).***

Health Policies

Health Records: Iowa state law requires that every student must have an up-to-date immunization record on file at school, including record of DPT and oral polio boosters after the fourth birthday and a second MMR if born in 1985 or later. The School strictly enforces this and the following policies:

- Students lacking proper immunization or a completed waiver* will be asked to stay home from school until proof of immunization or a waiver is submitted.
- All new students must have a completed physical signed by a licensed health care provider on file with the Registrar.

*A **medical** waiver is acceptable if signed by the child's physician. An expiration date must be included. A **religious** waiver must be signed and notarized.

Medical Supplies: Maharishi School is unable to dispense medications unless a student is under a physician's care and is asked to take medication while in school. In this case, a note from the physician to that effect should be given to the School Office Manager. Bandages and a first-aid kit are available in the Office for minor cuts and scratches. Aspirin or Tylenol will be dispensed if permission has been given on the Health Information Card (Emergency Card) kept on file in the School Office.

Emergencies: If emergency medical assistance is required, the School Office will attempt to contact both the parents and the family physician. If necessary, we will also call an ambulance. Boarding students will be transported to doctor's appointments either by school personnel or, in case of emergency, by ambulance. For regular or frequent appointments over an extended period of time, parents will be charged the cost of transportation.

Parents are required to have a current Health Information Card on file in the Office. Please be sure to include the names of friends or relatives who should be contacted in an emergency, in the event that you cannot be reached. If at any time during the school year you have a change in phone number, address, or other pertinent emergency information please contact the School Office as soon as possible. Please make sure that the information on the Health Information Card is always current.

Physical Education and Sports Team Policies

Physical Education is a graded class that is part of the school day. Sports participation can be an alternate PE class if given prior approval and is graded. For this reason, all of the School's tardy and attendance policies apply to both PE classes and sports teams.

If a student is under a doctor's advice to restrict physical activity that may affect participation in physical education, parents must provide a note to the Division office from the doctor at the beginning of the school year or when the difficulty arises. If a student feels unable to fully participate in a PE class (reasons may include minor illness or injury), the physical education faculty will provide an individually designed physical fitness program for any students in this situation.

Student Punctuality and Attendance

Regular attendance in all classes is essential to the progress of the student. It is also important to the class as a whole. The time of student life is the time to culture habits that will lead to responsible and successful behavior in later years. Students are encouraged to stay home and get sufficient rest in the event of illness. However, for other absences and tardies, the School has a policy to encourage prompt attendance.

Tardy Procedure

Our tardy policy is designed to create a culture of punctuality and professionalism at school. Teachers record all tardies in FACTS/RenWeb. Generally, after several tardies are accumulated, either for the beginning of the day or within the day when they move from one class to another, parents will be contacted and students may be assigned after school detention.

Sometimes, tardiness becomes chronic and may be an indication of social anxiety or some other problem that requires a strategy specific to the circumstances. Most importantly, to address chronic lateness, parents must be fully aware of the problem and supportive of a joint strategy to address the issue. Needless to say, because students have the same class during the first period

each day, chronic tardiness takes its toll on that particular class, leading to missed concepts and ultimately poorer performance.

Absence/Attendance

Class coherence and student learning depend on a student's regular attendance and participation in class. The attendance policy is based on the logical consequences that come from missing class content. If a student misses class, he/she will have to make up the work in order to receive credit. Teachers record absences each period in RenWeb. The Division Director tracks absences.

As with frequent tardiness, frequent absences are often an indication that underlying problems, such as mental health issues or anxiety, need to be addressed at the level of the cause. The Division Director or Academic Director will meet with students and their parents or caregivers to discuss the situation and perhaps to initiate counseling or medical attention to address those underlying causes and support the student to get back on track.

If frequent absences are a result of truancy, which is defined as "the act of staying away from school without good reason, the natural result might be loss of credit. **We are required by law to report truancy (chronic absenteeism) to the Department of Human Services.**

Grades

The purpose of grading at Maharishi School is to provide students and their parents with an assessment of progress in academics and life skills. Students will receive a grade to reflect their academic performance for each subject area.

Student progress reports are available at the end of the semester, and grades can be viewed at any time by logging into RenWeb. The grades include an academic grade based on the student's academic performance during the quarter. Scores used to compute the actual letter grade are as follows:

A+	98–100	4.0
A	93–97	4.0
A-	90–92	3.6
B+	87–89	3.3
B	83–86	3.0
B-	80–82	2.6
C+	77–79	2.4
C	73–76	2.0
C-	70–72	1.6
D	60-69	1.0
F	< 60	0.0 No Credit
INC	Incomplete	

“Incomplete” Grade Petition

In addition, in the Upper School, the student may petition the faculty for an “Incomplete” grade extension of that course the following semester. The petition must be submitted during the first week following the end of the semester. Incomplete grades will have a maximum of two weeks to complete. If the student has a learning disability (IEP or 504 Plan), other accommodations may be arranged to complete the course.

Report Cards

Report cards are available at the end of the semester. Parents can print the report cards through RenWeb. Anyone unable to print the report cards can obtain a copy from the Central Office.

Homework

Homework should fit into the balanced daily routine of the student. Homework assignments do not contain new information, which students must learn on their own, but instead are review and reinforcement. Adequate sleep (8-10 hours per night) is essential for the optimal development of adolescent brains, and contributes to students’ productivity. Staying up late for homework will be counter-productive in the long-term.

Students should expect that the amount of homework reflects their grade level. These are the general guidelines for Middle School and Upper School students:

- Middle School: no more than 80 minutes per night
- Ninth and tenth graders: no more than 90 minutes per night
- Eleventh and twelfth graders: approximately two hours per night
- Advanced Placement or honors classes may require additional class time as well as extra homework

Teachers will avoid assigning homework to be due the day after a scheduled school activity that involves a significant number of students in their class. Teachers are expected to post assignments on Google Classroom in a timely manner, so that students who are absent can check to see what they missed. When students return, if needed they can ask for clarification from the teacher. Students who are absent are allowed two class days as an extension on the due date.

Academic Honor Code

Academic integrity is a fundamental value for any educational institution, and Maharishi School students are expected to honor and uphold this value by acting honestly in every aspect of their academic life, whether in school or studying at home. Violations of academic integrity—such as cheating on tests or copying another student’s homework—are a serious matter and are dealt with according to the School “Procedures Following Inappropriate Behavior.”

- **Plagiarism:** Students are required to reference others’ works in fulfilling specific class assignments. Using someone else’s ideas, words, phrases (even in paraphrased form),

and/or designs without giving credit is plagiarism. If students are uncertain about a source, whether or how to credit it, they should ask their teacher before submitting assignments. Plagiarism may result in failure of the assignment or the course. **This includes the use of Artificial Intelligence or of translation applications without proper citation.** Recognizing that not all education systems approach intellectual property from the same perspective, thorough instruction in how to summarize, paraphrase and quote directly from sources with proper citation is given at all grade levels.

- **Appropriate Parental Assistance:** Parents' encouragement to their children to complete their home assignments is of great value to the students' progress. At the same time it is also desirable to allow the students to fulfill their assignments to the best of their own ability. This gives teachers a clear understanding of the students' level of mastery. Parents are encouraged to review the student's homework, and, if necessary, suggest it be redone for improvements in spelling, grammar, and appearance.

School Network and Internet Use Policy

Use of the school network, school computers and the internet afford students significant learning opportunities, but there are also risks. **For this reason, we require that all students and their parents sign the *Acceptable Use Policy for Maharishi School Computing Equipment and Services*.** Copies of this document are available from the Central Office.

Field Trips

The purpose of field trips is to demonstrate the practical applications of knowledge and the connection between knowledge and everyday life. Field trips have specific objectives that help to integrate what the students are learning in class. Field trips also add variety and fun to a program of study. Most field trips are for part or all of a single school day in Fairfield and nearby Iowa locations.

- Each student must have his or her parent or guardian sign a permission form.
- If the signed permission slip is not returned prior to departure time, the student will not be permitted to participate in the field trip.
- If the date of a field trip is changed, new forms must be completed, given to the students, and returned to the teacher before the students can go on the field trip.
- Possible "rain dates" are acceptable on the permission form.
- The completed field trip permission form must be taken on the field trip by the person in charge and returned to the appropriate division office after the field trip is completed.
- Students are not allowed to drive school vehicles, or chauffeur other students on field trips.
- A certified lifeguard must be present whenever students are swimming.
- After the trip, students cannot be released to anyone other than their parents unless other arrangements have been approved in advance.
- The school uniform is required of all students unless otherwise specified.

Extracurricular Activities Policy

The requirements to be involved in any extracurricular activity are:

- Students are expected to maintain grades of “C” or better in all classes. Students with any grade below a “C” may be asked to withdraw from any extracurricular activity in order to spend more time on their studies. Permission may be given for the students to remain involved in extracurricular activities on probation, maintaining a daily report in collaboration with the classroom teacher or teachers, Academic Director, coach, and parents. If academic progress is acceptable, the student may be granted permission to remain involved in the extracurricular activity and the probationary status may be lifted.
- Students involved in any extracurricular activity, including sports teams, drama, etc., are required to attend school all day when games and performances are scheduled that evening. Students who have not been in school for any part of that day will not be permitted to perform or compete that night.

School-Wide Guidelines

The following guidelines are for the benefit of the School as a whole and students are expected to observe them at all times. In addition, your child’s teachers will have rules particular to each classroom. Periodically throughout the year, teachers review and discuss these rules of behavior with the students, and continually engage them in activities requiring right action. Students feel secure in knowing what is expected of them; therefore, the boundaries of appropriate behavior are clearly presented and consistently applied.

- **Student Behavior Toward All Adults—including specialists, substitute teachers, administrators, other teachers and parents:** Students are required to respectfully follow all classroom/School rules and listen attentively when any adult speaks to them. Students are asked to speak and respond in a kind and courteous manner. Students are required to use appropriate language at all times, whether speaking to an adult or to a peer.
- **Hallway Behavior:** Normal talking is requested in hallways before school, at lunch, and after school. Running is not allowed in the hallways. After class, students leave the building immediately and wait for family or friends outdoors unless they are in a supervised program.
- **School Grounds Rules:** When outdoors, students must always follow the adult supervisor’s directions and rely on the supervisor for help. Students may play games that are safe and fun for everyone. The theme of respecting self, others, property, and environment includes: no tree or fence climbing, no throwing of objects like sticks and snowballs. Students are expected to include others in their play, to never push or hit in an inappropriate way, to follow game rules, and to be a good sport.
- **Safety Rules:** During school hours, students are under the direct supervision of a teacher at all times. For the safety of everyone, no running, throwing of objects, or rough play is permitted in the building. During fire and tornado drills, students are asked to maintain absolute silence and pay close attention to all instructions given by the teacher. Students should be alert at all times when crossing roads and always use

the designated crosswalks, especially from the residence hall to the campus. Students must leave all dangerous items at home, including cap guns, toy weapons, fireworks, etc.

- **Skateboards, Roller Blades, Scooters and Skates:** The use of skateboards, roller blades, scooters and skates is not allowed on the school or Maharishi International University campus—including roads, sidewalks, or in buildings. Anyone violating this policy may have his or her skateboard, roller blades, scooter or skates impounded by the Maharishi International University Campus Safety Department. Maharishi International University reserves the right to pursue any legal options necessary regarding repeat offenders of these regulations.
- **Sledding/Snowboarding:** To ensure proper safety the School does not approve of or encourage unsupervised sledding on the slopes on campus. The steeper slope (southeast slope closest to the utility pole), which feeds into the turn-around by the Fieldhouse, should not be used by children for sledding under any circumstances. During school hours supervised sledding is allowed on the slope closest to the Lower School. Sledding on School property outside of school hours can be dangerous, particularly if done on an unapproved slope or by a child who is not under proper supervision.
- **Bicycles:** All students must walk their bikes on School grounds. Bike racks are provided on the play field west of the Fieldhouse and on the northeast side of the Lower School fence. Bicycles should not be parked near the entrances of the School or on the grass. The School cannot be responsible for bikes left on the grounds. The use of helmets is strongly encouraged.
- **Telephones:** Students who wish to call home or to place any other calls are asked to use the office phones designated for student use. **Middle School students should not bring cellphones to school. If they need to use their cell phones to contact parents or guardians, they should turn them in to teachers to keep them until the end of the day. Teachers of Upper School students are encouraged to collect phones at the beginning of class to avoid distraction, and return them at the end of class, unless they are being used for classroom activities by direction of the teacher.**
- **Eating and Drinking:** Beverages other than water are not allowed in the classrooms, except when class parties have been planned and approved by the teacher or during supervised breakfast or lunch. Chewing gum is not allowed at any time.
- **Tobacco-Free Environment:** According to school and MIU policy and Iowa state law, no one is permitted to smoke anywhere on the school or university campus. This includes outdoors (roadsides, lawns, sidewalks, etc.), inside buildings, motor vehicles, and other enclosures. (School and university policy includes no smoking on or off campus in all vehicles owned or leased by the University.) Also, use of smokeless tobacco products and e-cigarettes is prohibited. This requirement extends to students, employees and visitors. This policy applies at all times, including school-sponsored events and out-of-school activities. Persons failing to abide by this policy are required to extinguish their smoking material, dispose of the tobacco/nicotine/vaping product or leave the school premises immediately. It is the

responsibility of the administration to enforce this policy. The Iowa Smoke-free Air Act was passed in 2008 to protect the public's health and the health of employees from the dangers of exposure to secondhand smoke. This law affects all businesses in Iowa, including public and private educational institutions. Maharishi International University and Maharishi School are required to comply with the law, inform our employees and students about it, and enforce the law. The law provides for fines against those individuals who violate the Iowa Smoke-free Air Act. Individuals who violate these policies will be subject to fines and disciplinary action in addition to that prescribed by the state law.

- **Drugs and Alcohol: Adolescents who experiment with drugs or alcohol are at particular risk given the powerful and unpredictable effects that these substances can have on the mind and body at this critical stage of development. Furthermore, these substances directly interfere with the development of consciousness and are not conducive to a positive experience in meditation.** Maharishi School students are expected not only to avoid the use of drugs, alcohol, and tobacco on or off campus, but also to avoid being in the presence of drugs, alcohol or tobacco. Students who have been confirmed to be in the presence of others and/or using drugs or alcohol may be put on probation and may be subject to other restrictions, including loss of privileges, such as participation in sports or activities representing the school. For a first offense, there will be a meeting with parents and student, and student may be given in-school suspension for a period of time to be determined. If this continues, students may be required to have drug testing for a period of time to be determined, along with regular counseling with a licensed therapist. For a second offense, there will be a meeting with parents and the student, and the student will be given out of school suspension for a period to be determined. The suspension will be put on the student's permanent record. Counseling or enrollment in a substance abuse program is recommended. In the case of a third offense, the student may be subject to expulsion.

NOTE: Offenses that are deemed more serious (e.g., distributing drugs, intense usage) may carry more extensive consequences. It is important to remember also that college counselors and principals are often asked if the student who is applying has ever been put on probation or suspended. School personnel are required to give a truthful response and usually explain the circumstances, which may have an impact on admissions.

- **Amnesty:** Substance use and abuse can become habitual or addictive, and students can face pressures that are beyond their ability to manage. Maharishi School therefore has an amnesty policy that is designed to allow students to seek help without fear of disciplinary action when they self-identify as having a substance abuse problem. This policy requires that students confide in an adult staff member or a counselor, who will then report the issue on a confidential basis to the head of high school, who will arrange for the student to receive counseling and, if necessary, enroll in some form of detoxification program or other appropriate intervention. None of these interventions will appear on any form of public record, nor will they be shared with other members

of the community as long as the student remains committed to overcoming the addiction and quitting and participates willingly in the program. Maharishi School will be obliged, however, to follow the informed advice of counselors or medical professionals in these cases with regard to involving parents or reporting to authorities. The amnesty status will be revoked if the student gets caught violating the drug policy during the time that they are undergoing interventions or therapy—and the amnesty cannot be invoked after a student has already been caught. In other words, the policy is designed to support students who want to uphold the values of the school and recognize that they need help to overcome a habit, not as a way to escape consequences for breaking the rules or the law.

- **Guns and Weapons:** In accordance with the Federal requirements of the Gun-Free Schools Act of 1994, Federal Code (20 USC 3351 Section 8001), as implemented by the State of Iowa (1995 Iowa Acts H.F. 528 Section 23), the School Board of Directors has adopted a policy requiring the expulsion from school for a period of not less than one year of any student who is determined to have brought a weapon to school, except that this policy may allow the Leadership Team to modify such expulsion requirement for a student on a case-by-case basis. The School will cooperate in providing information to the Iowa Department of Education on disciplinary action imposed under this policy.

Procedures Following Inappropriate Behavior—Middle/Upper School

Maharishi School is committed to educating the whole student, including not only their academic development but also their social and emotional development. It follows, then, that students need to learn and cultivate the skills and dispositions required to forge positive relationships with others and appropriate responses to challenges, frustrations, disappointments and set-backs.

Establishing trust through caring relationships, based on a program for holistic development, is at the core of effective education, whether in the affective domain or academic. That is why Maharishi School uses **Restorative Practices** to resolve conflicts and to redirect behavior by creating a classroom culture of openness and ownership. The emphasis is on breaking relationships rather than breaking rules, and on restoring damage by repairing harm to those relationships—or harm to property or even harm to self, through such choices as cheating or experimenting with substances.

Discipline comes from the Latin root for “instruction” or “knowledge.” Research will indicate that the more punitive version of discipline leads to more misbehavior, whereas a restorative approach addresses the feelings of discouragement, isolation or anger that have led students to misdirect their behavior in the first place.

According to Maynard and Weinstein in *Hacking School Discipline*, Restorative Practice is “an emerging social science that studies how we can strengthen relationships between individuals, as well as social connections in communities.” The National Centre for Restorative Approaches in Youth Settings defines Restorative Practices and its subset,

Restorative Justice, as “an innovative approach to offending and inappropriate behavior which puts repairing harm done to relationships and people over and above the need for assigning blame and dispensing punishment. A restorative approach in a school shifts the emphasis from managing behavior to focusing on the building, nurturing, and repairing of relationships.”

According to the International Institute of Restorative Practices (IIRP), “All humans are hardwired to connect. Just as we need food, shelter, and clothing, human beings also need strong and meaningful relationships to thrive.” IIRP also says the use of restorative practices helps to:

- Reduce crime, violence, and bullying
- Improve human behavior
- Strengthen civil society
- Provide effective leadership
- Restore relationships
- Repair harm

The process is most effectively implemented when the groundwork has been laid through class meetings to create a culture of openness and trust. Then, when misbehavior happens, a mediation process can be used through the following steps:

1. Identify the behavior that occurred
2. Find an opportunity to address the behavior with the students involved
3. Use open-ended questions to learn more about the behavior and the reasons behind it
4. Guide the conversation towards a meaningful and positive resolution

If the negative behavior has had an impact on the rest of the class, as is often the case, the objective would be to work within the classroom framework to bring resolution.

If attempts at resolving the problem using these methods are not successful, then more traditional consequences may need to be imposed--but it should be clear to the students that they have chosen this route rather than to engage in a more restorative approach. It is also very important that even if these more traditional consequences are used, the students are fully accepted back into the classroom openly and warmly afterwards.

We do recognize that students need external guidance and consequences when inappropriate behavior continues and that expectations need to be made clear from the start. When misbehavior continues after restorative practices have been used, then the following discipline procedures may be used:

- **Consequences:** Parents will be notified of serious or chronic discipline issues and a meeting with school officials will be scheduled. Consequences can include such options as compensatory time after school (for chronic tardiness, for example), community service, letters of apology, restrictions on extracurricular activities, special assignments, etc.
- **Probation Status:** Behavior at this level includes a continuation of inappropriate

behavior plus any other actions that are damaging to the student's physiology, to others, to property, or to the environment. Included in this category are extremely disruptive classroom behaviors, possessing or being in the presence of or using drugs, alcohol, or tobacco, a habit of truancies, infractions of civil or criminal laws.

- **Probation** indicates that teachers, administrators, and parents will structure an integrated program to help the student improve. For students who have been assigned this status, it means that one or more additional significant mistakes will result in removal of that student from a particular class or expulsion of the student from the School. Parents will be notified and required to attend a meeting in order to establish a plan specific to the child. Other actions may include written or verbal apologies, suspension (in school or out), restriction of extracurricular involvement, required adjustment of daily routines, or limiting work outside of school. If the teachers and administrator observe substantial improvement, the student and parents will be notified by the teacher or administrator that the *Probation Status* has been revoked after one semester.
- **Suspension:** Students who have committed serious violations of academic or behavior policies may be subject to in-school or out-of-school suspension from 1-10 days, depending on the circumstances. During this time the student is expected to complete all academic assignments but may lose partial credit.
- **Expulsion:** Should the student continue any of the inappropriate behaviors that resulted in the assignment of the *Probation Status*, or engage in other very serious behaviors such as distribution of controlled substances or any other behavior which is a serious threat to the welfare of the student, members of the student body, the faculty, the staff, the School, or the community, a Discipline Committee meeting will be held. The School Council will review consequences determined by the Discipline Committee.

NOTE: Many colleges, including all who use the Common Application, require that the school reports incidents that have resulted in suspension or expulsion.

Safety Policies

All of the Maharishi School personnel feel responsible for the safety of our students. The general safety rules for faculty, parents, and students arriving and departing from the School buildings are outlined below. Please encourage students to practice "safety first."

Pick Up and Drop Off

Motorists must follow the traffic rules concerning the drop off area for the safety of Maharishi School students. There are several steps to minimize the automotive congestion in this area while maintaining convenience for parents. The School drop off area is reached by entering campus on Dr. Robert Keith Wallace Drive from the west, or by entering campus from "B" street on the east. **Students should never be dropped off along Highway 1.** Stopping along Highway 1 is both dangerous and illegal.

All vehicles are required to observe the one-way flow through the U-turn pattern in front of the

School, and come to a full stop at stop signs and crosswalks. Vehicles should not block crosswalks when stopping to pick up or discharge passengers or when parking. School children are dropped off and picked up at the sidewalks of the School turn-around area. Motorists may briefly wait to pick up their children at the curb in front of the School. They must not leave their cars unattended to pick up their children. Vehicles left unattended will be ticketed. Double parking is not allowed.

No Parking During School Days Faculty, parents, and students should park in the designated parking lots provided at the Field House. There is no parking allowed at any time in the turn-around or in other areas posted “No Parking” along Dr. Robert Keith Wallace Drive. There is restricted parking on the north side of Foster Hall for authorized users only. Parking is not permitted along the sidewalks or lawns of the School buildings. Motorists parking in the visitor section must sign in at the Administrative Office.

School Bus The school buses may be used for school purposes by drivers who hold a valid Iowa commercial bus driving license and have completed requisite education safety courses. Students are not allowed to drive the school bus.

Students Driving to School Students who have a valid driver’s license may drive cars to school. Students must use the designated Fieldhouse parking areas and are fully responsible for the safe operation of the vehicle at all times during the school day and while on campus. Students must register their car with the Maharishi International University Campus Safety office or in the School’s Administrative Office. Students are not allowed to give rides to other students without the written permission of parents or guardians. It follows that students are not allowed to *take* rides from other students without the written permission of parents or guardians.

Parking or Traffic Violations MIU Campus Safety is very alert to ensure proper parking; therefore, failure to observe parking or traffic guidelines may result in either a warning or a fine of up to \$25, which must be paid within seven days. If an Upper School student receives several fines the School may withdraw the student’s privilege of driving to school.

Crosswalk Safety

To ensure safety, all pedestrians are required to cross at crosswalks only. Children should be taught to always stop and look both ways before crossing any street, even when a crossing guard is present. It is important that everyone uses the crosswalk when crossing Highway 1.

Bicycle Safety

To create order and provide the opportunity for locking bicycles, bike racks are provided for students who ride bicycles to School. Bicycles should not be parked near the entrance to the School or on the grass. Bicycles should not be used between classes, i.e., to ride to the Fieldhouse.

- All children riding their bikes to and from Maharishi School are strongly encouraged to wear a safety helmet. Bikes must be walked on school grounds.

- All bicycles must be in compliance with the city and campus regulations regarding equipment and visual signals (headlights, brakes, reflectors, pennants, etc.) Bicycles may be registered at the School or the Maharishi International University Campus Safety office, Room 9, Maharishi International University Library basement.

Fire Drills and Alarm Guidelines

Maharishi School conducts four fire drills per year (in conjunction with the Campus Safety office) in accordance with state guidelines. The School Emergency Manual is located in the Administrative Office.

- Upon hearing the fire alarm, students immediately line up in total silence in their classrooms. It is very important to maintain silence and orderliness during fire drills.
- The teacher makes sure that all students are accounted for and that the classroom windows are closed.
- The teacher precedes the students in the hallway to their assigned exit.
- Classroom doors should be closed after the last person is out.
- Fire Exit Routes: All classes go out the designated doors, posted in each classroom. In classrooms with a functional window fire exit, use this exit.
- Everyone should exit the building silently in a straight line, single file, to their designated assembly area outdoors, and wait for an all-clear signal.
- Teachers are required to stay with their classes and take roll while students wait quietly until it is time to return to class.
- When the all-clear signal sounds, teachers lead their students back to class in the same quiet, orderly manner in which they left.

Tornado Drills

Maharishi School conducts two tornado drills per year (in conjunction with the MIU Campus Safety office) in accordance with state guidelines. The same procedure is used as for the fire drill, but instead of going outside, all classes proceed to their assigned areas within the building. Prior to the first tornado drill of the season, the Lower School Director, delineating appropriate procedures, distributes an explanatory sheet to each teacher. The fire alarm is not used for tornado drills. An air horn is used instead.

Lockdown and Blackout Drills

Periodically, Maharishi School will conduct lockdown and blackout drills to ensure the school staff and students are prepared for any situation that necessitates this safety precaution. These procedures have been designed in consultation with the MIU Campus Security Office, local law enforcement, the Iowa Department of Education, and the Office of Homeland Security. In the event of an actual threat, the Fairfield Police Department will respond as their immediate priority. The Fairfield Police Department also conducts training programs in our facilities.

V. Notices

Anti-Bullying and Anti-Harassment Policy

Harassment and bullying of students and employees are against federal, state and local policy, and are not tolerated at Maharishi School. The School is committed to providing all students with a safe and civil school environment in which all members of the school community are treated with dignity and respect. To that end, the School has in place policies, procedures, and practices that are designed to reduce and eliminate bullying and harassment as well as processes and procedures to deal with incidents of bullying and harassment. The School prohibits harassment, bullying, hazing, or any other victimization of students, based on any of the following actual or perceived traits or characteristics: age, color, creed, national origin, race, religion, marital status, sex, sexual orientation, gender identity, physical attributes, physical or mental ability or disability, ancestry, political party preference, political belief, socioeconomic status, or familial status. Harassment against employees based upon race, color, creed, sex, sexual orientation, gender identity, national origin, religion, age or disability is also prohibited.

This policy is in effect while students or employees are on property within the jurisdiction of the School; while on school-owned or school-operated vehicles; while attending or engaged in school-sponsored activities; and while away from school grounds if the misconduct directly affects the orderly, efficient management and welfare of the School. If, after an investigation, a student is found to be in violation of this policy, the student shall be disciplined by appropriate measure up to, and including, suspension and expulsion. If after an investigation a school employee is found to be in violation of this policy, the employee shall be disciplined by appropriate measures up to, and including, termination. If after an investigation a school volunteer is found to be in violation of this policy, the volunteer shall be subject to appropriate measures up to, and including, exclusion from school grounds.

Harassment and bullying mean any electronic, written, verbal, or physical act or conduct toward a student which is based on any actual or perceived trait or characteristic of the student and which creates an objectively hostile school environment that meets one or more of the following conditions:

- Places the student in reasonable fear of harm to the student's person or property;
- Has a substantially detrimental effect on the student's physical or mental health;
- Has the effect of substantially interfering with the student's academic performance; or
- Has the effect of substantially interfering with the student's ability to participate in or benefit from the services, activities, or privileges provided by the School.

"Electronic" means any communication involving the transmission of information by wire, radio, optical cable, electromagnetic, or other similar means. "Electronic" includes but is not limited to communication via electronic mail, internet-based communications, pager

service, cell phones, electronic text messaging, or similar technologies.

Harassment and bullying may include, but are not limited to, the following behaviors and circumstances:

- Verbal, nonverbal, physical or written harassment, bullying, hazing, or other victimization that have the purpose or effect of causing injury, discomfort, fear, or suffering to the victim;
- Repeated remarks of a demeaning nature that have the purpose or effect of causing injury, discomfort, fear, or suffering to the victim;
- Implied or explicit threats concerning one's grades, achievements, property, etc. that have the purpose or effect of causing injury, discomfort, fear, or suffering to the victim;
- Demeaning jokes, stories, or activities directed at the student that have the purpose or effect of causing injury, discomfort, fear, or suffering to the victim; and/or
- Unreasonable interference with a student's performance or creation of an intimidating, offensive, or hostile learning environment.

Sexual harassment can include unwelcome sexual advances, requests for sexual favors, or other verbal or physical conduct of a sexual nature. Sexual harassment can occur, among other times, when:

- Submission to the conduct is made either implicitly or explicitly a term or condition of the student's education or benefits;
- Submission to or rejection of the conduct by a school employee is used as the basis for academic decisions affecting that student; or
- The conduct has the purpose or effect of substantially interfering with the student's academic performance by creating an intimidating, hostile, or offensive educational environment.

In situations between students and school officials, faculty, staff, or volunteers who have direct contact with students, bullying and harassment may also include the following behaviors:

- Requiring that a student submit to bullying or harassment by another student, either explicitly or implicitly, as a term or condition of the targeted student's education or participation in school programs or activities; and/or
- Requiring submission to or rejection of such conduct as a basis for decisions affecting the student.

An individual who knowingly files a false harassment complaint and a person who gives false statements in an investigation shall be subject to discipline by appropriate measures, as shall a person who is found to have retaliated against another in violation of this policy. A student found to have retaliated in violation of this policy should be subject to measures up to, and including, suspension and expulsion. A school employee found to have retaliated in violation of this policy should be subject to measures up to, and including termination of employment. A school volunteer found to have retaliated in violation of this policy should be subject to measures up to, and including, exclusion from school grounds.

The School will promptly and reasonably investigate allegations of bullying or harassment. The School Head or Division Director, or designee will be responsible for handling all complaints by students alleging bullying or harassment. The School Head, Administrative Director, or designee will be responsible for handling all complaints by employees alleging bullying or harassment. It is the responsibility of the School Head, in conjunction with the Administrative Director and Division Directors, to develop procedures regarding this policy.

The School is also responsible for organizing training programs for students, school officials, faculty, staff, and volunteers who have direct contact with students. The training will include how to recognize harassment and what to do in case a student is harassed. It will also include proven effective harassment prevention strategies. The School Head will also develop a process for evaluating the effectiveness of the policy in reducing bullying and harassment in the School. The School Head shall report to the School Board on the progress of reducing bullying and harassment in the School.

The School publishes this policy annually by the following means:

- Inclusion in the student handbook
- Inclusion in the employee handbook
- Inclusion on the School's web site

A copy can be requested at the Central Office.

Anti-harassment/bullying investigation Procedures

Individuals who feel that they have been harassed should:

- Communicate to the harasser that the individual expects the behavior to stop, if the individual is comfortable doing so. If the individual wants assistance communicating with the harasser, the individual should ask a teacher, counselor or Division Director to help.

If the harassment does not stop, or the individual does not feel comfortable confronting the harasser, the individual should

- Tell a teacher, counselor or Division Director; and
- Write down, if possible, exactly what happened, keep a copy and give another copy to the teacher, counselor or Division Director including:
 - What, when and where it happened;
 - Who was involved;
 - Exactly what was said or what the harasser did;
 - Witnesses to the harassment;
 - What the student said or did, either at the time or later;
 - How the student felt; and
 - How the harasser responded.

Complaint Procedure

An individual who believes that the individual has been harassed or bullied will notify the Division Director, the designated investigator. The investigator may request that the individual complete the Harassment/Bullying Complaint form and turn over evidence of the harassment,

including, but not limited to, letters, tapes, or pictures. The complainant shall be given a copy of the completed complaint form. Information received during the investigation is kept confidential to the extent possible. The Division Director has the authority to initiate an investigation in the absence of a written complaint.

Investigation Procedure

The investigator will reasonably and promptly commence the investigation upon receipt of the complaint. The investigator will interview the complainant and the alleged harasser. The alleged harasser may file a written statement in response to the complaint. The investigator may also interview witnesses as deemed appropriate.

Upon completion of the investigation, the investigator will make written findings and conclusions as to each allegation of harassment and report the findings and conclusions to the School Head. The investigator will provide a copy of the findings of the investigation to the School Head.

Resolution of Complaint

Following receipt of the investigator's report, the Head of School may investigate further, if deemed necessary, and make a determination of any appropriate additional steps that may include discipline.

Prior to the determination of the appropriate remedial action, the Head of School may, at the Division Director's discretion, interview the complainant and the alleged harasser. The Head of School will file a written report closing the case and documenting any disciplinary action taken or any other action taken in response to the complaint. The complainant, the alleged harasser and the investigator will receive notice as to the conclusion of the investigation. The Head of School will maintain a log of information necessary to comply with the Iowa Department of Education reporting procedures.

Points to remember in the investigation

- Evidence uncovered in the investigation is kept confidential to the extent possible.
- Complaints will be taken seriously and investigated.
- No retaliation will be taken against individuals who participate in good faith in the investigation process.
- Retaliators will be disciplined up to and including suspension and expulsion.

Accessibility of School Programs and Activities to Persons with Disabilities

It is Maharishi School's policy to provide equal opportunity to individuals with disabilities for full participation in all of the School's activities and programs. For purposes of this policy, individuals with disabilities are those who have a physical or mental impairment that substantially limits at least one major life activity.

Each department is asked to review its programs and activities periodically to make sure that they do not discriminate solely on the basis of disability and that they provide for the full participation of individuals with disabilities. This applies to academic programs, research,

occupational training, housing, health insurance, counseling, employment, financial aid, physical education, athletics, recreation, transportation, and all other activities, including field trips. Consultation with persons with disabilities is advised.

Modifications in programs and activities may be made, if feasible, to ensure full participation of disabled persons in the most integrated setting possible. Separate programs only for handicapped people may not be created unless they are necessary to offer equal opportunity.

Asbestos Hazard Emergency Response Act

The Asbestos Hazard Emergency Response Act gives the U.S.E.P.A. authority to make rules regulating asbestos-containing materials in school buildings. Under EPA rule CFR 40 Part 763, Subpart E (7/1/95 edition), each school must inspect each of its buildings and have an approved Asbestos Management Plan written and adopted as policy. The Asbestos Management Plan for Maharishi School (the Lower School building, the Middle/Upper School building and the Fieldhouse) is in the School Administrative Office in the Lower School building. It is available for inspection on regular school days from 10-12 am and 1:30-4:00 pm.

Equal Opportunity Policy

Maharishi School believes that all educational and employment decisions should be based on an individual's performance and qualification and not on irrelevant factors such as personal characteristics or happenstance of birth unrelated to academic or job performance. The School considers irrelevant, factors regarding sex, age, race, religion, color, national or ethnic origin, disability, veteran's status, sexual orientation, or gender identity.

In addition, the School is committed to compliance with all applicable laws regarding nondiscrimination including Title VII of the Civil Rights Act of 1963, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, and the Americans with Disabilities Act of 1990. The application of this policy ensures that every individual at Maharishi School will be treated with equal dignity and that opportunity is equal for all persons.

Anyone who has any concerns or inquiries regarding this policy should feel free to contact: General Counsel's Office, Maharishi International University,, Fairfield, Iowa 52557, (641) 472-1175, bgoldstein@miu.edu, or U.S. Department of Education Office for Civil Rights, Lyndon Baines Johnson Department of Education, Bldg 400 Maryland Avenue, SW Washington, DC 20202-1100, Telephone: 800-421-3481, FAX: 202-453-6012, TDD: 877-521-2172, Email: OCR@ed.gov.

Family Educational Rights and Privacy Act Policy

The Family Educational Rights and Privacy Act of 1974 (FERPA), as amended, is a Federal law which provides that a written institutional policy be established, and a statement of adopted procedures covering the privacy rights of students be made available.

Maharishi School accords parents of its students who are declared dependent, all the rights

and privileges contained under this national law. Maharishi School will not disclose or allow anyone outside the School to have access to students' education records without the prior written consent of the student's parents except in the following cases: to accrediting agencies carrying out their accreditation function, to persons or organizations providing the student financial aid, to officials of other institutions in which students seek to enroll, to persons in compliance with a judicial order, and to persons in an emergency in order to protect the health or safety of students or other persons. All these exceptions are permitted under the Act.

Within Maharishi School, only those persons acting in the student's educational interest are allowed access to student education records. This includes the Office of the Registrar and Admissions, Director of Student Accounts, Academic Director, and academic personnel within the limitations of their need to know.

Maharishi School may in its discretion provide outside persons with Directory Information, in accordance with provisions of the Act, to include: student name, address, telephone number, date and place of birth, dates of attendance, degrees and awards received, the most recent previous educational agency or institution attended by the student, participation in officially recognized activities and sports, and weight and height of members of athletic teams. Students and parents may withhold Directory Information by notifying the Office of the Registrar in writing within two weeks after the first day of class of the fall registration period. The School will honor requests for non-disclosure for a period of only one academic year; therefore, written notification to withhold Directory Information must be filed annually in the Office of the Registrar.

Parents have the right to inspect and review information contained in their children's education records, challenge the contents of those records, have a hearing if the outcome of the challenge is unsatisfactory, and submit explanatory statements for inclusion in their files if the decisions of the hearing panels are unacceptable. The Registrar at Maharishi School has been designated by Maharishi School to coordinate the inspection and review of student education records. This includes academic, admissions, and financial records. Parents wishing to review their children's education records must make written requests to the Registrar listing the specific item or items of interest. Only records covered by the Act will be made available within 45 days of receipt of the request.

Parents may have copies made of their children's records, excluding copies of academic records for which a financial "hold" exists, or a transcript of an original or source document, which exists elsewhere. These copies will be made at the parent's expense. Education records do not include law enforcement records, health records, employment records, alumni records, or records of administrative personnel, educational and instructional personnel that are not accessible or revealed to any individual except a temporary substitute. Health records may, however, be reviewed by physicians of the parent's choosing.

Parents may not inspect or review the following: confidential letters and recommendations associated with admissions, employment or job placement; or honors to which they have waived their rights of inspection and review; or education records containing information

about more than one student, in which case the parent will be permitted access only to that part of the record which pertains to their child.

Parents who believe that their children's records contain inaccurate or misleading information, or that their privacy has been violated, may discuss their problems informally with the Registrar. If the Registrar is in agreement with the parent, the appropriate records will be amended. If not, the students will be notified in writing within a reasonable amount of time that the records will not be amended; and they will be notified by the Office of the Registrar of their right to a formal hearing. Requests for a formal hearing must be made in writing to the Registrar, who within a reasonable amount of time after having received such requests will inform parents of the date, place, and time of the hearings. Parents may present evidence relevant to the issues, and be assisted or represented by the person(s) of their choice, including attorneys, at the expense of the student and parents. The hearing panels, which will adjudicate such challenges, will be the School Head, Division Director, the Academic Director, and the Registrar.

Decisions of the hearing panels will be final, will be based solely on the evidence presented at the hearing, will consist of written statements summarizing the evidence and reasons for the decisions, and will be delivered to all parties concerned. If the decisions are in favor of the student, the appropriate records will be corrected or amended accordingly. If the decisions are unsatisfactory to the parents, they may place with the education records statements of an explanatory, commentary, or disagreeing nature. The statements will be placed in the education records, maintained with, and released whenever the records in question are disclosed.

Complaints concerning the information regarding the Family Educational Rights and Privacy Act may be directed to the Family Educational Rights and Privacy Act Office (FERPA), Department of Education, Room 4074, Switzer Building, Washington, D.C. 20202. Clarifications and revisions will be published as experience with the law and School's policy warrants.

Mandatory Reporting of Child Abuse

All faculty, coaches, and counselors are required to understand and report suspected child abuse. Faculty, coaches, and counselors are required by Maharishi School to take Mandatory Child Abuse Training offered by the Iowa Department of Human Services ("DHS") and to renew their certification periodically as required by law for Mandatory Reporters. Employees are required to make an oral and a written report. According to the Iowa Code, any Mandatory Reporter who makes a report of child abuse or participates in an investigation of child abuse in good faith has immunity from any criminal or civil liability. The safety of all of our students is of primary importance.

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