



Bayvale Elementary School

Student and Parent Handbook

2016-2017



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WELCOME

The Bayvale Faculty and Staff welcomes you to the 2016-2017 academic year. We are appreciative of all the intellectual and creative vitality you will bring with you. We are happy to have you with us here at Bayvale!

OUR MISSION

The mission of the Richmond County School System is to educate students to become life long learners and productive citizens.

VISION STATEMENT

Create a World Class school system where 90 percent of students graduate, college, career ready and globally competitive.

OUR CORE BELIEFS

1. Every person has the right to a quality education.

2. Education is the shared responsibility of the individual, home, school, and community.

- 3. Every person can learn.
- 4. Respect and acceptance are essential for learning and personal development.
- 5. A safe, healthy and orderly environment is essential to learning.
- 6. Communication is the key to understanding among people.
- 7. Excellence cannot be compromised.

SCHOOL HOURS

Bayvale Elementary School hours are from 8:15 A.M. until 3:15 P.M. each day. Children should *NOT* arrive earlier than 7:45 A.M. if they are eating breakfast or remain on the campus later than 3:30 p.m. unless they are participating in a supervised activity. <u>SCHOOL DOORS WILL NOT</u> <u>OPEN UNTIL 7:45 A.M. EACH SCHOOL DAY</u>. Adequate supervision is not provided until this time. Students participating in the breakfast program will be permitted indoors at this time. Whenever students are waiting indoors, they are asked to remain in their designated areas, stay out of classrooms, not block doorways, and to remain reasonably quiet. The above procedures are designed for the safety and well-being of your child. Again, we ask that you would please not drop off your child in the early hours of the morning unless discussed with the administrator. If this matter should become a safety issue, a special request will be made in writing to meet for a conference to discuss an alternative means to accommodate you and your child!

DAILY SCHEDULE

Breakfast/Early Students	7:45 a.m. – 8:05 a.m.
Tardy Bell	8:15 a.m.
Academic Instructional Time Starts	8:15 a.m.
Dismissal	3:15 p.m.

STUDENT REGISTRATION FORMS

The student registration form is an important source of information for the school office. It provides the child's address, phone number, school identification number, emergency contact information, as well as other pertinent documentation regarding the background of the child. This information is used throughout the school year by teachers, the principal and other office and health personnel. It is imperative that this form be completed each year for each child in attendance and that it is done in a timely fashion at the beginning of the school year. <u>Please inform the office of any changes in student information throughout the year, most importantly, work and emergency numbers.</u>

RESIDENCY POLICY

Students may attend Bayvale Elementary School if they reside within our boundaries specifically indicated on the zone map. Two proofs of residency are required for registration and one proof of residency is required annually. Residency is defined by the Education Code as the place where the student's sleep-resides a majority of the time. A family may not claim more than one primary residence. Homes of grandparents, homes of other friends or relatives, or property owned in the Bayvale zone may not be used to establish residency. The principal or his/her designee is required to substantiate any resident claim, where there is a doubt of authenticity. Doubt of authenticity arises if: no proof of residency is provided when requested at the beginning of the school year, children are late and/or absent often, mail sent to the home is returned to the office, children report to teachers or to the office staff that have moved.

PROCEDURES FOR STUDENT ENROLLMENT

{Basic Requirements for Student Enrollment}

Copy of birth certificate Copy of social security card Original health card

Copy of records request for transfer students should show enrollment date and parent/guardian signature.

{A registration packet for a student enrolling will contain}

Personal data sheet Copy of Student/Parent Handbook Copy of bus regulations Video Consent Form Health Card Code of Conduct & Discipline Title I School Compact Homework Policy

CHANGE OF ADDRESS OR PHONE NUMBER!!!

In an effort to maintain current and accurate information, you are asked to submit to the office any change of address or telephone number. Often times, we may need to notify you during the instructional day. All parents should have an operable telephone number where they can be reached or a phone number of someone who can be reached in the event of an emergency. Please notify your child's teacher immediately if there is any change. Your support in this most important request will be greatly appreciated!!!

ATTENDANCE POLICY

One of the greatest obstacles facing schools is the high rate of absenteeism. Students who are frequently absent miss important instruction and skills, have fewer social opportunities, and have a higher dropout rate when compared to students who attend school consistently. According to the Georgia State Law and Students Rights and Responsibility Regulations, all students are expected to attend school regularly to benefit from the instructional programs and to develop habits of punctuality, self-discipline, and responsibility. Attending school is not a privilege, it is an obligation! School attendance is the responsibility of the student, parents, guardians, community members, and the school district. When a students is absent from school, it is the duty of the parents or guardians to furnish promptly a written explanation of the student's absence. Research has proven that the most critical factor in a student's education is time-ontask. Dental or doctor appointments, shopping trips, or vacations take away from time-on-task. Both the classroom teacher and front office will monitor our school's attendance throughout the school term. If your child accumulates more than 3 unexcused absences, a letter will be forwarded to the home requesting a conference. A copy of this letter will also be sent to the school social worker for follow-up. In the event that unexcused absences continue to occur or excessive tardies resulting in loss of valuable educational time, a certified letter will be forwarded to the Juvenile Justice System requesting your appearance at a special hearing. Our school social worker works very closely with the courts on attendance law enforcement.

In order for an absence to be medically excused, a doctor's note must be turned in to the main office, immediately following your child's return. If a reoccurring health problem exists, parents must inform the school and provide documentation. This documentation will be shared with the

social worker. To assist parents in monitoring their children's attendance and ongoing tardiness, the principal will contact parents by telephone or letter.

DISMISSAL FROM THE SCHOOL

Our school is dismissed at 3:15 P.M. There are even some half days with a 12:00 P.M. dismissal on early release days built into the schedule. We expect all students to leave the building at dismissal time. We will do our best to let parents know dismissal times through newsletters, reminder notes, the school marquee and P.A. announcements. Please note that the ultimate responsibility for a child rests with the parents.

WALKING TO SCHOOL

Heavy traffic in school areas creates a need for school walkers to carefully observe driver and pedestrian safety rules. Students should walk only on sidewalks, cross streets at corners except where designated, and carefully obey adult crossing guard instructions. Jaywalking is never acceptable under any circumstances.

Please discuss and encourage your children to *NEVER* talk to strangers or enter anyone's home or car.

EXCUSE FROM SCHOOL DURING SCHOOL HOURS

During school hours, no child will be permitted to leave the school prior to dismissal time without a written request signed by the parent or guardian or the parent or guardian coming to the school office to request the release. No student will be released to a person other than a custodial parent(s) or legal guardian(s) or the individuals identified by their legal parent or guardian on the registration card. A government issued picture identification must be shown to check your child out of school. The adult who accepts responsibility for the child will be required to sign the student departure record. Because students are involved in learning until the end of the school day and activity level in the office during the last hour of the day, parents are asked not to sign out children between 2:30 p.m. and 3:15 p.m. Please help us protect your children by following these procedures.

WITHDRAWING FROM SCHOOL

If it should become necessary for a child to withdraw from school, please inform/notify the teacher or the school office as soon as possible. It is a hardship on the teacher and other students in the class if the teacher has to use teaching time to prepare the necessary paperwork for a withdrawing student. *Twenty-four hour notice is necessary for paper work to be completed*.

SCHOOL RECORDS – PARENT RIGHT'S

Under the Family Educational Rights and Privacy Act of 1974 (FERPA), parents (or students who have reached the age of 18) have the right to:

- Inspect all recorded information about their child maintained anywhere and in any form by the school system.
- Challenge information in the records which they consider inappropriate, inaccurate, misleading, or which violates the privacy or other rights of you and your child, and to request amendment or deletion.
- Provide or without written consent prior to disclosure of the records to any individual agency, or organization outside the school system.

ASSIGNMENTS WHEN ABSENT

When your child is absent from school and needs his/her homework assignment, please telephone the school office in the morning. The homeroom teacher will be notified and will make a folder that will include all assignments missed for the day. Assignments can be picked up in the front office at the end of the day or sent home with another child, if requested.

VISITORS AND SCHOOL SECURITY

We are committed to creating a safe and civil environment for students, enabling them to learn, achieve and promote healthy human relations. The faculty and staff at Bayvale are working together to ensure that the safety of all students remains a top priority.

If you are picking up your child during school hours, you are asked to buzz the front office to enter the building. You are furthermore asked to report to the front office at which time a staff member will assist you in the process of connecting with your child and will request that you sign out your child using the computer located in the front office. You may be asked to also show picture identification to maintain student safety.

If you would like to visit your child's class, you will need to secure as visitor's badge prior to leaving the front office. Teachers and staff members are instructed to question any non-employee without a visitor's badge. If you need to give your child a message, medication, homework, lunch money, supplies, etc.., the office staff will take care of this for you. These short class interruptions hamper valuable instruction time.

If you are going to pick up your child after school, please wait near the main entrance. Students may only be released to their legal parent or guardian or the individuals identified by their legal parent or guardian on their registration sheet. In addition, parents or guardians should <u>send a</u> <u>written note to school</u> when there has been a change in the normal transportation plans. You are asked to <u>include a phone number</u> so that our staff will be able to contact you to verify the authenticity of the parent's request. Under no circumstances will a child be released without authorization of the parent or guardian! This policy is necessary to protect the safety and welfare of your children. We appreciate your cooperation in this matter.

HEALTH REQUIREMENTS

Immunizations: *"No shots, No School."* All students entering for the first time are required to have proof of immunization against diphtheria, tetanus, polio, mumps, measles, and rubella. According to board policy, if the appropriate documents are not readily accessible, parents and or guardians will be afforded an opportunity to provide these documents within a 30 day window.

MEDICINES-MEDICATION POLICY

The Richmond County Board of Education has a written policy for the administration of medications in school. Due to the large amount of medication given in school, we request that medication be given at home, if possible. If your child will need medication during the school day, please help us by complying with the following guidelines provided below.

SHORT/LONG TERM OR DAILY MEDICATIONS

A school clinic is a service provided for children by a highly qualified clinic worker. First aid is provided to children who suffer injuries at school. The clinic keeps no medication on hand to give to students. Cuts and scrapes will be cleaned and bandages applied as needed. Anything requiring further care will be referred to the parent. This includes removal of splinters and teeth. Parents will be called and students sent home if they are too sick to remain at school. A child having a temperature of 100 degrees or more will need to be picked up from school. Should an emergency situation arise in which you child needs immediate medical attention and we are unable to contact anyone, we will call "911", and your child will be taken to the emergency room. Medications can only be given with a completed medication form on file. This includes over-the-counter medication or a doctor's prescription. Medication forma are available in the clinic. Students are not permitted to carry medication of any kind to or from school. Parents must transport all medication to school. Medicine is not to be kept by a student. All medicine will be administered in the clinic. The teacher will not be held responsible for medication.

ILLNESS OR INURY

Instruct your child to report to the teacher any injuries that occur at school or on the way to and from school. If your child is injured at school, we will clean and apply a bandage. If the injury is major or there is any doubt in our minds, we will call the parent, guardian or other designated person for consultation.

If your child is subject to occasional, unpredictable spells as asthma attacks, seizures or fainting for which a doctor prescribed medicine, we recommend that you leave such medication with the name of the child and the prescribed dosage with the school nurse where it will be available for emergency use.

If you, the parent, feel that your child is suffering from a temporary disability, but could attend school except for the physical exertion required for P.E. and /or recess, please send a note to the teacher requesting that your child be temporarily excused from such activity. Under those circumstances, the child will be required to attend P.E. class; however, will not be required to participate in any physical activity. If it's determined by a physician

that your child has a temporary condition that requires he/she not be allowed to participate in all or some aspect of physical education, a note from the physician outlining the condition and the duration of restrictive participation should be forwarded to the school.

OFFICE TELEPHONES

The office telephones are to be used for official school business only. Students may not use the office telephone except in case of an emergency. Forgotten books, homework, musical instruments, lunches, field trip permission slips, etc. are not considered emergencies!!!

SEVERE WEATHER!!!

When severe weather creates hazardous conditions, the regular school schedule may be postponed to ensure student's safety. It is the parent's/guardian's responsibility to monitor new reports via television and radio stations. Announcements are normally broadcasted between 6:00 A.M. and 6:15 A.M. You may also listen to the TV for information concerning the closing of school or visit the RCSS homepage at https://www.rcboe.org.

TEXTBOOKS

Textbooks are furnished to your child by the school system on a loan basis and should be treated as borrowed property. Students are expected to take good care of their textbooks throughout the school term. Book covers are preferable and strongly encouraged. In the event that textbooks are lost or damaged, a textbook deficiency form will be forwarded home informing you of this matter. Your support regarding this issue will be greatly appreciated.

HOMEWORK POLICY

Homework is an important aspect of a student's educational experience. Although the amount of homework may increase as a student progresses through the grades, it is recognized that homework must accommodate the needs of students with various learning abilities.

Homework is educationally meaningful when it is assigned to meet the following objectives:

- reinforce school learning by providing practice drill and application activities,
- encourage the student to think and search for new ideas,
- assist the student to develop self-direction, self-reliance, a sense of responsibility and the ability to make decisions, and
- broaden the student's experiences for increased participation.

COMPLAINT POLICY

As we all support our students in achieving their potential, questions and concerns sometimes arise. It has been our experience that when we work collaboratively with parents in a very student-centered approach, to ensure that issues are resolved quickly. It is always our intent to resolve concerns at the lowest possible level. If a parent has a classroom concern, it is important to try to resolve the concern with the classroom teacher. If the concern is not resolved, please contact the principal and she will set up a meeting between the parties involved in an effort to resolve the issue. All school wide concerns should come directly to the principal, who will meet with parent (s), e-mail, or call to address the issue. Please call the front office when concerns exist so that the secretary may schedule an appointment during the principals' daily office hours. Please always indicate how urgent the issue is, so that we can schedule you accordingly.

THE MEDIA CENTER

Bayvale Elementary is extremely proud to have a media center filled with a wonderful collection of fiction, nonfiction and reference materials. The media specialist and media assistant are always enthusiastic and willing to assist in any way they can. Various innovative activities are offered throughout the year to stimulate and engage our students (i.e. book fairs, book clubs, story time, literary class sessions for the students and our wide collection of AR books). We are very proud of our media center. It is considered by many as the nucleus of our school. We strongly encourage you to visit on any day of the week!

THE PARENT RESOURCE ROOM

Bayvale Elementary is very proud of our Parent Center. This very special room was established with you in mind. It is filled with our monthly calendars, parent brochures, enjoyable reading material, computers, informational parenting video tapes, periodicals, comfortable living room furniture to relax, and much, much, more. Feel free to visit to during the instructional day.

REPORT CARD DISTRIBUTION

Report cards are distributed every nine weeks. This is a means of informing parents/guardians how well their child is performing in school in each subject area. Parents are strongly encouraged to review and sign the report card jacket each nine weeks. You are further advised to discuss any concerns regarding any aspect of the instructional program with the teacher. The instructional teams are always willing and eager to share specific tips and strategies that you can use at home.

GRADING-REPORTING TO PARENTS

The Bayvale staff continually checks each student's progress so that instructional activities can be planned that lead to improvement. Progress is reported to parents weekly. Progress reports are also disseminated every nine weeks. Interim progress reports are issued at midpoint of each grading period unless a parent conference is held. Parent-Teacher conferences are scheduled periodically throughout the school year and during early-release days.

We regard parents as partners in education. This reporting system emphasizes the need for a close working relationship between home and school. In addition to the scheduled conferences

under the parental involvement program, you are encouraged to communicate with your child's teachers throughout the school year to discuss the academic progress and or/ deficiencies that your child may be experiencing. School success starts at home where you lay the foundation for your child's desire to learn. Help us to help your child by emphasizing punctuality, creating a study routine, insisting on good school attendance, acknowledging your child's efforts as well as his or her accomplishments can set the stage for your child to love learning.

STUDENT RECOGNITION

Student recognition is a vital part of our climate at Bayvale. Students are recognized throughout the year in a variety of areas, such as attendance, conduct and academic achievement. Awards Assemblies will be held.

LABELING SUPPLIES/LOST AND FOUND

Throughout the school year, we have discovered that children will leave their personal belongings in various areas of the school. Owners may claim their property by identifying it. Parents are requested to label their child's jackets, book bags, lunchboxes, and other items to help us return them to their owners. At the end of each month, an announcement will be made for students to claim these items; however, any items not claimed will be turned over the Salvation Army.

HAVING A SAFE SCHOOL IS OUR PRIORITY

Our school is committed to providing a safe environment for students, staff, and visitors. We work closely with our Richmond County local public safety personnel-police, fire, emergency medical services, emergency management agencies, and public health-to ensure that our school is well prepared for an emergency.

As a parent you, you can feel confident that when you send your children off to school you are sending them to a safe, orderly place. All Richmond County schools are safe because our school communities work hard to ensure it.

- Each year, all school administrators are required to review and make any necessary modifications to their school's Emergency Safety Management Plans;
- We have key staff members with assigned roles and responsibilities to perform during an emergency situations; our school safety team is comprised of appropriate school personnel who meet regularly to review, discuss, and update the plan.
- The school system's emergency response plan is modeled on the National Incident management System (NIMS) that has been developed by the Department of Homeland Security.
- Our school conducts emergency drills throughout the school year so that students and staff are aware of the most effective and safe emergency responses.
- Parents may request to review this manual at any time. The manual is located in the school's media center and front office.

BOMB THREATS

Threats against school property or threats against the safety of staff members and students will not be tolerated. Such threats intimidate and cause anxiety and chaos in the community. Georgia law requires that students in grades six or above be expelled from school for 180 days if found to have communicated a bomb threat. Children below grade six will be disciplined and may be referred to the appropriate civil authorities. It is important to note that the Richmond County Circuit Court Juvenile Division has rules in several cases that restitution be made to school districts for expenses related to the making of bomb threats.

LOCK DOWN DRILLS

Lockdown drills are conducted periodically during the school year to ensure that students and staff are familiar with this important emergency procedure. The school may be placed under lockdown if an emergency situation occurs in the vicinity of the school or endangers a student's safety. During a lockdown, school personnel will take several security measures; all school doors and windows locked, and students and staff must remain in their classrooms or officials. No one is permitted to leave the building nor are visitors allowed to enter.

LUNCH TIME GUIDELINES

We believe the cafeteria should be an inviting place in which all individuals should be able to enjoy their lunch without chaos, loud talking, and unacceptable behaviors. Therefore students must respect and obey the assigned paraprofessional on duty. The following guidelines will be enforced:

- Use good manners. No throwing of food or other objects will be permitted.
- Use proper language and exhibit good manner at all times.
- Return lunch trays to the appropriate area when done.
- Use your inside voices when seated at the table.
- Stand quietly in line while waiting to be served.
- Listen attentively to the paraprofessionals on duty.

Students who are unable to follow the above mentioned rules will be reprimanded and parents notified immediately. We strongly appreciate your support as we attempt to create and maintain a pleasant and relaxed cafeteria atmosphere for everyone.

DRESS AND GROOMING

Students are expected to dress appropriately for school. Students should come to school neatly dressed, clean and well-groomed. Student dress and appearance must not present health or safety problems or case disruption.

Students may not wear shorts, dresses and skirts above mid thigh. The length of shorts can be no shorter than the finger tips when they are worn at the waist and arms are extended at the sides.

Examples of inappropriate school clothing are:

- Form-fitting clothes
- Hats, headwear
- Tank tops, type tops, bare midriffs (no navels showing) halter tops
- Mesh shirts, fishnet gloves or arm coverage
- Cutoffs
- Platform shoes, back-less or toe-less shoes, high heels or chunky heels more than 2 inches high, flip-flops, shoes with no socks, or skate shoes
- Low-slung pants (low riders), pants that extend beyond the shoe soles, pants that have writing on the seat
- Gang-style apparel (such as heavy chains, "colors," etc.)
- Make-up, tattoo decals, colored hair or artificial nails
- Outdoor boots (children must wear shoes during the school day.)
- Clothing displaying foul language, drugs, cigarettes, violence, weapons, alcoholic beverages, or inappropriate language or pictures
- Pants must have a belt and should not be sagging below the waist

PROPER CONDUCT IN SCHOOL

From time to time during the school year, we are confronted by disciplinary problems in the classroom. Fortunately, many of these problems are of minor nature. A student may temporarily forget his/her good manners by speaking out of turn, by playing some practical joke on a classmate, or by causing, some other disturbance. The teacher, acting in the capacity of a combined counselor and disciplinarian, can usually bring the situation under control by a word of warning to the offender and by a careful explanation of expected behavior to the student involved or to the class. However, if a situation requires additional disciplinary action, the principal will intervene, following the procedures necessary to ensure that the student is reprimanded immediately and parent notified!!! All students attending Bayvale are expected to exhibit proper conduct in school at all times and to follow the RCSS code of conduct.

The following guidelines are to be reviewed and discussed with your child regularly.

- Be on time for school every day and use his/her time for study.
- Respect the rights of others.
- Be protective of the school and all property.
- Use self-control so as not to interrupt or interfere with a school's educational and extracurricular activities.
- Demonstrate and maintain respect for adult authority.
- Develop well-mannered habits and attitudes.
- Keep the school a healthful and safe place.
- Exhibit proper lunch time behavior.
- Exhibit proper behavior on the way to and from school.

SCHOOL-WIDE BEHAVIOR AND EXPECTATIONS

Conduct which supports the educational process is encouraged and supported. Any action, conduct or attitude, whatsoever, which is disruptive of discipline, or which tends to impede the orderly conduct of school routine or the learning process, or adversely affects the safety, health and welfare of other students, shall be considered grounds for disciplinary action.

Every student's right to a public education carries with it a responsibility to know and observe school rules. These rules help keep non-educational distractions to a minimum each school day. They also help a student prepare for adult responsibilities and discipline.

Attention can be devoted to teaching and learning when the school has a safe and orderly environment. This means that the school has procedures and rules that are communicated clearly to parents and students. In a safe and orderly school, students are in control of their own behavior. Both the student and school staff play a role in learning proper behavior and control.

Student conduct and control extend beyond classroom behavior and includes respect for adult authority, respect for the common good, and respect for school rules and the law. The Board of Education supports the vast majority of parents who want discipline exercised in classroom when necessary. Therefore, all staff members have been instructed to protect the rights of students who wish to focus on teaching and learning activities each day.

COUNSELING SERVICES

Our school has a guidance counselor who is eager to provide quality services at all times. They are assigned to schools to successfully implement a comprehensive and developmental school counseling program on the identified needs of all students in three areas; academic, career and personal/social. Our counselor has been trained to offer a variety of services for students, teachers and parents.

Our counselor furthermore acts as an advocate for all students, meeting with them individually, in small groups and in classroom settings. Small group counseling generally will discuss such issues as: self-esteem, conflict resolution, peer support, tutoring and mediation, trauma and loss, and friendship, etc.

Classroom Guidance sessions is considered a major part of our elementary counseling program. Our school counselor presents information on many topics such as: problem solving, making appropriate decisions, adapting to change, accepting responsibility, respect for self and others.

Our school counselor also is available to assist parents by providing information to assist their child in academic and social development, interpreting test results; and conducting individual/group counseling sessions on areas of concern

The overall foundation of our counseling program is to provide support services that will aid our students in mastering developmental tasks by promoting positive, personal, and developmental growth.

'<u>A Few Positive Parenting Tips</u>'

• Talk with your child every day about school-day experiences, successes, and worries.

- Review the school handbook together and all notices that your child brings home, as well as any that are posted to the school's web-site.
- Attend parent-teacher conferences when they are offered, as well as open houses school events, programs for parents, ad school board meetings
- Consult your child's teacher or school staff whenever you have concerns, whether by phone or at meetings you schedule.
- Stay aware of your child's academic progress.
- Join the school's parent-teacher association (PTA) and participate in its activities.
- Volunteer! We always appreciate the extra help!
- Urge your child to take pride in efforts as well as achievements.
- Praise your child often and with sincerity. Sincere praise is one of the most precious gifts you can give your child because it helps build self-esteem.
- Make your home a learning and loving place. Fill it with books, quality videos, hobbies, and music.
- Teach by example... exhibit the traits you want your child to develop. Do this every day, everywhere, and in every way.
- Talk to your child often, and listen attentively.
- Show sensitivity to your child's feelings and uniqueness.
- Teach your child to treat others the way he or she wants to be treated.
- Help your child develop a positive attitude towards life.
- Encourage your child to think choices through in order to make wise decisions.
- Correct inappropriate behavior with discipline that's firm but fair and loving.
- Use mistakes as opportunities to teach your child that sometimes the best lessons come from mistakes.
- Stimulate your child's creativity, curiosity, and imagination.
- Give lots of hugs, kisses, and smiles.
- Urge your child to seek out friends who are supportive and optimistic.
- Your child's friends have a great impact on how your child thinks and how your child sees the world.
- Help your child appreciate life's simple pleasures. Share laughs as often as possible.
- Emphasize the importance of a healthful diet, as well as adequate exercise and rest.
- Make sure your child knows you are always available to talk.
- Encourage your child to see obstacles as challenges to be met, rather than barriers that signal "stop."

VOLUNTEERS WANTED, NEEDED, APPRECIATED!

Whatever your schedule, there are many ways to volunteer that will benefit your child, the teachers, and the whole school community. If you should find something that you may be of interest, please let us know. Your time and energies will be most appreciated!!!