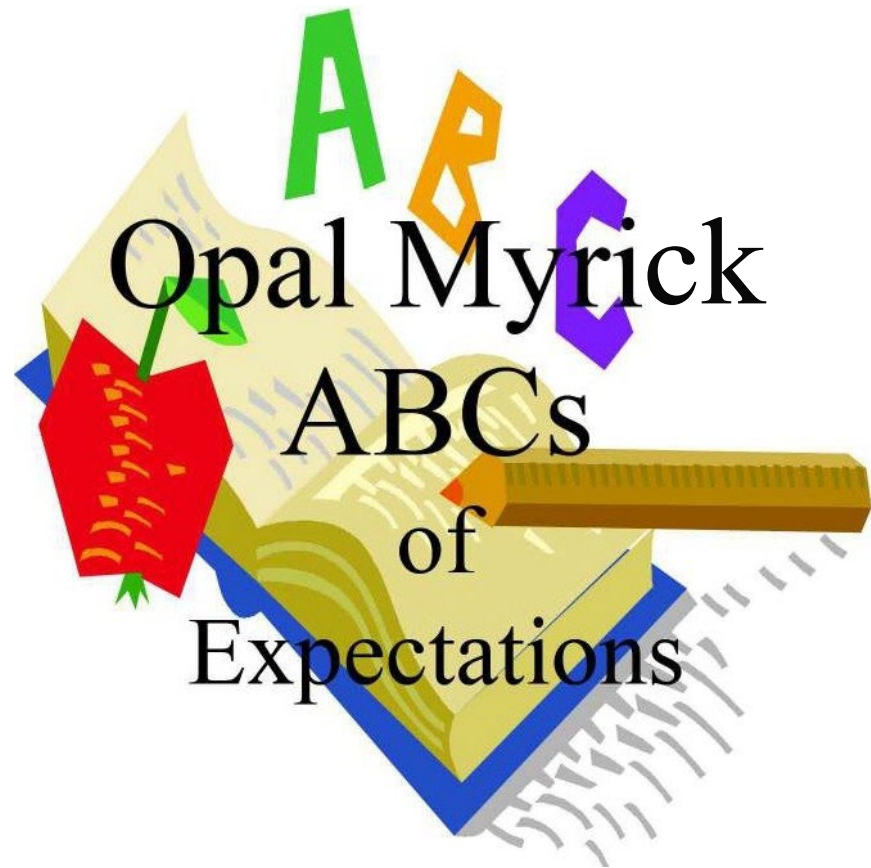




Thank you for your continued support for your child and our school. We hope you find this booklet informational and helpful. If you have any questions regarding our expectations, please call us at 746-3511.



**If you want children  
to keep their feet on  
the ground, put some  
responsibility on  
their shoulders.-  
Abigail Van Buren**

Opal Myrick "ABCs of Expectations"  
was created by the teachers as a guide for  
students and parents to assist in  
assuring success during their school years  
at Opal Myrick Elementary School.

## **A**

**Attendance** -A successful school experience is the responsibility of the child, the parent and the school staff. Your child's progress, both academically and socially, is influenced to a great extent by attending school daily.

**Arrival/Dismissal**-No student should be at the school before 7:30. School begins at 7:45 and dismissal is 2:00. If there is a change in your child's dismissal routine, please notify the office no later than 1:30, if possible.

## **B**

**Backpack**-Backpacks need to be big enough to hold home/school folders, library books, sneakers, etc.



**Breakfast**-Breakfast is served from 7:30 to 7:45. Breakfast is currently free for all students.

**Bathrooms**-Opal Myrick students have designated bathrooms.

## **C**

**Communication**-Communication is KEY. In order for your child to succeed in school, home/school communication is crucial. If you have any questions or concerns, please be respectful and address your child's teacher. Social media (Facebook, TikTok, Instagram, Snapchat, etc.) is not the place to air concerns. Staff are available by email, phone, and appointment.

**Conferences**-These are scheduled after the first trimester. We look forward to seeing you at these times to discuss your child's progress and to hear any concerns you may have.

## D

**Discipline**-Our classroom is a small community in which teamwork and respectful relationships are expected. We will spend time learning class procedures and practicing them. Each student is expected to act within our standards of behavior. To establish good order and help the children learn self-control, they will be guided to respect themselves and their companions through specific directions, positive reinforcement, suggested new activities, and responsible actions. Your child's teacher will inform you of their discipline system. Thank you for your support.

## E

**Emergency Cards**-This is the only way we can contact you in case of an emergency. Please complete and return them promptly at the beginning of the year. If **there are any changes such as your home, work, or cell number/address, contact the Main Office and teacher immediately.** For your child's safety, it is imperative to be able to reach you at all times.

**Extra-Curricular Activities**-If your child is staying for after-school activities, a note must be sent to your child's teacher.

**Early Release Day**-Dismissal time is 10:30 A.M. and bag lunches are available for those who sign up.

**Emergency Automated Calls**-Be sure your telephone number is updated for the office. You may be alerted about cancellations, storm days, meetings, etc.

**Email**-Email is a good tool to communicate with your child's teacher. However, be aware teachers may not be able to check their email until after students have left for the day.

## F

**Fundraising**-Ongoing fundraisers continue to happen throughout the year. You are helping provide field trips and other educational opportunities for our students. Thank you to all to all the parents and community members who help with this.



## G

**Guidance**-A guidance counselor is available if needed. Contact the school if you have concerns and think your child may need support.

## H

### **Homework/Home School Folder-**

Homework will be found in your child's home/school folder. Completing and returning homework provides your child with the extra practice they need to be successful. It also helps to build a sense of responsibility and prepares him or her for the homework they will have in later years. Parents are expected to check their child's homework and help if needed.

**Health**-A healthy child is a child ready to learn. A good night's rest, proper nutrition, and healthy snacks prepare your child for a good day of learning.

## I

**Illness-**The question of when to keep your child home from school is often a difficult one, especially when decisions must be made first thing in the morning. It is important, however, to keep your child home if he or she is ill. Staying home will help them recover more quickly. This helps to make them more comfortable and prevents others from becoming ill. Children function more effectively in the classroom when they are healthy.

**Independence-** Independence is a goal for all students because it builds self-esteem and self-confidence. Children are very capable of doing many things on their own, and we encourage them to do as much as they can for themselves in the classroom. Please work on the following self-help skills at home with your child: buttoning, zipping, tying, dressing, etc. Other independent skills we encourage are packing backpack, entering the building, and remembering to complete homework.

## J

**Junk Food-**Keep in mind the snack you pack for your child may make it difficult for him/her to stay focused and learn.

## K

**Kindness-**Students in our classroom are encouraged and expected to treat all members of our class as well as others with kindness and respect. Bothering others, bullying, and disrupting learning will not be permitted.



## L

**Lunch-**Due to the fact that there is limited time to eat lunch, students are encouraged to "talk a little" and to "eat a lot".

**Lunch-**Lunch is currently served to all students at no cost. Peanut Butter and Jelly sandwiches are an alternate option each day. Lunch menus are published monthly.

**Literacy-**Literacy time is very important. Prompt arrival ensures your child does not miss this important subject.

## M

**Math-**For your child to be successful in math, extra practice at home is essential (math facts, skip counting, recognition and counting of money, time).

**Medication-**Students must have written permission from home to have medication administered at school. All medication needs to be delivered to the school office/nurse by a parent or guardian. Medication must not be brought in by the student.

**Media release-**From time to time, we have the media come to school. Notify the office if you would prefer that your child not be photo-graphed or quoted.

## N

**Nurse**-If your child visits the nurse during the day, she may follow-up with a call home.

## O

**Organization**- For home/school communication we will be using folders. The **LEFT** pocket is for papers that need to be returned back to school the next day. The **RIGHT** pocket is for things that should be left at home.

## P

**Partners in Education-Education** is truly a partnership. Your child's success is dependent on parents, teachers, and students working together. **Report Cards**-You will receive a formal report card each trimester.

**Personal Possessions**-We discourage children from bringing personal possessions to school, (ie. toys, electronic devices, etc.) These items become distractions and can be lost/broken easily. Label your child's clothing, lunch box, backpacks, etc.

## Q

**Question and Unpack**-That's what you need to do as soon as your child gets home. Ask what he or she did today, and don't accept "nothing" as an answer. Help your child unpack his or her homework.

## R

**Reading**-Reading each night is encouraged by every teacher. Ensure that your child keeps up with their reading log. Reading adds to their vocabulary. Reading now will help them immensely in their future education.

**Recess**-All children are expected to participate at recess daily. They must be dressed appropriately for the weather. If they are well enough to be in school, they are well enough to be playing outside. This is our protocol unless there is an extenuating circumstance such as surgery, broken limb, etc.

## S

**Specials**-A schedule of special classes will be provided by your child's teacher. Be prepared for the requirement of each special activity (i.e. sneakers, recorder, library book, etc.).

**School Safety**-Doors of the school will be locked during the school day and everyone is expected to enter at the main entrance.

**Supplies**-Sometimes students are asked to bring their own school supplies. At the start of the school year, a list will be provided. Throughout the year these supplies may need to be replaced, or extra supplies may be requested.





## **T**

**Tardiness**-Learning begins the moment the student enters the classroom. Late arrival disrupts the entire flow of their school day.

## **U**

**Understanding**-We understand communication is important; sometimes there are miscommunications. If you have any concerns at all, please contact us.

## **V**

**Vacation**-If your family finds it necessary to take a vacation other than school vacations, supply written notification to the principal in a timely manner. This will allow the teacher to properly prepare for your child's absence.

## **W**

**Website**-Check out our website: [eastmillinocketschools.org](http://eastmillinocketschools.org) and our Facebookpage: [East Millinocket Schools](https://www.facebook.com/East-Millinocket-Schools).

## **X**

**X-pectations**-The Opal Myrick ABC's are our schools expectations. This is what we feel will help to make your child's school year successful.

## **Y**

**Yearly Calendar**-Yearly calendars are always available in the office.

## **Z**

**Zzzzz...**Plenty of rest is needed for your child to reach his/her full potential.

