

The selection committee invites you to nominate a JMH student for a student or athlete of the month award. We encourage staff, coaches, community members and JMH students to nominate a deserving person while considering the following guidelines:

- Academic Performance
 - Including grades, class participation, completion of work, improvements (does not have to be the student with the highest mark).
- Character
 - Respectful, willingness to help others, honest, takes initiative, responsible. How does your nomination make JMH or an extracurricular team/club better?
- Behaviour
 - Obeys rules and expectations in class and within the school, behaviour tracking contains no incidents, attitude towards others, school, and self. The behaviour tracking record will be checked by the selection committee.
- Attendance
 - Regularly attends classes and only misses for excused reasons, arrives on time, leaves class and returns in a timely manner, shows responsibility in catching up on missed work.
- Extracurricular/Community Involvement, Family Commitments or Part-time Job
 - Consider how well the student meets the expectations above even while part of one or more school/community clubs, in balancing a part-time (or full-time) job, or family commitments. Look at the big picture of the student's life.
- Athlete of the Month
 - Attends practices on time, stays late, shows growth, leadership, improvements, high level of skill. Student demonstrates what it is to be a Tommie on and off the field (gym, ice, etc.).
- A student may be nominated more than once per month (and throughout the year) and by multiple people but will only receive one award per school year and one nomination award per month.
- In your nomination remember to focus on the student's past month for the nomination period. It is easy to describe a student's success throughout the year (or previous years) as a reason for nomination but *please focus on efforts, successes and accomplishments within the indicated month.*
 - It may be necessary to speak with other staff members to put forward a complete nomination.
- All nominated students will receive a nomination award that consists of a summary of the written nomination and include the nominator(s). It will be in the form of a 4x6 picture that includes the student ID photo.
- The selection committee is dedicated to being as impartial as possible and decide the winner *based on the information provided on the nomination form.*
- During extracurricular seasons, nominations may only be represented by one committee vote.
- Only one student can be nominated (no pair-nominations; i.e. nominating two players to share one athlete of the month award) as only one photo print will be created.
- Please complete the nomination process by using the online form: [JMH Student & Athlete Online Nomination](#). Use as much detail as possible to explain why your nomination should win the award above all other nominees.
- View previous nominations here: [JMH SOTH Image Gallery](#)
- Thank you for taking the time to nominate a JMH student!