

Parent/Student Handbook 2019-2020



Mt. Vernon Elementary School

1507 North Road
Mt. Vernon, Maine 04355

REGIONAL SCHOOL UNIT #38

"A Caring School Community Dedicated to Excellence"

Dear Parents,

We are pleased to welcome your child to another year of education at the Mt. Vernon Elementary School.

It is important for parents and the school to have an open avenue of communication so we can all work together to benefit our students. Through this handbook, we hope that you will be better informed about both the staff and the programs offered to your children.

We invite you to visit school often during the year to view firsthand the outstanding educational opportunities provided to the students of Mt. Vernon. In addition, please feel free to call at any time. Our phone number is 293-2261. For your information, the office is open from 7:15-3:15 and classes are in session from 7:55-2:30. The following is a roster of current staff.

Sincerely,
Janet Delmar, Principal

Central Office Staff

| | | | |
|----------------------------|----------------------|----------|------------|
| Superintendent | Jay Charette | 685-3400 | (ext 2) |
| Special Education Director | Ryan Meserve | 685-3400 | (ext 6) |
| Finance Manager | Brigette Williams | 685-3336 | (ext 5) |
| Curriculum Coordinator | Nancy Harriman. | 685-3336 | (ext 0) |
| Technology Director | Diane MacGregor | 622-2949 | (ext 318) |
| Transportation Director | Shawn Drinkwater | 685-3621 | |
| Admin. Assist. | Blendine Butterfield | 685-3621 | (ext 1) |
| Food Service Director | Jeff Bridges | 685-4923 | (ext 1085) |

School Committee Members

Cathy Jacobs
Melissa Tobin
Alexander Wright

Mt. Vernon Staff Members

| | | |
|--------------------------------------|-------------------|------|
| Principal | Janet Delmar | 1702 |
| School Secretary | Sarah Plante | 1701 |
| Pre-Kindergarten | Katie Reed | 1707 |
| Kindergarten | Colleen Walsh | 1718 |
| Grade 1 | Michelle Hood | 1711 |
| Grade 2 | Elaine Swimm | 1721 |
| Grade 3 | Carolyn Watkins | 1719 |
| Grade 3/4 | Stephanie Connors | 1710 |
| Grade 5 | Amber Davis | 1713 |
| Grade 5 | Leslie Boyce | 1712 |
| Literacy Specialist | Rachael Boucher | 1722 |
| Math Interventionist | Deb Hatt | 1705 |
| Guidance Counselor | Tara Wicks | 1714 |
| Special Education Teacher | Cathy Hanscom | 1717 |
| Music | Amanda Shively | 1720 |
| Physical Education | Nancy Martin | 1716 |
| Art | Nicole Blake | 1720 |
| Gifted and Talented | Victoria Scott | |
| School Nurse | Erin Foth | 1714 |
| Custodian | Craig Dunn | 1709 |
| Kitchen Staff | Janet Ladd | 1715 |
| Computer Lab Educational Technician. | Linda Gatti-Fyler | |
| Special Educational Technician | Bonnie Linder | |
| Special Educational Technician | Carey Bor | |
| Special Educational Technician | Sue Chretien | |
| Educational Technician | Diane Hopkins | |
| Educational Technician | Pat LeVeen | |
| Educational Technician | Melanie Hall | |
| Educational Technician | Kelly Rose | |
| Librarian | TBA | |
| Librarian Educational Technician | TBA | |
| Educational Technician/Title 1 | Jill Worster | |
| Speech Pathologist | Jen Black | |
| Occupational Therapy | Julie McFarlane | |
| Physical Therapy | Darcy Sekerak | |
| School Psychological | Susan Holinger | |

Reservation Clause

Mt. Vernon Elementary School's administration reserves the right to change the terms of the handbook at any time, without notice.

NCLB Compliance:

Under NCLB (No Child Left Behind) law, every parent who has a student at Mt. Vernon Elementary School has a right to request the qualifications of their child's teacher(s). Requests should be directed to the school principal.

Handbook Purpose

The purpose of this handbook is to inform the entire school community about programs, procedures and policies that we support and adhere too. This handbook should serve as your guide throughout the school year.

The RSU #38 Board, made up of members from all four towns meets monthly to discuss issues related to our schools. All meetings are posted in advance. If you would like to place an item on the agenda, the Superintendent's Office needs to be notified 10 days in advance of the meeting date. All are welcome to attend.

The following section includes information about several important policies and procedures in place in our RSU 38 elementary schools.

Affirmation of Positive Discipline

The RSU 38 School Committee recognizes and supports the measures taken by staff and administration to resolve disciplinary issues in a positive and productive manner. There has been a concerted effort to address affirmatively all matters that affect the safety and general well-being of our students.

We are continually working to create an environment that honors respect, responsibility and high academic achievement. Our high expectations for excellence and good citizenship are reflected in our Belief and Vision Statements. To that end, the School Committee is committed to doing its part to provide our students with a school that encourages intellectual and social growth and prohibits acts of disrespect and intolerance.

Who To See About What!

At Mt. Vernon Elementary School The Principal is responsible for the day-to-day operation of the School. The Superintendent of Schools is responsible for the day-to-day operation of the District. The School Committee is the policy-making body.

In order to address questions regarding any situation in an organization, it is best to address the person who had direct supervision over the activity. If the issue is not resolved at that level, it may be appropriate to go to the second level. Often times, the person at the second level will consult or involve the primary person in the resolution of the question or concern.

Buses:

- 1st Driver
- 2nd Transportation Director
- 3rd Principal

Classroom:

- 1st Classroom teacher
- 2nd Principal

Other school concerns:

- 1st Person in charge of the duty for the activity or event
- 2nd Principal

Special Services:

- 1st Classroom teacher
- 2nd Case Manager
- 3rd Principal
- 4th Special Education

Director Health Related Issues:

- 1st School Nurse
- 2nd Principal

Facility/Building use Requests:

School Secretary (Please note RSU #38 Facilities Use Policy KF/KF Attachments must be completed and approved prior to use. Proof of insurance is required and fees may apply).

Attendance

Students are expected to be in school every day unless they have an illness that requires them to stay at home or have an important family commitment that is unavoidable during school time. By the same token, children who are ill **should not** be sent to school. If a student becomes ill during the school day, we will call you and ask you to make arrangements to pick up your child. As you know, many illnesses affecting children are contagious and we ask for you to consider this when making the determination whether or not to send your children to school.

Elementary school administrators are now required to enter habitual truancy data into the State of Maine Database. A student who is at least 7 years of age is truant if they have the equivalent of 7 full days of unexcused absences or 5 consecutive school days of unexcused absences during a school year. Additionally, frequent absences do affect the progress of your child's educational program. We ask you to make every attempt to maintain consistent attendance of your children. As students get older, it is expected that they will make up the work missed. If you call prior to **11:00 a.m.**, we can make arrangements to have ready the

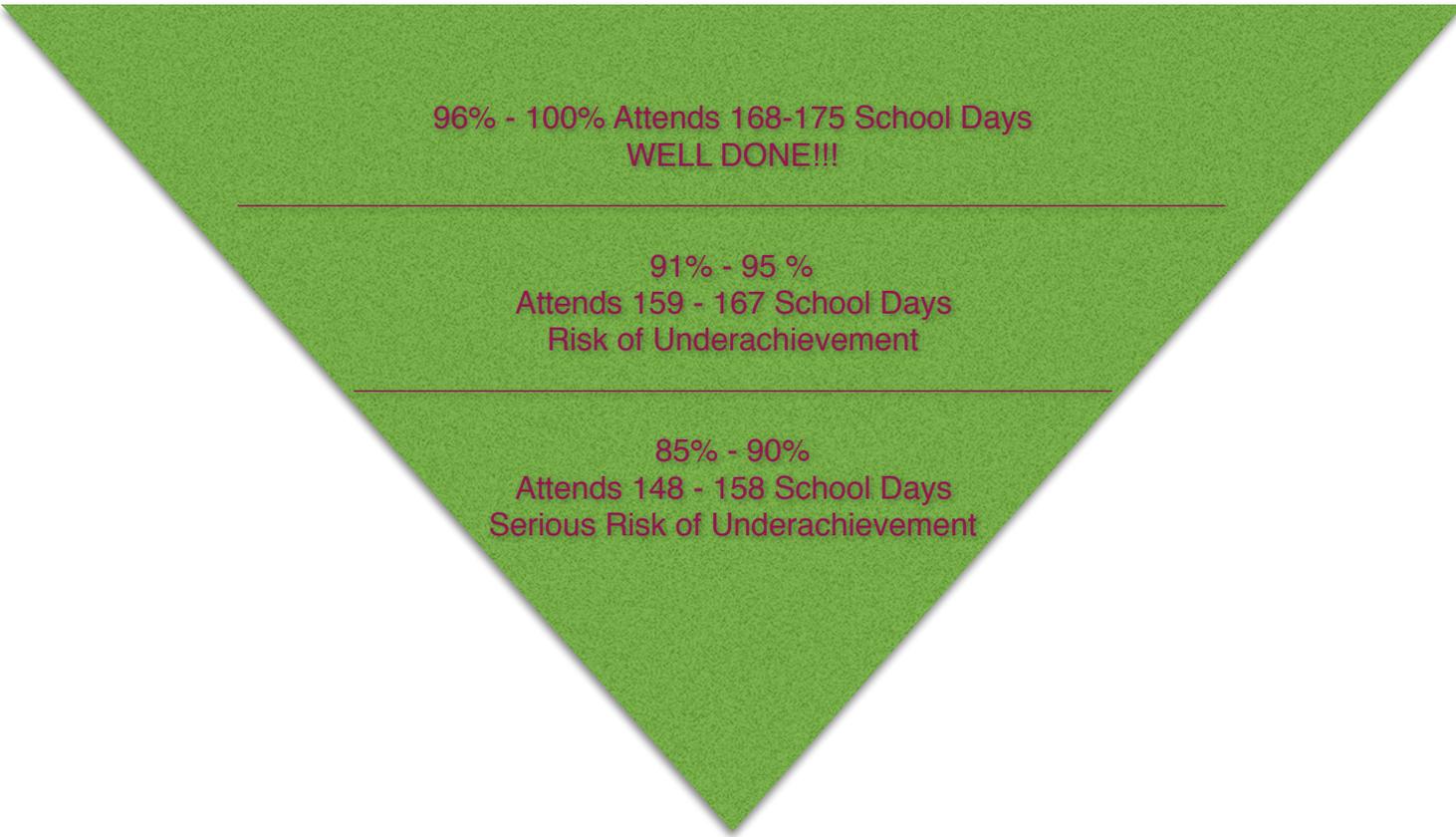
homework assignments from your child's teacher(s). You can either pick it up at the close of school or have it sent home with another child.

In all cases, please call the office prior to 8:30 a.m. to let us know if your child will be absent from school. By doing so, we can all be assured that each student is exactly where he/she is supposed to be. If we do not hear from you before 8:50 a.m. , you will receive an automated phone call requesting verification of your child's absence. **Please note that the morning bell rings at 7:55 and that begins our instructional day.** We would appreciate it if students can be here by that time so lessons are not interrupted by late arrivals.

ATTENDANCE COUNTS

Important facts from www.attendanceworks.org

- ❖ Starting in kindergarten, too many absences can cause children to fall behind in school.
- ❖ Missing 10% (or about 18 days) can make it harder to learn to read.
- ❖ Students can still fall behind in they miss just a day or two days in every few weeks.
- ❖ Being late to school may lead to poor attendance.
- ❖ Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.
- ❖ Attending school regularly helps children feel better about school and themselves. Start building this habit.



96% - 100% Attends 168-175 School Days
WELL DONE!!!

91% - 95 %
Attends 159 - 167 School Days
Risk of Underachievement

85% - 90%
Attends 148 - 158 School Days
Serious Risk of Underachievement

IT'S THE LAW

"Persons 7 years of age or older and under 17 years shall attend a public day school during the time it is in regular session"

(<http://www.mainelegislature.org/legis/statutes/20-a/title20sec5001-asec5--1.html>)

TRUANCY - UNEXCUSED ABSENCES

According to State Law, if a student is at least 7 years old and has not finished 6th grade, (s)he is habitually truant if (s)he misses 5 school days in a row or 7 school days in one school year. If a student has finished 6th grade and is not 7 years old, (s)he is habitually truant after missing 7 school days in a row or 10 school days in one school year.

WHAT HAPPENS IF A STUDENT IS TRUANT?

When a student is truant, the administration will request a conference to discuss the student's unexcused absences. If this conference does not work or if the parent/guardian does not attend, the school will develop and implement interventions that will best address the student's truancy. These interventions may include:

- Frequent communication between teacher and family
- Changes in the learning environment
- Student counseling
- Evaluation for alternative educational program
- Attendance contracts
- Referral to other agencies for family services

If the student is still truant, the school will attempt to arrange a second meeting. This meeting will review the plan and a new plan may be written. If a student is still truant, the superintendent or designee will serve the parent/guardian with a written notice. The letter will say that:

- The student is required to attend school,
- Parent/guardian has the right to review their child's attendance record,
- Failure to get a student to school may be a civil violation,
- Local law enforcement or Maine DHHS can be contacted, and
- A plan was developed including the specifics of the plan and the steps that have been implemented to improve a student's attendance.

ATTENDANCE ELIGIBILITY:

- A. Students must be in the school by 9:00 a.m. to be eligible to participate in an after school event (i.e., school concerts).
- B. Students must be present on the days in which after school events are taking place. A student who is unable to attend school and classes on the day of an after school event will not be eligible to participate in that activity on that day unless permission is granted by the school administration in advance.
- C. Students who leave school early due to illness will not be eligible to participate in an after school event on that same day.

Bomb Threats

The RSU 38 School Committee recognizes that bomb threats are a significant concern to our school. Whether real and carried out or intended as a prank or for some other purpose, a bomb threat represents a potential danger to the safety and welfare of students and staff and to the integrity of school property. Bomb threats disrupt the instructional program and learning environment and also place significant demands on school financial resources and public safety services. These occur even when such threats prove to be false.

Any bomb threat will be regarded as an extremely serious matter and treated accordingly. The RSU 38 School Committee directs the Superintendent to react promptly and appropriately to information concerning bomb threats and to initiate or recommend suitable disciplinary action.

Calls to Students

Students will not be called from class to accept phone calls except in an emergency. However, parents may call the school to leave a message that we will gladly get to the student. Students are expected to take care of planning after school activities at home before arriving at school.

Deliveries to Students

Flowers...Balloons: It's a nice thought but it can disrupt class time and also may cause an issue with transportation home after school. We ask parents to refrain from having flowers, stuffed animals, candy and/or balloons delivered to students during school hours.

Distributing Invitations at School

In order to prevent hurt feelings, invitations to home parties should not be distributed at school.

Dress Code

1. Students should be dressed for the weather. All students are expected to go outside during recess time, weather permitting. Only medical excuses with a medical note will be accepted.
2. Students should maintain an appearance that is appropriate to the setting, one that promotes a positive and healthy school experience. We do not allow clothes which have inappropriate slogans or those that advertise tobacco or drug products. Shorts should come to the end of the child's fingertips when the hand is held straight down at the child's sides. Tank tops need shoulder straps at least one inch wide.
3. Students should not wear clothing or accessories that will cause injury to themselves, other students or damage school property.
4. For safety purposes, we prefer that students not wear open-toed shoes or sandals to school. They are not allowed on the playground, or in physical education classes.
5. Students who wear boots should bring shoes to wear while in the building. Wearing heavy boots all day is a poor health practice.
6. Please put your child's name in all outer clothing, backpacks, lunch boxes and boots.

MT. VERNON ELEMENTARY SCHOOL DRESS CODE REMINDER

(this dress code is followed at MCMS and MCHS as well)

Students and staff at Mt. Vernon Elementary School are expected to dress in a manner that does not detract from the learning environment. Unacceptable dress includes, but is not limited to:

- * clothing/accessories that exhibit inappropriate language/messages about tobacco /chemical substances, hate messages or sexual innuendo;
- * clothing that reveals any private anatomy;
- * clothing/accessories that have any sharp objects;
- * shorts/dresses/skirts that are shorter than mid thigh length
(to test proper length, stand with arms reaching down, fingertips should reach hem of shorts/dresses/skirts);
- * wearing spaghetti straps or any straps that are less than 1.5 inches wide;
- * undergarments that are showing;
- * not wearing footwear, students must wear foot wear at all times.
- * violating the "B" rule (the "B" rule includes, but is not limited to: no showing breasts, butts, bottoms, bellies, backs, boxers, bras, etc.)

If any article of clothing offends someone, the student will be asked to change. The student may be asked to turn an inappropriate article of clothing inside out. The student may be asked to call home for a change of clothing. Repeated offenses will result in a parent notification of a discipline meeting with the Principal.

CAN I GO OUTSIDE?

| Temp. (F) | Can I Go Outside? | What do I wear? |
|-----------|-------------------|---|
| 105 | NO | <u>Outside is NOT available</u> |
| 100 | | |
| 95 | | |
| 90 | YES | <div style="display: flex; justify-content: space-around; align-items: center;">     </div> <p>Unless raining, students may go outside with proper clothes on.</p> |
| 85 | | |
| 80 | | |
| 75 | | |
| 70 | | |
| 65 | | |
| 60 | | |
| 55 | | |
| 50 | YES | <div style="display: flex; justify-content: space-around; align-items: center;">   </div> |
| 45 | | |
| 40 | | |
| 35 | | |
| 30 | YES | <div style="display: flex; justify-content: space-around; align-items: center;">      </div> <p>Check wind temps. Unless raining, students may go outside with proper clothing.</p> |
| 25 | | |
| 20 | | |
| 15 | | |
| 10 | NO | <u>Outside is NOT available</u> Students do not go outside when the “feels like” temperature is 10 degrees or below. |
| 5 | | |
| 0 | | |
| -5 | | |
| -10 | | |

Emergency/Crisis Team

All schools in our district have active Crisis Teams that have been trained to respond to emergency situations. The team usually consists of 7-8 members who come from a variety of staffing positions within the school. The Principal of each school is chair of the school's Crisis Team. This team assembles a couple times a year to review and practice procedures. Staff members are updated annually on procedures.

Emergency Information

Emergency information forms are on file for each child at the school. Parents need to contact the office if any changes in phone numbers, address, or employment take place. Accurate information is necessary for the sake of efficient response to an emergency which may affect your child.

Evacuation Drills

We practice evacuation procedures many times during the year to ensure that everyone is well versed in primary and secondary routes of evacuation from different places of the building. Some drills are not announced in advance. Attendance is taken during the evacuation drill to assure the safety of every person within the school building. During Fire Safety Week, our local fire departments and rescue personnel organize activities to reinforce good fire safety practices.

Facilities Use

The community may use the school facility for public functions when such use does not interfere with the school program or the activities of school sponsored organizations. Please see **RSU #38 Facilities Use Policy KF/KF** Attachments. Forms must be completed and approved prior to use. Proof of insurance is required and fees may apply. Call the school secretary at each school to make any such arrangements. Building use must be that which involves a community meeting or athletic event. Personal or individual use is not allowed.

Field Trips

Field trips are scheduled in order to provide our students with enriching experiences that complement their education. You will receive one permission slip in the fall for all field trips scheduled within district during the year. All other field trips outside the district require an individually signed permission form that should come home with the students a week in advance of that planned trip. Please look in the newsletters for information about upcoming events. If you have a question or concern about a specific field trip, please call the school for further information.

Students are expected to ride the bus on all school field trips. With their classmates on the bus. Classroom teachers will decide how many parent or guardian volunteer chaperones will be needed for the safety of our students. Our field trips are planned to enhance the instruction that is taking place in the classroom. Therefore, it is not appropriate for younger siblings to attend due to safety and liability reasons.

FOOD SERVICE

Maranacook Food Services program operates on a debit system. Each account should have a positive balance in order to purchase food. PowerLunch is the lunch/breakfast management portion of PowerSchool and parents are able to monitor meals sold as well as account balances by signing in through our website: <https://mtves.maranacook.org/o/mt-vernon/page/e-funds-lunch-payments--2>, parent/student, PowerSchool student & parent access – use your individual ID & password.

Please make checks payable to RSU #38 School Lunch and turn in to the cafeteria or mail to Food Service, attention Jeff Bridges, 2250 Millard Harrison Drive, Readfield. You can also pay by credit card through the Maranacook website.

Menus are published monthly on the Maranacook website for your meal planning convenience.

Lunch \$3.00 & Breakfast \$1.00. (Reduced/Free price is \$0) or extra entries that are not included in the price of lunch.

Please note: Students who qualify for reduced or free lunches will also receive a free breakfast.

Negative lunch balance alerts will be automatically sent each Sunday at 6:30 PM through the District's alert system.

Families with a negative balance exceeding - \$10 will be notified, and students will be provided a meal until the account is paid up.

Director of Food Services, Jeff Bridges can be reached at 685-4923 ext.1085 or email jeff_bridges@maranacook.com.

Holiday Recognitions

To Support the RSU #38 5-2-1-0 initiative, and keep our students safe from life threatening allergies, we require that any food/beverage intended to be shared with other students be pre-approved through the school nurse, per **Student Wellness Policy JL**. Pre-approval will need to take place two (2) weeks in advance by completing JO-Parent form. You may obtain a form from your classroom teacher or the school Nurse.

RSU #38 Homework Guidelines

Homework is an extension of the instructional program and thereby helps students to practice and internalize concepts and skills taught in class. Meaningful homework, assigned by teachers and supported at home, helps provide opportunities for students to develop responsible work habits. A successful homework program will motivate a child to want to learn, as well as help to create a lifelong learner.

Guiding Principles:

- In order that a level playing field is maintained, any assigned projects should be assessed carefully so that differences in family resources do not greatly affect the outcome.

- As a means of communication among parents, teachers and children, homework enhances the school-home connection.
- With independent practice, homework is intended to reinforce classroom learning. There needs to be a balance between school (homework), family life and other activities, including free play and exercise.
- The most effective homework meets the individual needs of the student. Homework receives consistent follow-up, recognition, and response.

The Superintendent shall hold each school responsible for developing fair, reasonable, and consistent time parameters for homework. Teachers will inform parents what role homework plays in the classroom and the expectations they have for parents as it relates to homework.

Ten (10) minutes of homework per grade level per night supports the teaching-learning process, e.g., Grade 1 (1 x 10 minutes = 10 minutes of homework); Grade 9 (9 x 10 minutes = 90 minutes of homework.) This model is a guide for homework assignments.

Legal Custody

According to the Family Rights and Privacy Act of 1974, "Custody or other residential arrangements for a child do not, in themselves, affect the rights of the child's parents under the Family Education Rights and Privacy Act." Parents who have custody orders should file a copy of the court order with the school. Unless the school has such an order on file, we cannot deny either parent from requesting the child be dismissed into his/her custody. Should you have further questions about this matter, please contact the school office.

Medication Policy

It is the responsibility of the parent and/or student to administer all medication. However, as a convenience for parents, the school will, upon written request, keep medication available for a period of time. Parents shall notify the school in writing (form provided for long term medication) when it is necessary for their child to take medication including type of medication, amounts and times to be administered. In addition, it must be in the original pharmacy container and brought in to school by the parent another adult. Students may not transport medications. Please call our school nurse if you have questions regarding medication or any other health related issues.

Morning Student Arrival and Afternoon dismissal

Students may be dropped off at school **no earlier than 7:30 a.m.** School is dismissed at 2:30 pm. Parent pick up is between 2:30 until 2:45 pm. Only students riding the buses are allowed on the playground until buses arrive.

In the event of a late start of school, the school's doors will be unlocked and opened at the following time(s):
 8:30 for 1 hour delay
 9:30 for a 2 hour delay

We do not have student supervision prior to these times.

Parent/Teacher Community (PTC)

The Mt. Vernon PTC raises money for enrichment programs and field trips to benefit the Mount Vernon Elementary students. They are always looking for new members with new ideas to come to a meeting.

Newsletter

The newsletter for the following week is sent home on Fridays (either via electronic format to the email you have provided us, or **hard copy per parent request**). On the newsletter there is a calendar section that gives you important upcoming dates about school and district events. Please review this each week because it contains important information about upcoming events and programs. We also attach a number of important notices each week. Therefore, you and your children should get into the habit of reviewing these notices weekly.

No School Announcements

The Office of the Superintendent makes decisions about school cancellations, delays or early dismissals and announcements are made in the following manner.

We are currently using the SchoolMessenger system to help notify parents of snow days, and/or emergency early release days. In addition to this system, bulletins are announced several times over local radio (WABK, WMME) and television stations (channels 6, 8, 13) indicating school closings or delays. Closing, delays, and unplanned early releases are also listed on our district's web site, www.maranacook.org. Listen and watch for announcements about schools in RSU 38.

Occasionally, it is necessary (due to an impending storm, power or water loss, etc.) to close school before the regular release time. Please have a clear understanding with your child(ren) as to what he/she is supposed to do (or where to go) in the event of an early dismissal.

Notes for Alternative Transportation

If your child is going to visit a friend after school or be transported in a way other than the usual manner, a request should be made in the form of a written note signed by the parent. We would also appreciate a note if you are picking up your child(ren) after school so we'll know not to send them on their regular bus run. If you forget the written note, please call the office by 1:00 P.M. Without either a written note or a phone call from parents, students will be sent home on their regular bus run. Please be aware that requests to travel on a different bus may be denied if there is not room enough for any additional students. Students will be released to parents only during and after school unless the parent has authorized the school to release them to someone else. Parents who are picking up students at the close of school should do so in the school library. You must sign your student out. Parent pick up is from 2:30-2:45.

Open House

Open House gives parents the opportunity to become familiar with their child's classroom program and the teachers' expectations for the school year. This is usually held during the first few weeks of school in September. We do our best to organize the evening so that parents with more than one child in school can visit with each child's classroom teachers.

Parent/Teacher Conferences

Parent/Teacher Conferences are held twice a year after the first and second trimesters to discuss your child's academic development. This is an excellent opportunity to discuss programming, student behaviors, homework, and to review your child's progress. Your child's report card will be sent home a few days before the conference to allow you time to look over this important document and discuss this with your child. Conferences are scheduled for twenty minutes. Though the dates and times for these conferences may vary by school, they are generally held towards the end of November and March. We use the web-based Pick-A-Time program to schedule your conference time. Please note that although these dates are scheduled around the marking periods, you may contact your teacher at any time to discuss concerns.

Physical Exams and Health Screenings

All kindergarten students will have a physical exam before entering school. Our school nurses will screen for vision and hearing as required by state law. Health records are maintained as part of each student's cumulative folder. Concussions, communicable diseases, operations, broken bones, etc., should be reported for the records. If a student has an injury limiting ones physical activity (for example: PE class, playground) we do require a signed doctors note and communication with the school nurse.

Playground Rules

Outdoor recess is a time to release/expend energy, get fresh air, and engage in outdoor activities. We expect children to show respect for school property, teachers on duty, and each other. Playground Rules are primarily safety driven. We strive to be consistent in our enforcement of the rules so students will follow the rules regularly.

RSU #38 Playground Rules

1. During school hours, the principal/designee will determine who has access to the area.
2. During school hours, the principal/designee has authority to prohibit access to anyone.
3. During school hours, the staff will provide adequate supervision of the playground area for students.
4. Responsible adults are expected to accompany all children during their use of the playground outside of school hours.

All persons who use the playground do so at their own risk. RSU #38 is not liable for injuries sustained during non-school use.

The Playground is closed to the community during school hours (7:30-3:00).

The following activities are PROHIBITED on the playground:

- Going beyond the playground boundaries that are established by each school.

- Using equipment improperly, such as twisting the swings, jumping off the slide or swings, or playing tag or rough games on the slide or climbing equipment.
- Games involving rough physical contact or unwelcome behavior.
- Playing with sticks of any shape and kind.
- Excluding other students from a game or activity.
- Throwing snowballs
- Damaging trees on school property, breaking off or hanging from branches.
- At the conclusion of recess, students are expected to:
 - Line up immediately when the bell rings.
 - Bring in all equipment that was taken out.
 - Wipe feet when entering the building, ESPECIALLY on muddy days.

Powerschool

Powerschool is an online, student information system set up for you to view various aspects of student information such as attendance, foodservice account balances, school bulletins, demographics and current grading for grades 4-12.

To access Powerschool, type in this location in the address field of your browser: <http://powerschool,maranacook.org/public/>

Type in the Student ID and password that were mailed home to you. If you can't remember this info check with your school secretary in person. We will not send this information via e-mail or over the phone due to confidentiality.

If you don't have Internet access at home and would like to log in, contact the school to make arrangements to use the school computers. Our goal is to promote positive communication between school and home which ultimately leads to more effective student programming and outcomes. We hope we have achieved this goal and would appreciate your feedback.

Preschool Programs for students age 4 by October 15.

RSU 38 Preschool Programs for students age 4 by October 15. It provides an educational program that supports the social-emotional, cognitive, language and physical development of our four year old children through child centered activities that recognize that children learn individually, sequentially and at their own pace.

It connects parents to school in a partnership to establish a foundation for success through early childhood education. It supports parents education for developing skills that will enable parents to help their child be successful in school.

Registration

Parents provide a copy of the child's birth certificate and current immunization records with application to the program.

Screening: Staff will conduct vision, hearing and developmental (ESI-P) screenings with parent permission.

Staffing: A certified teacher with a Bachelor's degree and experience teaching young children will manage the program with assistance from an experienced and qualified co-teacher.

Program: The program will run Monday-Thursday for 3 hours (and typically has 2 sessions).

Transportation: RSU #38 offers transportation to all PRE-K students.

Response to Intervention/Student Assistance Team

Mount Vernon Elementary has a RTI Team. The purpose of this team is to provide a forum for teachers to come and discuss ways to improve programming for students. During these meetings, we discuss the issues that are getting in the way of student success in the classroom and brainstorm strategies to improve programming for that student. The RTI Team has attended training to become familiar with this process. Other staff members may be invited if they are involved with the child or can share some expertise with team members. When we meet to discuss a child's program, one of us will call you to discuss some ideas we might have to improve your child's program. We then will work together to monitor your child's progress to see if the steps that have been implemented have been successful. This process does not replace the special education procedures that are already in place for students identified with special needs. As is required by State and Federal laws, those procedures remain intact with all the rights and privileges that go along with that protection. The RTI process is meant to be more inclusive so teams can meet and discuss the needs of all children. If you have any questions about this process, please do not hesitate to contact the school office for more information.

School Visits

All parents and community members are welcome to visit the school, however, appointments need to be made through the office. Should you feel the need to meet with a teacher, please schedule a time with the teacher in advance of your visit.

**REGIONAL SCHOOL UNIT NO. 38
VISITORS TO THE SCHOOLS**

The School Board encourages the active interest and involvement of parents and citizens in the public schools. In order to avoid interruption of the instructional program and to promote the safety of students and staff, building principals shall institute administrative procedures concerning visits to the schools. Such procedures shall be subject to the approval of the Superintendent. It is understood that procedures may vary from school to school due to differing considerations such as the age of the students and building layout and location.

The following general guidelines shall be incorporated in all building-level administrative procedures concerning visitors.

- A. The term "visitor" shall apply to any person on school grounds or in school buildings who is not an employee or student of the school unit.
- B. All visitors shall report to the main office upon arrival at the school. (This section shall not apply to parents or citizens who have been invited to the school for a general open house or performance.)
- C. All visitors who wish to visit classrooms, observe aspects of the instructional program, or meet with staff members are expected to schedule such visits in advance with the building administrator. Teachers and other staff may not use instructional time to discuss individual matters with visitors.
- D. Individual Board members shall follow the same procedures as other visitors, and state whether they are visiting the schools on personal business or in connection with Board duties, as outlined in Policy BHC.
- E. Visitors shall comply with all applicable Board policies and school rules. Visitors who violate these policies/rules and/or disrupt the safe and orderly operation of the school shall be asked to leave the premises.
- F. The building administrator/designee has the authority to refuse entry to school grounds or buildings to persons who do not have legitimate, school-related business and/or who may disrupt the operations of the schools. This may include, but is not limited to, the news media, profit-making business, fundraisers and other organizations seeking access to students and/or staff.
- G. School staff shall report unauthorized persons on school grounds or in school buildings to the building administrator/designee. Unauthorized persons shall be directed to leave the premises immediately.
- H. The building administrator/designee may request the assistance of law enforcements as necessary to deal with unauthorized persons or violations of the law by visitors to the school.
- I. If there exists a court order containing restrictions on access to a child by a parent or other person, and a parent or legal guardian wishes the school to act in a manner consistent with that order, it is the responsibility of the custodial parent or legal guardian to provide a certified copy of such order to the school authorities.
- J. A student will be released only to parents, legal guardians or persons authorized in writing by parent(s)/legal guardian(s) to pick up the student. When school personnel have reason to question the authenticity of written authorization, they shall make appropriate efforts to telephone the student's parent(s)/legal guardian(s) to confirm the authority of the person seeking to pick up the child. Administrators may institute other appropriate procedures regarding release of students to parents, guardians and authorized persons. The school reserves the right to question the authenticity of any written or spoken communication and to deny the release of students to unauthorized or unknown persons.

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KI Policy.doc Page 2 of 2 Revised 12/09/10
Reference: BCA-Board Member Code of Ethics
BCA- Board Member Code of Ethics
BHC- School Board Staff Communications
EBCA - Comprehensive Emergency Response Plan
JJE- Student Fundraising Activities
JLF- Reporting Child Abuse and Neglect
KHB- Advertising in the Schools

Section 504 Child Find Notice

RSU#38 has a duty to locate, evaluate and identify any child residing in the District, and any child attending the public schools, who may require Section 504 accommodations or services.

Children eligible for Section 504 accommodations or services include those children who have a physical or mental impairment that substantially limits a major life activity.

If you suspect your child has a disability and may need 504 accommodations, or if you would like additional information, please contact your child's teacher, their building principal or call the 504 Coordinator, Nancy Harriman at (207) 685-3336.

Smoking Policy

The School Board has adopted a policy which prohibits smoking anywhere on school grounds, inside or outside. This includes evening and weekend activities. This policy went into effect on August 31, 1994.

Snacks

Students have the opportunity to have a mid-morning snack each day. We strongly encourage students to bring healthy, nutritious snacks for the energy boost they need to get them through the morning. Please reference Student Wellness Policy JL for more information. Classroom teachers and the MTVES office are not allowed to provide students with snacks (due to allergy considerations).

Student Conduct

We expect students, staff and parents to share responsibility for promoting positive behavior. We emphasize courtesy, cooperation, honesty, responsibility, and respect for others. We believe that all children can develop the skills and attitudes which promote good choices. There are specific guidelines for behavior to ensure the health and safety of everyone. Violation of these rules will be dealt with by a progression of consequences.

It is the responsibility of each student to adhere to established criteria for behavior and of the school staff to enforce them. This responsibility extends to the student's conduct on buses, while on school grounds, and when attending any school function or sponsored activity.

In general, students are expected to conduct themselves in a manner that does not disrupt class routine or school program. Additionally, they are expected to exhibit an attitude of cooperation and courtesy toward faculty and other students. Students are expected to maintain respect for school property and materials supplied by the citizens of Mount Vernon.

Infractions of these expectations will be dealt with on an individual basis. The type of consequence to be imposed will depend upon the nature, severity, and frequency of the violations. Repeated disregard or violation of school expectations may lead to suspension or expulsion from the school program. Our hope is to work closely with all parents to avoid recurrences of serious behavior that could lead to suspension or expulsion.

It is important to let students know when behavior is inappropriate for the school setting. Behaviors listed below are some examples of those that are unacceptable.

- * Hurtful Words (name calling, teasing, violation of civil rights ,etc.)
- * Hurtful Actions (hitting, pushing, kicking, etc.)
- * Unacceptable Language (swearing, violation of civil rights, vulgar language, etc.)
- * Unsafe Behavior (throwing objects, climbing, tipping someone in a chair, etc.)
- * Disrespectful behavior (rolling eyes, rude gestures, etc.)

Student Conduct Positive Behavior Support (PBS)

PBS is a process for creating safer and more effective schools by structuring the learning environment to support the academic and social success of all students. The process supports the adoption of long-term implementation of efficient and effective discipline throughout the school environment. PBS methods are research-based, proven to significantly reduce the occurrence of problem behaviors in schools, and supported by a three-tiered model.

PBS is a proactive approach. The primary goals of PBS are to prevent the development of inappropriate behavior, reduce ongoing patterns of problem behavior, and to increase the likelihood of improved academic performance of all students through teaching and learning time gained when the numbers of inappropriate behaviors are reduced.

As staff members learn how to consistently embed the teaching and monitoring of appropriate social and behavior skills into the school day and curriculum, they also learn to anticipate how to structure school environments so that the appropriate skills will be utilized more often. Families can also benefit from learning how to use similar strategies for teaching and supporting their children's appropriate social and behavior skills.

PBS first establishes strong prevention through employing school-wide systems of actively teaching and recognizing appropriate social skills and behavior, using consistent systems to discourage inappropriate behavior, and educating all staff in how to implement and participate in the process. In addition, staff members are taught how to collect and utilize data for effective decision-making related to the overall culture and climate of the school.

Student Code of Conduct

Students Rights and Responsibilities

I have a responsibility:

- To act with integrity (truthfulness)
- To work hard and do my best
- To be respectful of others
- To be accepting of individual differences
- To treat others with kindness
- To act safely

I have a right:

- To learn
- To be respected
- To be heard
- To be safe

STUDENTS EDUCATION RECORDS AND INFORMATION

RSU#38 shall comply with the Family Educational Rights and Privacy Act (FERPA) and all other federal and state laws and regulations concerning confidentiality and maintenance of student records and information.

Directory Information

RSU#38 designates the following student information as directory information: name, participation and grade level of students in recognized activities and sport, height and weight of student athletes, dates of attendance in the school unit, honors and awards received, and photographs and videos relating to school attendance and participation in school activities. RSU#38 may disclose directory information if it has provided notice to parents (and eligible students over 18) and has not received timely written notice refusing permission to designate such information as directory information.

Military Recruiters/Higher Education Access to Information

Under federal law, military recruiters and institutions of higher education are entitled to receive the names, addresses and telephone numbers of secondary students and RSU #38 must comply with any such request, provided that parents have been notified of their right to request that this information not be released without their prior written consent.

Information on the Internet

Under Maine law, RSU #38 shall not publish on the Internet any information that identifies a student, including but not limited to the student's full name, photograph, personal biography, e-mail address, home address, date of birth, social security number and parents' names, without written parental consent.

Transfer of Student Records

As required by Maine law, RSU #38 sends student education records to a school unit to which a student applies for transfer, including disciplinary records, attendance records, special education records and health records (except for confidential health records for which consent for discrimination has not been obtained).

Administrative Procedures and Notices

The Superintendent is responsible for developing and implementing any administrative procedures and parent notices necessary to comply with the applicable laws and regulations concerning student education records and information. Notices shall be distributed annually to parents and eligible students concerning their rights under these laws and regulations. A copy of this policy shall be posted in each school.

Legal Reference:

20 U.S.C. & 1232g; 34 C.F.R. Part 99
20 U.S.C. & 7908
20-A M.R.S.A. && 6001-B
Maine Department of Education Rules, Chapters 101 and 125

Cross Reference: JRA-E- Annual Notice of Student Education Records and information Rights
JRA-R- Education Records and Information Administrative Procedures
ILD- Students Surveys and Marketing Information.

Student Records

All personally identifiable information on students will be held in confidence. Any parent or legal guardian of a student enrolled in RSU 38 may review their student's records by coming to the school office and making a request to inspect educational records. RSU #38 shall comply with the Family Rights and Privacy Act (FERPA).

Supplies

We supply our students with a wide range of supplies at the outset of the school year. However, we would appreciate it if parents would monitor the use of consumable supplies such as pencils, crayons, erasers, and notebooks and replace as necessary as the year progresses. Our homeroom teachers provide parents with a list of consumable classroom supplies needed at the beginning of the school year. Students are also responsible for textbooks and library books provided to them and will be charged for books which are lost or damaged.

Student Transportation

The Transportation system places a high priority on safety and the well being of all children. Safety considerations may include such factors as speed, visibility, road conditions and flow.

The driver is responsible for the safe operation of the bus and has the authority to govern the conduct of riders consistent with the administrative regulations. In emergency situations, the driver is authorized to deviate from regulations, subject to review by the administration of the action taken, but under no circumstances is the driver to leave the bus when there are students in it, except in accordance with Maine law. As another safety consideration, no buses shall drive on private roads or roads where the Transportation Director and / or the bus driver have determined that conditions are considered unsafe or impassable.

In addition to safety, the transportation system shall also have a goal toward efficiency. Bus routes will be determined by the Director of Transportation. Bus stops will be consolidated for efficiency wherever possible. Students riding a regular afternoon bus run may be driven in the same route sequence as the morning pick up run to ensure fairness to all students in terms of "time of transit." These decisions will be dictated by the characteristics of the individual routes and will be determined by the Director of Transportation.

Within the above consideration for safety and for efficiency, the RSU #38 School Committee will provide transportation to the schools of RSU #38 for the following students residing within the boundaries of RSU #38 and in accordance with Maine Statutes:

- All resident students **Grade Kindergarten through Grade 5** who reside more than one-quarter mile from school to which assigned. However, these same students may be required to walk up to one-quarter mile to a regularly established school bus route or predestined bus pick up before boarding the bus.

In addition, a designated adult must be in view to pick up or drop a Kindergarten child. Kindergarten children without a designated adult for drop-off will be returned to their school until a designated adult arrives.

- All resident students in **Grade 6 - 12** who reside more than one — half mile from school to which they are assigned. However, these same students may be required to walk up to one-half mile to a regularly established school bus route or predestined bus pickup before boarding the bus.

- Students within these limits will be transported where the Superintendent of Schools has established routes due to unusually hazardous conditions. Such determinations may include, but need not be limited to, consideration of age of student, location and safety of bus stop, road conditions, and traffic speed. Exceptions to the established walking distance may also be made in cases of a child with a permanent or temporary disability.
- Limited late bus service to each town shall be provided following after-school activities to encourage co-curricular participation at the RSU #38 school. The School Committee authorizes the administration to suspend bus riding privileges when behavior warrants. Action to suspend will be consistent with administration regulations. It is the intent of the School Committee that disciplinary measures taken be appropriate to the transgression, and that severity of disciplinary measures shall increase for continued inappropriate behavior. Provided, however in cases of very serious behavior transgressions, the student may be immediately denied riding privileges and as appropriate, may be reported to or released to the custody of law enforcement officers by a bus driver, chaperone, or administrator. In these cases, the parent or guardian shall be notified as soon as possible.

Appeal Process

If any parent/guardian would like to appeal compliance with our Transportation Policy, they could put in their request in writing addressed to the Director of Transportation, RSU #38, Millard Harrison Drive, Readfield, Maine 04355. Please include a daytime phone number and address where you can be reached. Within 10 working days of our receipt of this request, the parent/guardian will receive an opportunity to present their position in person to the Appeals Committee. A final decision will be sent to the parent/guardian within 7 days of this presentation.

GUIDELINES FOR SCHOOL BUS SAFETY

Riding the school bus is a privilege. While on the bus, students are expected to conduct themselves in a manner consistent with established guidelines for student behavior. The bus driver is responsible for the safety and the wellbeing of all who ride the bus; in this regard, students are expected to comply with the driver's requests at all times. To ensure that all students are safely transported to and from school, RSU #38 has established the following guidelines. Violations of these guidelines may result in the loss of the privilege of riding the bus.

Before Riding the Bus

- All students should be at the bus stop at least five minutes before the scheduled arrival of the bus.
- Students should stay off the road at all times while waiting for the bus.
- Students should wait for the bus to come to a complete stop and for the door to open before moving toward that bus to load.
- If it is necessary for students to cross the road to board the bus, the student must wait until the bus driver signals that it is safe to cross. Students must stay 10 feet in front of the bus at all times when crossing the roads.

- **Riding the Bus**

- When students exit school they should go directly to their assigned bus and load immediately. They should remain on the bus unless given permission to exit by the driver.
- Students must obey the driver at all times. This is necessary to insure the safety of all students. Students are not to engage the bus driver in a discussion or argument with respect to the driver's expectations or directions. Drivers are expected to be on time and maintain safety at all times. Therefore, students who challenge bus driver's decisions or argue with bus drivers will be dealt with in a serious manner.
- Students should go directly to their seats without crowding or pushing; and they should remain seated while the bus is in motion. Students are expected to remain seated and should not change seats unless given permission by the bus driver.
- Students shall not extend arms, legs, head or feet out of the bus at any time. Because sudden stops cannot always be avoided, students should face forward while the bus is in motion to avoid injury.
- Should a student cause damage to a school bus, payment for repairs will be assessed to the student/parents.
- Students shall not create safety hazards by actions such as tampering with fire extinguishers, emergency exits, or loosening seats.
- Students shall not create a disturbance on the bus, which may distract the driver. Those actions include but are not limited to: shouting, gesturing, standing, spitting, throwing objects in or from the bus, etc.
- Students must ensure that aisles are clear at all times by storing backpacks, school bags, musical instruments and other large objects under the seat, on their lap or as otherwise directed by the driver. All athletic equipment must be secured in a container or travel bag.
- Littering on the bus is prohibited. It is the responsibility of all students to dispose of litter in containers provided.
- Due to the risk of choking, the consumption of food on a regular bus runs is not allowed.
- The use of glass containers is prohibited for safety reasons.
- Alcohol, tobacco, drugs or other substances, which are in violation of Maine State Law, are prohibited on the bus.
- No weapons, ammunition, explosives, knives, or other materials that may cause injury are allowed on the bus.
- Physical abuse or harassment of any kind will not be tolerated.
- Verbal or emotional harassment of any kind will not be tolerated.

Leaving the Bus

1. Students must remain seated until the bus comes to a complete stop.
2. Students should cross the road at least 10 feet in front of the bus, but only after the driver has given permission to do so.
3. Students who are not crossing the road shall move a safe distance away from the bus and remain there until the bus has left the area.
4. Because of the liability that the school has, students shall not be permitted to leave the bus at places other than their regular bus stop unless the parent and / or school officials have given proper written authorization in advance.

RSU #38 BUS DISCIPLINARY PROCEDURE

Step One: Written Warning: This warning is issued by the bus driver to the student. The purpose is to communicate to the student that his/her behavior is becoming a concern. Specific disciplinary action may not be taken at this time, depending on the incident. Copies of the warning will be given to each administrator and a copy will be sent home to the parent through their child.

Step Two: First Bus Conduct Report: This report is issued by the bus driver to the building administrator regarding inappropriate behavior by the student. The administrator will meet with the student to discuss the problem and a written copy of the report will be mailed home to the parent. Consequences will vary depending on the incident.

Step Three: Second Bus Conduct Report: The procedure for handling this report is the same as step one, except the parent is notified of the incident by phone and in writing.

Step Four: Third Bus conduct Report: With the third report, the student is automatically suspended from the bus for a period not to exceed two weeks. Additionally, a meeting must be held with the administrator, parents, student, transportation supervisor and the bus driver before the student can return to the bus. This suspension includes all buses of RSU 38.

Step Five: Fourth Report: If a student receives a fourth bus conduct report, he/she will be removed from all RSU #38 buses for the remainder of the school year. Administrators will notify parents in writing and by phone when this occurs.

Toys

No Toys! We provide educational materials and opportunities for creative play. We request that you do not send toys to school with your child (ie, stuffed animals, Pokemon cards, doll, cars and trucks, games, to name a few examples).

Visitor Parking

To ensure the safety of our students, **parking is allowed in the designated spaces only....parking in front of the school is NOT permitted at any time.** If you are parking and coming into the school for any reason, you must park in these designated spaces in either the side parking lots. As safety of our students is one of our primary concerns. The circle in front of the school will be for bus traffic only between the following times: 7:15 - 7:45 a.m. and 2:30 - 3:00 p.m.

Volunteers

Volunteers are an integral part of the overall instruction in our elementary schools. We encourage each of you to become an active partner in your child's education by volunteering whenever possible. If you would like to assist in any area of school programming, this includes field trips, please complete the Volunteer Registration Form. For more information, you may also speak to your child's teacher. We greatly appreciate the time our volunteers give to our students. It is important to remember that, while working with our students, all individuals, both staff and volunteers, must abide by the regulations regarding **student confidentiality**. Prior to working in our classrooms, we are asking all volunteers to sign a form that speaks to this issue. The Volunteer Registration Form and Confidentiality Form are available on the school website or by contacting the school office.

You will find a sign-in station near the front office. After the morning bell, all other outside doors are locked so you must use the front entrance to gain entrance. We would like all volunteers and visitors to sign in and wear a badge during your stay at school. It is important that we all are aware of the purpose of adult visitors to our school and this sign-in station will assist us with this effort.

WEB SITE

CATCH US ON THE WEB! <http://www.maranacook.org>

The new Maranacook Area Schools' web site has been a top priority in recent years. Our goal is to create a web site that is relevant, current, and informative. On our home page you will find a pop down menus to assist you with a variety of topics including: About us, school board, instruction, staff, parent/students and schools. We also feature a "Snow Day" page. If school is being canceled due to the weather, the homepage will show that information before you will even hear it on the television or radio. TIP: if you visit our site often be sure to click on refresh/reload or you might just load the start page that is cached (already stored in memory) on your computer.

Additional School Programming

In addition to regular classroom subjects, there are a variety of opportunities for students to study in many other areas. These other areas are often referred to as "specials" Students in Kindergarten and Grade 1 have 30 minute specials and students in grades 2 - 5 have 40 minute specials. Specials include: Art, Library, Physical Education, Vocal Music, and Computer. All students in grade four receive a full class pre-band experience. Additionally, students may elect to enter the instrumental music program in grade five. Students, if eligible, receive support services in the following areas:

Special Education
Literacy
Occupational Therapy
Physical Therapy
Math
Guidance Program
Gifted and Talented

Students in all grades participate in classroom guidance lessons. Discussions and activities are designed to help students understand themselves as individuals, to acquire skills in developing interpersonal relationships, to recognize and respond to difficult situations, and to explore goals and aspirations. They also learn how to access assistance for their own specific needs.

Some children also receive guidance services while in small groups or in some cases, individually. Also, parents and staff members have the opportunity to collaborate with the guidance counselor when concerned about a child's physical, academic, social or emotional development.

Support Services

Our special education personnel work with students, parents and staff in the development of an Individual Education Plan (IEP) for every student identified through the special education process. There are innumerable reasons why a student might benefit from services outside the regular classroom. Some of them include remediation of academic difficulty, extension or enrichment activities, speech services or physical therapy. These services are available to any student who needs them in order to successfully meet the goals outlined on his/her IEP. For more information about services in this area, please contact Cathy Hanscom.

Occupational therapy uses a holistic approach to looking at and treating the physical, psychological, cognitive, social and sensory needs of the child. Functional skills and activities are used to remediate problems and help children participate and achieve in the regular classroom to the best of their ability. The evaluation process generally involves observation, screening, discussions with parents and teachers, and administration of standardized and non-standardized tests. Referrals for evaluations can come from teachers, parents or other school staff.

Speech and Language - The Speech and Language Program serves students having difficulty producing speech sounds, understanding and using language, speaking clearly and fluently, and/or abusing their vocal structures. Speech/Language screening and rechecks occur for certain students each year. Evaluations and individual programs are developed through the I.E.P. process. Students are seen individually or in small groups 1-4 times per week depending on the severity of their needs. Consultation with teachers and home.

Literacy support services are provided by Mrs. Boucher, our Literacy Specialist. She works with individuals or small groups providing extra reading opportunities. Her focus is to improve reading instruction to meet grade level expectations. The major areas of teaching within her program include phonemic awareness, phonics, vocabulary, fluency and comprehension. Mrs. Boucher also guides students to make connections between reading, writing, and oral communication. She enjoys choosing literature that encourages children to read material within their comfort range. Please feel free to contact Mrs. Boucher if you have any questions about her program.

Math support services are provided by Mrs. Hatt our Math Interventionist, to assist those who need math assistance. It essential for students to understand and see how important math is as we experience it in our daily lives. Mrs. Hatt will try to make learning mathematics fun. The content will be simplified at first and built upon throughout the course of the school year. We feel that learning and understanding math content now, will help them to be successful in school and their personal lives later.

Another area of service that might be considered is Occupational Therapy. Needs that are most frequently addressed by Occupational Therapy Practitioners in school systems are:

- fine motor/coordination skills
- handwriting and underlying developmental skills
- visual motor and perceptual skills
- sensory integration issues
- functional life skill
- adaptations, modifications, positioning and equipment needs
- assistive technology

Mt. Vernon Elementary also offers Gifted and Talented Instruction. Screening and identification of students for Gifted and Talented services are conducted annually for all students in grades 2, 5 and 8. The first step in the process begins in the month of February for all areas, including Academic, Visual (art) and Performing Arts (music). Application forms and directions are available on the RSU #38 website or can be obtained by contacting your child's school Principal. Parents, students, peers and community members are invited to be part of the nomination process.

Policy JL

REGIONAL SCHOOL UNIT #38 STUDENT WELLNESS

The Maranacook Area Schools are committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. The Board believes that students who learn and practice healthy lifestyles in their formative years may be more likely to be conscious of the importance of good nutrition and exercise as adults, practice healthy habits, and reduce risk of obesity and other chronic diseases. The Board also recognizes and acknowledges the importance of all staff as role models for students and the impact of the example that they set by making healthy lifestyle decisions. It is the Board's intent that each school makes progress towards achieving the goals in this policy and implementing the procedures that accompany them.

I. Nutrition Standards for School Meals and All Foods Available on Campus

The school unit will ensure that meals provided by its Food Services Program meet the nutrition standards established by federal regulations. This policy serves as assurance that school unit guidelines for reimbursable meals are not less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the National School Lunch Act and the Child Nutrition Act. Sales of foods and beverages that compete with the school lunch program (and/or school breakfast program) must be in compliance with the Board Policy EFE, Competitive Food Sales - Sales of Foods in Competition With The School Food Services Program.

II. Food and Beverage Marketing Guidelines

School-based marketing and advertising of foods and beverages on school grounds including in buildings, textbooks, and on busses, scoreboards, message boards, uniforms, school supplies, book covers, cups, posters, vending machines, and other areas exposed to the student population shall be consistent with nutrition education and health promotion goals.

III. Nutrition Education and Promotion

Nutrition education will be integrated into the instructional program through the health education program and/or the curriculum as aligned with the content standards of Maine's system of Learning Results. Nutrition education will focus on skills students need to adopt and maintain healthy eating behavior. Nutrition promotion goals will ensure students receive consistent nutrition messages throughout the schools, including classrooms, cafeteria, and school-home communications that promote healthy eating behaviors and support overall local wellness policy goals.

IV. Physical Education

The school unit will provide all students with developmentally appropriate opportunities for physical activity through physical education classes, recess periods for elementary school students, and extracurricular activities (clubs, intramurals and interscholastic athletics). The schools will encourage parents to support their children's participation in physical activities, including available before- and after-school programs.

V. Other School-Based Wellness Activities

The schools, with prior approval of the Superintendent/designee, may implement other appropriate programs that support consistent wellness messages and promote healthy eating and physical activity. The Board may approve policy, regulations or guidelines for refreshments served at parties or celebrations during the school day or for food as rewards, or may delegate the responsibility for such regulations or guidelines to administrators at the district or school level. The school unit may develop programs that encourage staff to learn and engage in healthy lifestyle practices.

VI. Wellness Goals

The Board has identified the following goals associated with student wellness:

Engaging students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies

Providing students in grades PreK-12 with opportunities, support, and encouragement to be physically active on a regular basis. Meeting at minimum, nutrition requirements established by local, state, and federal statutes and regulations and shall meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans. Providing students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and providing clean, safe, and pleasant settings and adequate time for students to eat. Participating in available federal school meal programs including the School Breakfast Program and National School Lunch Program, to the maximum extent practicable. Providing nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and establishing linkages between health education and school meal programs, and with related community services. Encouraging parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, in school, at home, and in the community.

The Board has identified the following goals associated with nutrition education:

- a. Schools will provide nutrition education that focuses on the skills students need to adopt and maintain healthy eating behaviors.
- b. Schools' nutrition education will be provided in a sequential, comprehensive health education program aligned with the content standards of the Maine system of Learning Results.
- c. Nutrition education will be integrated into other subjects as appropriate to complement, not replace, the health education program.
- d. The school unit will provide foods that meet or exceed the federal nutrition standards, adequate time for students to obtain food and eat, lunch scheduled at appropriate hours of the day (OR: as close to the middle of the school day as possible), adequate space to eat, and a clean and safe meal environment.
- e. Consistent nutrition messages will be disseminated throughout the school unit in the classroom, the cafeteria, and school-home communications.
- f. Administrators and staff will be encouraged to model nutritious food choices and eating habits.
- g. Appropriate professional development will be provided for food services staff.

The Board has identified the following goals associated with physical activity:

- a. The physical education program will provide students with the knowledge and skills needed to be physically fit and take part in healthful physical activity on a regular basis.
- b. Students will develop motor skills and apply them to enhance their coordination and physical performance.
- c. Students will demonstrate responsible personal and social behaviors in physical activity settings.
- d. The physical education curriculum and assessment will be aligned with the content standards of the Maine system of Learning Results.

- e. Physical education classes will keep all students involved in purposeful activity for a majority of the class period.
- f. Physical education classes will provide students of all abilities the opportunity to learn.
- g. Schools will provide a physical and social environment that encourages safe and enjoyable physical activity and fosters the development of a positive attitude toward health and fitness.
- h. Schools will provide facilities adequate to implement the physical education curriculum for the number of students served.
- i. Schools will promote efforts to provide opportunities for students to engage in age-appropriate activities on most days of the week in both school and community settings.
- j. Schools will provide opportunities for physical activity through a variety of before- and/or after-school programs including, but not limited to, intramural sports, interscholastic athletics and physical activity clubs.
- k. Appropriate professional development will be provided for physical education staff and other staff involved in the delivery of such programs.

The Board has identified the following goals associated with other school-based activities:

Goals of the wellness policy will be considered when planning school or classroom parties, celebrations events.

Parents will be encouraged to provide nutritionally sound snacks from home and food for classroom parties or events.

Schools will encourage maximum participation in school meal programs.

Schools will encourage parents and students to take advantage of developmentally appropriate community-based after-school programs that emphasize physical activity.

Schools will encourage parents to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

As feasible, school physical activity facilities will be made available after school hours for student, parent and community use to encourage participation in physical activity.

School administrators, staff, parents, students and community members will be encouraged to serve as role in practicing healthy eating and being physically active, both in the school environment and at home.

Student organizations will be encouraged to engage in fundraising projects that are supportive of healthy eating and student wellness.

School-based marketing of foods and beverages, such as through advertisements in school publications, school buildings, athletic fields, and other areas accessible to students should support the goals of the wellness policy.

Schools are encouraged to cooperate with agencies and community organizations to support programs that contribute to good nutrition and physical activity.

VII. Appointment and Role of the School Health Leadership Council

The Board shall appoint a district-wide School Health Leadership Council led by one or more school administrator who have the authority and responsibility to develop, update, and review the policy. The committee shall be comprised of individuals invited to participate representing at least one of each of the following sectors (the first six sectors are required to be represented):

- Board member
- School administrator
- Food Services Director/designee
- Student representative
- Parent representative
- Community representative
- School nurse
- Teacher(s)
- Student Services Director/designee
- Guidance counselor
- Social worker
- Community organization/agency representative
- Physical Education Teacher(s)
- School Health Professional(s)
- Other staff as designated by the Board
- Other persons, as designated by the Board

The School Health Leadership Council shall serve as an advisory committee in regard to student wellness issues and will be responsible for making recommendations related to the wellness policy, wellness goals, administrative or school regulations and practices, or raising awareness of student health issues.

With the prior approval of the Superintendent/designee, the School Health Leadership Council may survey parents, students and the community and/or conduct focus groups or community forums.

The School Health Leadership Council shall provide periodic reports to the Superintendent/designee and, as requested, to the Board to inform annual and triennial reporting requirements.

VIII. Implementation, Monitoring, and Communication

The Superintendent/designee(s) (Principals, Lead Teachers) shall be responsible for the compliance of the wellness policy, for monitoring efforts to meet the intent of this policy, for informing and updating the community about the content and implementation of the policy, and for reporting to the Board on an annual basis.

Annual progress reports will include:

- a. The web site address for the wellness policy and/or information on how the public can access a copy;
- b. A description of each school's progress in meeting the wellness policy goals;
- c. A summary of each school's local school wellness events or activities;
- d. Contact information for the leader(s) of the wellness policy team; and
- e. Information on how individuals and the public can get involved.

Triennial Assessments of the wellness policy will be conducted to determine:

- a. Compliance with the wellness policy;
- b. How the wellness policy compares to model wellness policies;
- c. Progress made in attaining the goals of the wellness policy.

Record keeping required demonstrating compliance:

- a. The written local wellness policy;
- b. demonstrating compliance with community involvement requirements;
- c. Documentation of the triennial assessment of the local school wellness policy;
- d. Annual local school wellness policy progress reports for each school within the district;
- e. Documentation to demonstrate compliance with the public notification requirements.

Legal Reference: Title 20-A Chapter 223 Subchapter 9 PL 2005, C. 435, §1 §6662. Foods outside school meal program.
Pub.L. 111-296 S. 3307 (111th): Healthy, Hunger-Free Kids Act of 2010.

Cross Reference: EFE - Competitive Food Sales - Sales of Foods in Competition With The School Food Service Program

Adopted: 6/1/06

Adopted by RSU #38 Board of Directors: April 27, 2009

Revised: 06/01/16

I'm a good citizen when I am:

Trustworthy

Responsible

Honest

Respectful

Tolerant

Compassionate

Hard Working