



# SAINT MICHAEL

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## CATHOLIC CHURCH AND SCHOOL

**Fr. Kenneth Borowiak**  
**Superintendent**

**Mrs. Ashley Rockey**  
**Principal**

### **STUDENT & FAMILY HANDBOOK**

### **2022-2023**



*Saint Michael the Archangel, pray for us!*

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**Saint Michael School Student & Family Handbook**  
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## **ST. MICHAEL SCHOOL STUDENT & FAMILY HANDBOOK**

This handbook is intended to be used by students, parents, and staff as a guide to the policies, procedures, and general information about St. Michael School. Each student is responsible for becoming familiar with the handbook and knowing the information contained within it. Parents are encouraged to use this handbook as a resource and to assist his/her child in following the rules contained in this handbook.

Although information in this handbook contains detailed and specific information on a variety of topics, it is not intended to be an exhaustive or all-inclusive document, covering every situation and circumstance that may arise in the course of a school day or school year. The administration reserves the right to make decisions and revise rules at any time to implement the educational program and to assure the well-being of all students and staff. Interpretation of the rules contained in the handbook is the responsibility of the administration. Should a situation or circumstance arise that is not specifically addressed in this handbook, the administration will make a decision based upon all applicable diocesan policies, and state and federal statutes and regulations.

### **MISSION STATEMENT**

The Saint Michael Catholic School family is a Christ-centered community dedicated to the development of the spiritual formation, academic excellence, and stewardship within the framework of the Gospel and the Tradition of the Catholic Church.

School Mascot - St. Michael Marauders    Colors - Red and White

### **DEFINING CHARACTERISTICS**

Our mission comes from the Great Commission that Jesus gave to each of us to make disciples of all people. Our defining characteristics at St. Michael School are to be:

- Proudly Catholic
- Excellent in Academics
- Accessible to All
- Sustainable for the Future

### **PHILOSOPHY**

The educational vision of St. Michael School is based on Christian principles of education. Since proclaiming the Gospel message is considered the principal mission of Catholic education, it is the primary purpose at St. Michael School. The philosophy of the school incorporates teaching the revealed message, fellowship in the Spirit, and service to the community as integral parts of our educational endeavor and mission. Our school is based on a family model, characterized by warmth, cooperative spirit, and positive expectations.

As a religious institution, our school seeks to assist Catholic parents in their duty as the primary religious educators of their children by teaching church doctrine and building community through common prayer and stewardship.

As an academic institution, our school seeks to work in partnership with parents in the intellectual, emotional, social, spiritual, and physical development and growth of their children in harmony with the specific and unique gifts God has given to each child.

## **GOALS**

**Spiritual Goal** – Develop in students a personal relationship with Jesus.

- **Worship**
  - Instruct students in the truths of the Catholic faith through formal study of Scripture, doctrine and morals.
  - Instill in students a strong devotion to Jesus and His Blessed Mother.
  - Learn and celebrate the Church's Liturgy and devotions.
- **Personal Growth**
  - Provide opportunities for religious experience through liturgical and para-liturgical services, private and communal prayer.
  - Develop in students the realization that free will brings with it the responsibility to make choices based on a correctly informed conscience.
  - Assist in the choice of and preparation for responsible vocations.
  - Provide adult role models who strive to reveal Jesus, not only by word, but by example.
- **Service**
  - Sacrifice time and talent at home, school, in the parish, immediate neighborhood and the larger world community.
  - Sacrifice time and money to the missions.
  - Assist fellow students, teachers, and staff.
- **Evangelization**
  - Be Jesus to our neighbors and see Jesus in our neighbors.
  - Share our Catholic faith with others.

**Intellectual Goal** - Develop optimum academic growth within the student's own capacity for learning.

- Stress mastery of basic skills in a structured classroom environment.
- Provide a curriculum which takes into account individual potential.
- Teach study and organizational skills that help the student to be academically successful.
- Foster skills in critical thinking and decision-making.
- Provide meaningful instruction.

**Emotional and Aesthetic Goal** - Develop in students the awareness of their intrinsic value and God's unfailing love for them.

- Assist each student in developing a good self-image, realizing individual uniqueness.
- Foster productive use of leisure time and an appreciation of the arts.
- Assist each student in dealing constructively with problems that evolve from conflicting values of our society.
- Promote character development, personal integrity, self-reliance and responsibility.

**Social Goal** - Enable students to become active, responsible members in the community, reflecting the principles of Christ.

- Develop respect and understanding for people of all races, cultures and creeds.
- Develop social skills that help students get along with others in ways that correspond with a living out of the Catholic faith and the values of society.
- Develop a consciousness of the needs of others and the obligation to be of service.
- Develop an awareness of the need for responsible citizenship in our democratic society as well as our global society.

**Physical Goal** - Develop in students an awareness of the need for physical wellness and fitness.

- Provide education in basic motor skills and the opportunity to develop these skills.
- Provide a curriculum that will supply students with an understanding of the human body and the need for developing life-long health habits.

## **FAITH LIFE**

### **RELIGIOUS INSTRUCTION**

Religious education strives to enable students to develop a vital, personal relationship with God and to share the Gospel's realistic view of the human condition, while affirming hope. Through the study of the Catholic faith, including our rich traditions, catechists help prepare students to celebrate God's love, proclaim God's message, and live in accord with this message. The process of catechesis leads both catechist and student to a deepening discovery of God through effective and cognitive learning experiences. Through study, reflection and discussion, a positive sense of self-worth can be nurtured, growth in and development of a responsible use of freedom can be fostered and a deepening awareness of our responsibility to serve the needs of all people can be promoted.

Students in kindergarten through eighth grade receive instruction in the Catholic faith each day. Teachers use a diocesan curriculum, which includes elements of Catholic belief, worship and morality and prayers to be learned at each grade level. The religion series – *Faith and Life*, produced by Ignatius Press – is used diocese-wide. A religious atmosphere is fostered throughout the school through sacred art, crucifixes, religious pictures and statues, prayer corners, and religious bulletin boards. The faith is integrated, whenever possible, into every subject area and every aspect of school family life. Theology of the Body curriculum, developed by the Diocese Office, is taught in grades K-8<sup>th</sup> concurrently with the Faith and Life series.

### **LITURGICAL PROGRAM**

Students in grades Kindergarten through eighth attend daily Mass. Students participate in the Mass as servers and readers, as well as through special class Masses. Parents/guardians and friends are most welcome to attend.

Students who have made their first confession have the opportunity to receive the Sacrament of Reconciliation once a month. Our older students lead a Rosary on first and third Wednesdays of the month after Mass.

Students in grades Kindergarten through Eighth attend Stations of the Cross on the Fridays of Lent. Devotion to Mary is fostered through the Living Rosary in October, May Crowning, and praying of the Rosary in class. The Divine Mercy Chaplet is prayed at 3pm on Friday afternoons. The Church calendar and lives of the saints are also a part of students' spiritual life at school.

### **SACRAMENTAL PROGRAM**

Students in second grade receive the Sacraments of Reconciliation and Holy Eucharist for the first time. The Sacrament of Confirmation is conferred upon students in fifth grade. Dates for the meetings and second grade sacraments are noted on the yearly calendar. Parents will be informed of the date for Confirmation when it is received by the school from the Chancery. The documents of the Second Vatican Council speak of the importance and value of parental involvement in the sacramental life of their children. Saint Michael School helps parents in preparing their children for these special events through parent meetings preceding each sacrament. Every parent with a child in a sacramental preparation program will be asked to sign an active participation form, indicating their willingness and commitment to those activities which are necessary for full preparation for the sacraments, including Mass attendance on Sundays and Holy Days, students' attendance at sacramental classes and retreat day, and sacramental meetings.

### **PRAYER**

Prayer (communication with God) is as essential to life of the soul as breathing is to the life of the body. The diocese gives the following outline for teaching "formal" prayers to our students:

- K/1<sup>st</sup> Grade: Sign of the Cross, Our Father, Hail Mary, Glory Be, Grace Before and After Meals
- 2<sup>nd</sup> Grade: Act of Contrition, Responses to Mass, Guardian Angel Prayer
- 3<sup>rd</sup> Grade: Apostle's Creed, Mysteries of the Rosary/How to pray the Rosary, Prayer for Poor Souls, Responses to Bishop's Blessing
- 4<sup>th</sup> Grade: Angelus, Acts of Faith, Hope, Love
- 5<sup>th</sup> Grade: Morning Offering, Memorare, Hail Holy Queen

- 6<sup>th</sup> Grade: Prayer to the Holy Spirit, Way of the Cross
- 7<sup>th</sup> Grade: Divine Praises
- 8<sup>th</sup> Grade: Regina Caeli, Prayer to Saint Michael.

Parents are encouraged to help their children learn these prayers, as well as to teach them how to talk to God in their own words, pray the Rosary, read Scripture and meditate. Modeling and providing of quiet time will help to teach children how to pray.

### **VIRTUE**

Formation in the life of virtue is an essential aspect of Catholic education and formation. Virtue helps to root out sin and cultivate openness to God. Parents are asked to help form their children in virtues such as charity (love and respect for God, others and self), humility, meekness, generosity, gratitude, diligence, honesty, obedience, temperance, sacrifice, stewardship, patience and modesty.

## **KNOWLEDGE**

### **ACADEMIC CURRICULUM**

**Language Arts** - Catholic schools seek to develop communication skills—listening, speaking, reading and writing – in all students. English (grammar/writing), Reading/Literature, and Spelling/Vocabulary are taught at all levels of the curriculum. Handwriting is taught in grades K-6. Phonics is taught in lower elementary grades. The reading curriculum used by teachers in kindergarten through grade 6 is McGraw-Hill “Wonders.” Junior high Language Arts also uses novels to teach reading objectives.

**Math** - Mathematics reflects the order and unity in God’s universe and deals with truth; therefore, it plays an integral role in the Catholic school. Mathematics also contributes to the development of the whole person by enriching the student’s life and providing a functional tool for daily living. The math curriculum used in kindergarten-grade 5 is Houghton Mifflin “Math Expressions.”

**Science/Health** – Catholic school Science classes reflect the vision of faith that identifies individuals as created by God, personally responsible for the well-being of others and of the environment, and charged with the task of cooperating with others and with God in bringing all things to unity and perfection in Christ. Sufficient scientific knowledge and skills must be attained and proper values and attitudes developed on each level to assure continued growth in the student’s perception and appreciation of God’s universe.

**Social Studies** - The study of Social Studies in a Catholic school is based on an understanding that all persons are made in the image and likeness of God and are destined for eternal life. Social Studies ultimately explores the interaction between God in His Providence and mankind in his response to God’s initiatives – Salvation History. The Social Studies program strives to have students realize that they have a responsibility to God and to others to develop an understanding and respect for various peoples, cultures, and geographic regions of the earth, and that the history of mankind should teach a direction for the future.

### **SPECIALIST CLASSES**

**Art** - As beings created in the image of God, we may come to know, love and serve Him more fully through the study of art. While creation is at the heart of every good art program, definitive achievement standards provide a framework for helping students mature in their ability to understand, analyze and express themselves in visual images. Students in grades K-8 receive art instruction every four days.

**Band** - Participation in the school band program is available to all students beginning in fifth grade. Students must provide their own instruments. All fifth through eighth grade band students receive instruction during the school day. It is the student’s responsibility to find out what they have missed and check in with the teacher to make it up. All band members are expected to attend lessons and practice regularly at home. Band concerts are held twice a year, one in January and one in May

**Computer** - Computer Science education provides all students with knowledge of computer basics and proficiency in the use of computer systems. I-Safe computer education curriculum will be used to teach responsible digital citizenship.

**Library/Media Center** - The library strives to be positive, active and appealing by providing fiction, non-fiction, reference materials, magazines, and other materials for student and faculty use. Students and teachers can access information about all holdings through computer lookup stations in the library or classroom. All library media resources are cataloged, marked and shelved according to the Dewey Decimal System. In order to meet state requirements the school has at least one set of encyclopedias with a copyright date within six years of the current school year. Our copy is an electronic World Book Encyclopedia version. St. Michael School will purchase a minimum of 150 new books per year. A minimum of five magazines are also purchased each year. Each class will have a weekly library period to check in and check out books. Pre- kindergarten through fourth grade students may be presented with oral readings from contemporary and classical literature during their library time. To encourage responsibility and prepare students for the policies of public libraries, students are assessed a fine for overdue or lost books. Students need to follow library rules regarding checking out and caring for books. Students have access to the library for research. This may be done through traditional research techniques or through use of computerized



research stations. Students must have a signed "Computer and Internet Use Policy" form to be able to do Internet research. Class research activities and library skills sessions under teacher supervision may be held in the library during open library times. The library also sponsors an annual Book Fair during the year.

**Physical Education** - Physical education is an integral part of the total education program of Catholic schools. As such, it provides learning experiences that contribute to the psychomotor, cognitive and affective development of each student. Central to the program is movement education, which focuses on exploration, creativity, problem solving, and formation of concepts and development of skills. The development and maintenance of a high degree of physical fitness increases the student's potential movement. Physical education is concerned with both the versatility and quality of movement of each student now and in the future. Participation in physical activities contributes to the development of self-confidence, social skills and an appreciation of God's gift of life and movement. Physical education is scheduled for all classes PreK-8<sup>th</sup> Grade. All students are expected to take part in P.E. classes unless a signed doctor's permit (for non-participation) is given. For occasional disability, a note from a parent suffices. Students should wear shoes appropriate for a gym floor (tennis shoes, running shoes, etc.) on P.E. days. Fifth through Eighth Grade students who choose to dress out for P.E. are expected to wear appropriate attire during class. T-shirts are to cover the entire body, are not sleeveless, and should not be tied up at the waist. Shorts should be appropriate length.

**Vocal Music** - Music education is an integral part of aesthetic experiences that enable students to develop sensitivities to life and culture and is vital to brain development, increasing intelligence and neural pathways in the brain. Active learning will develop attitudes, knowledge, and performance skills that help students perceive and respond to the power of music as an art. Preparation, understanding and participation of students in Catholic schools in religious celebrations enrich both the mind and heart in the offering of prayer to God in song, chant, and dance. All PreK-8<sup>th</sup> Grade students have Music class for 45 minutes once every four days. Christmas concerts and spring concerts are performed at scheduled times in December and May. **Attendance is MANDATORY at all performances.**

### **TEXTBOOKS AND SUPPLIES**

**Textbooks** - St. Michael School purchases textbooks from a variety of companies. St. Michael School also participates in the Textbook Loan Program from Lincoln Public Schools. The forms for this program are distributed in December for all parents to sign and return by the December deadline.

**Textbook Care** - It is the responsibility of each student to give proper care to the textbooks furnished by the school. Students are asked to keep their books covered and clean at all times. Books must be carried to and from school in book bags. In the event a student damages, loses, or destroys a book belonging to St. Michael School, the student is expected to pay a fine or the replacement cost of the book.

**School Supplies** - School supplies are furnished by the parents/guardians. Grade level-specific lists are posted to our school website.

## **GRADING AND EVALUATION**

### **Grading Scale**

Kindergarten: A= Always, S = Sometimes, N= Not Yet, Blank= not yet taught

1st - 2nd grade:

HS = Highly Satisfactory  
DW = Doing Well  
S = Satisfactory

NI = Needs Improvement  
ED = Experiencing Difficulty

Kindergarten-5<sup>th</sup> grade (Social Studies, Science, Art, Computer, Music, Physical Education)

HS = Highly Satisfactory  
DW = Doing Well  
S = Satisfactory

S = Satisfactory  
NI = Needs Improvement  
ED = Experiencing Difficulty

3rd through 8th grade:

99-100 = A+	91-92 = B+	83-84 = C+	75-76 = D+	69 and below = F
95-98 = A	87-90 = B	79-82 = C	72-74 = D	
93-94 = A-	85-86 = B-	77-78 = C-	70-71 = D-	

**Adjusted Grades/Adjusted Curriculum** - In order to meet the needs of students who are experiencing difficulty in certain subjects or who qualify for educational services, teachers may adjust grades and/or curriculum. Teachers will notify parents/guardians by phone or in person if their child's grades and/or curriculum are adjusted. This will be noted on the child's report card and cumulative record. Adjusted curriculum could include:

- Enrichment materials
- Individualized or small group instruction with resource teacher/reading specialist
- Assistance with test taking
- Shortening length of daily assignments
- Re-teaching and test retakes

**Homework** - Homework assignments reinforce concepts presented in class provide for completion of assignments and additional enrichment activities, and help students develop good habits of study and a sense of responsibility. Students will have daily/regularly assigned homework.

- Teachers in grades 1-3 provide a weekly homework sheet for each student. Students in grades 4-8 record assignments in a daily planner.
- Parents/guardians are encouraged to review the homework sheet/planner and sign below the daily assignment each night.

### **Tests**

- Tests and quizzes are used to monitor and analyze student progress throughout the learning sequence.
- Criterion referenced assessment is given to grade 4 and 8 students in the spring to determine acquisition of competency in reading, writing and mathematics.
- Norm referenced assessments (Iowa Basic standardized tests) are taken by students in Grades 3-8 each year in the spring to maintain an adequate profile of a student's achievement and potential ability.

### **Report Cards**

- Report cards are issued four times a year for students in grades K-8.
- The report card is an indication of the student's academic and behavioral performance in school.
- If a student has been absent for more than one half of a report card period, the teacher may assign no marks for that quarter. "Incomplete" is inserted instead of the grades for that quarter until the course material has been made up.

All Catholic elementary schools will be using PowerTeacher Pro, which allows parents who have students in grades 3 through 8 to access grades. Parents will be given instructions on how to set up this password

protected account within the first few weeks of school after the data base has been updated for the current school year.

**8<sup>th</sup> grade Scholarships** - Information is made available in September to 8<sup>th</sup> graders and their parents. All students are encouraged to apply for any of the scholarships. All scholarship money is awarded in the form of tuition that is paid directly to Pius X High School.

## **PROGRAMS/SERVICES**

**Resource Support (Academic/Behavioral/Speech)** – St. Michael School has several options available to provide support to students experiencing academic, behavioral and speech difficulty. Lincoln Public Schools resource teachers provide services to those students who are verified with an academic, behavioral or speech disability. In addition, St. Michael School has resource teachers available to assist students who are verified as well as non-verified students who have academic needs. If you have concerns regarding your child's speech articulation or educational or behavioral progress, please contact your child's teacher. The teacher will work with the Assistant Principal to initiate the appropriate problem solving process. Should your child qualify for Special Education services through LPS, those services will be provided at Saint Michael School. If you live outside of the Lincoln Public School District, special arrangements will be made.

## **ACTIVITIES**

**Field Trips** - Arrangements for field trips will be initiated by the teacher. Field trips should contribute to the educational, cultural and social growth of the students. Parents will consent to field trip participation at the beginning of each academic year. Without consent, students may not participate in scheduled field trips. We ask that parents who are helping to supervise field trips not bring younger siblings as they will have supervision responsibilities for multiple students.

**Sports** - The goals of the St. Michael sports program are to teach students health habits, sportsmanship, skills and self-discipline. St. Michael School is part of the Lincoln Catholic Schools League. The Catholic League is organized and supervised by a Select Committee comprised of pastors, principals and athletic directors from each of the member schools. More information, including schedules of games, can be found at [cysi.org](http://cysi.org).

In order for the student to participate in athletics, the student must have a current physical on file and maintain a satisfactory academic standing. A concussion information sheet is sent out to each student participating in sports and must be signed and returned before playing games. The student must demonstrate appropriate behavior during school and must obey the training rules laid out by the coaches. The following sports are offered through this program:

7-8 boys basketball	7-8 girls volleyball
7-8 boys track	7-8 girls basketball
7-8 boys and girls Cross Country	7-8 girls track
7-8 boys and girls Golf	

**Academic Policy** - A failing grade (below 70%) in one or more subjects will result in the student being ineligible to play in all upcoming games until the grade is brought up to passing (above 70%).

**Disciplinary Policy** - Proper behavior is expected of our athletes. Students who receive an in-school suspension during a sport season will forfeit play in the next game (or one track event). The principal and/or pastor retain authority to temporarily or permanently suspend a student or team from participation.

**Attendance Policy** - Students may not play in a game if absent or sent home during the school day because of illness. Students with a half-day excused absence for a reason other than illness (e.g. funeral, doctor or dentist appointment) may play in a game the same day. Students with a full day absence for any reason may not play in a game the same day.

**Notification Policy** - Grade notices are submitted to the home room teacher of the student who is participating in the sport. Parents, student and coach will be notified by the principal when the student cannot participate in the athletic contest that week or until the grades in each class are 70% or above. In-school suspension notices will be submitted to the principal and he/she will notify the parents, student and coach that the student may not participate in the next game.

## STEWARDSHIP

### PARENTS AS PARTNERS

As partners in the educational process at St. Michael School, we ask parents:

- To attend Mass each Sunday and holy day of obligation, and teach the Catholic faith by word and example;
- To support the religious and educational goals of the school;
- To set rules, times, and limits so that your child:
  - Gets to bed early on school nights;
  - Arrives at school on time and is picked up on time at the end of the day;
  - Is dressed according to the school dress code;
  - Completes assignments on time and
  - Has lunch money or nutritional sack lunch every day.
- To treat teachers with respect and courtesy in discussing student problems.
- To support and cooperate with the discipline policy of the school.
- To read school notes and newsletters and to show interest in the student's total education.
- To complete and return to school any requested information promptly.
- To meet all financial obligations to the school.
- To actively participate in school activities such as Parent-Teacher Conferences.
- To notify the school when the student has been absent or tardy.
- To notify the school office of any changes of address or important phone numbers or email address.
- To inform the school of any special situation regarding the student's well-being, safety, and health.
- To see that the student pays for any damage to school books or property due to carelessness or neglect on the part of the student.

### PARENT/GUARDIAN INVOLVEMENT

**Spiritual Dimension** - "Parents are the first and foremost catechists of their children. They catechize informally, but powerfully, by example and instruction. They communicate values and attitudes by showing love for Christ and His Church and for each other, by reverently receiving the Eucharist and living in Its spirit, and by fostering justice and love in all their relationships. Their active involvement in the parish, their readiness to seek opportunities to serve others, and their practice of frequent and spontaneous prayer, all make meaningful their profession of belief. Parents nurture faith in their children by showing them the richness and beauty of lived faith."

**Academic Dimension** - Parents/guardians are the primary educators of their children. Catholic parents have the duty and the right to choose those means and institutions which, in their local circumstances, can best promote the Catholic education of their children.

Parents are asked to be active members of the School Family Association, the Nebraska Federation of Catholic School Parents, and to assist as stewards in various areas of service.

**Saint Michael School Family Association (SFA):** Parents of children in our school are all important members of the St. Michael School Family Association. The success and value of our School Family Association depends on everyone doing a part in contributing to the SFA objectives. Our primary mission is to foster the spiritual and temporal education of children in keeping with: the doctrine of the Roman Catholic Church, the highest educational standards, the human and financial resources of the Church, the school, and the home. To accomplish this, our School Family Association seeks to:

- A. Promote understanding, cooperation, and mutual support between children, teachers, parents and the religious leadership of our school and diocese.
- B. Encourage parents to be good stewards in the development and operation of supportive educational programs.
- C. Provide support for the extraordinary fiscal demands of our school.

- D. Offer programs related to our goals of a Catholic education through knowledgeable speakers.
- E. Monitor and, if appropriate, respond to community, state, and federal influences on Catholic education in the context of St. Michael School.
- F. Create greater appreciation of Catholic education and strengthen the family as a foundation of Catholic education.

Our School Family Association has several meetings throughout the year which all parents and faculty are encouraged to attend to learn more about the efforts, success, challenges, and programs associated with St. Michael School. Our SFA leaders work hard to plan valuable, educational sessions and discussion forums for everyone's benefit at these meetings

**Nebraska Federation of Catholic School Parents** - The NFCSP was formed in 1993 to inform the Catholic school community about public policy affecting Catholic school students and parents; mobilize the Catholic school community to communicate with legislators and other public officials regarding educational rights and public policy; enhance the advocacy efforts of the Nebraska Catholic Conference with a visible, well-informed Catholic education network in Congressional and legislative districts across the State. The goals of NFCSP are to: unite Catholic school parents in Nebraska; promote Catholic education statewide; inform all Catholic school parents as to their rights and the rights of their children with regard to educational programs; foster legislation that will support parental choice in education. As parents who have children registered in a Catholic School, you should be receiving information via email about from the NFCSP.

**Volunteer/Stewardship Program** - Parents enrich our educational program by assisting as volunteers in various areas of service. All volunteers must go through a complete background check and Safe Environment training which is done through the Diocesan Office. Thank you in advance for your commitment to St. Michael's School and to the education of your children.

## **PARENT/GUARDIAN-TEACHER COMMUNICATION**

**Communication** - Many avenues are used to keep the lines of communication open between the home and school. There must be the closest cooperation between parents and teachers to achieve a student's spiritual, academic, social, emotional, and physical potential. Teachers will listen to and collaborate closely with parents to address issues of concern.

Any personal problems should be addressed in a confidential manner following this order of priority:

### **Protocol to Voice Concerns:**

The grievance procedure is: 1) Teacher 2) Principal 3) Chief Administrator Officer (Pastor) 4) Diocesan Superintendent of Catholic Schools

#### **Classroom concern:**

Talk first with your child's teacher. Please contact your child's teacher and make an appointment to visit with her/him about your concern. Let her/him know in advance what questions you have. This will give her/him a chance to better prepare to answer your questions. Teachers care about students and want what is best for them. If you do not understand or agree with the teacher's explanations or answers, please contact the Principal.

#### **School-wide concern:**

Contact the principal. This is the level where most school-wide decisions are made, coordinated, and implemented. The principal will address these issues by explaining the basis for the current policy. Please contact with the Chief Administrator Officer (Pastor) next, if necessary.

#### **Serious matters:**

May be directed to the Diocesan Superintendent after all other channels have been exhausted.

#### **Cooperation:**

Please remember that our students are children and we, their parents and teachers, have been given the duty and authority to make decisions and choices for them. Children can be quick to say "unfair" to situations they do not like and which lessen their freedom to do as they please. We all have the children's best interests at

heart, but we are also human and we all make mistakes. Let us work together and cooperate in all matters so that we can provide for our children the best education possible. If your child comes home upset or complaining about a situation at school, we suggest the following:

1. Take time to sit down with your child to calmly discuss the situation.
2. Begin with a prayer asking for God's guidance and wisdom.
3. Help your child to see his/her responsibility or part in the incident.
4. Use this as an opportunity to form your child in virtues such as honesty, patience, docility and love.
5. At all times, show support for and unity with the school as you discuss the issues with your child.
6. If you need to know more about the situation in order to help your child, please contact the teacher/staff member involved.
7. If contact with the teacher/staff member is unsatisfactory, a conference can be arranged with the principal, parent and staff member or teacher.

Teachers keep parents/guardians informed of the progress of their children. Notes, email messages and/or telephone calls are frequent means of communication. Parents are encouraged to contact their child's teacher if they have concerns or questions. Teacher email addresses are listed in the school directory. If you contact a teacher with a concern, please allow a reasonable amount of time for the teacher to respond to you. Teachers typically will return phone messages or emails within a 24 hour time frame.

**School Newsletter** – The school newsletter is published and distributed to school families via School Messenger twice monthly and are archived on the school website.

**Back-to-School Night** - Parents/guardians are invited at the beginning of the school year, to come to school to meet their child/ren's teacher/s, to learn the classroom rules and what is to be expected of their children throughout the coming academic year. **\*Due to current COVID-19 conditions, Back-to-School Night will be held virtually.**

**Conferences** – Parent-Teacher Conferences are scheduled two times each academic year. These conferences provide an opportunity for parents/guardians to confer with the teacher/s on factors affecting the academic and social progress of the child. Additional conferences may be requested by teacher or parents/guardians any time during the school year. **\*Due to current COVID-19 conditions, some Parent-Teacher conferences may be held virtually via Zoom.**

**Parental Custody Information** - It is the responsibility of the parent with whom a student resides to keep the principal informed about which parent has custody of the child and about any visitation restrictions of the non-custodial parent. If the non-custodial parent is restricted from contact with a student, a court order to this effect must be on file at the school. The school will make every effort to ensure that such visitation restrictions are carried out. However, the school cannot accept the responsibility for the child once he/she leaves the school premises. School reports of student progress may be given to both parents when requested.

**School Calendar**- A yearly calendar is posted on the website.

**Student Records**- Cumulative records are kept for each child and will contain such information as standardized testing scores, semester grades, attendance records, and other data which might be deemed pertinent. Parents may review the cumulative records of their own children, after making arrangements with the principal.

## **DISCIPLINE GUIDELINES/POLICIES**

Discipline is essential for effective management of any school. It is the school's responsibility to help the children develop rational self-control just as it is to teach them how to read. The discipline system at St. Michael's School allows the staff and students to work together so that learning can take place. The way a student conducts himself or herself in relationship to others should, at all times be respectful, courteous, and reflect our Catholic virtues, morals, and values.

### Common Area Expectations

1. Students have the right to learn, and teachers have the right to teach - BE RESPONSIBLE
2. Students will always be respectful of the learning environment - BE SAFE
3. Students are expected to act with courtesy, common sense and safety at all times - BE RESPECTFUL

What does it look like and sound like to...	Be Safe	Be Respectful	Be Responsible
<b>All Common Area</b>	<ul style="list-style-type: none"> <li>* Walk</li> <li>* Keep hands and feet to self</li> <li>* Respect others' personal space</li> </ul>	<ul style="list-style-type: none"> <li>* Use kind words and actions</li> <li>* Be courteous; greet people, hold doors for others</li> <li>* Voice level 1</li> </ul>	<ul style="list-style-type: none"> <li>* Pick up after yourself and others</li> <li>* Be a positive role model for others</li> <li>* Be honest &amp; trustworthy</li> </ul>
<b>Daily Mass</b>	<ul style="list-style-type: none"> <li>* Hands, feet, objects to yourself</li> <li>* Walk at all times</li> </ul>	<ul style="list-style-type: none"> <li>* Voice level 1 when entering and leaving</li> <li>* Genuflect properly</li> <li>* Set books down quietly</li> <li>* Use good posture</li> <li>* Ignore distractions</li> <li>* Reverent actions &amp; words</li> <li>* Remember you are in the presence of Jesus</li> <li>* Voice level 2/3</li> </ul>	<ul style="list-style-type: none"> <li>* Participate fully in prayers, songs, responses</li> <li>* Be a role model for others</li> <li>* Leave Mass in case of emergency only</li> </ul>
<b>Lunchroom</b>	<ul style="list-style-type: none"> <li>* Walk at all times</li> <li>* Sit flat on benches</li> <li>* Use utensils properly</li> <li>* Keep all food to yourself</li> <li>* Respect others' space</li> </ul>	<ul style="list-style-type: none"> <li>* Wait patiently in line</li> <li>* Be welcoming to all</li> <li>* Use good manners</li> <li>* Help &amp; include others</li> <li>* Voice level 2/3</li> </ul>	<ul style="list-style-type: none"> <li>* Know your lunch number</li> <li>* Use time wisely</li> <li>* Raise hand if you need to leave the table</li> <li>* Clean up your space</li> <li>* Dispose of your food and tray appropriately</li> </ul>
<b>Playground &amp; Recess</b>	<ul style="list-style-type: none"> <li>* Stay within designated boundaries</li> <li>* Follow safety rules for use of equipment</li> <li>* Follow the rules of the game</li> <li>* Be aware of activities around you</li> <li>* Follow adult directions quickly &amp; exactly</li> <li>* Report to an adult if you see strangers, dangerous situations, injuries</li> </ul>	<ul style="list-style-type: none"> <li>* Include everyone in games and activities</li> <li>* Take turns</li> <li>* Use positive, encouraging, appropriate language</li> <li>* Be a good sport</li> <li>* Voice level 4/5</li> </ul>	<ul style="list-style-type: none"> <li>* Line up immediately when signaled</li> <li>* Line up in line order</li> <li>* Put away equipment</li> <li>* Follow adult directions quickly &amp; exactly.</li> <li>* Let all adults be in charge.</li> </ul>
<b>Hallways/Portable Decks</b>	<ul style="list-style-type: none"> <li>* Move in a calm, quick, quiet manner</li> <li>* Eyes forward - alert state</li> <li>* Walk in line order</li> <li>* Stay to the right</li> <li>* Allow others to pass</li> </ul>	<ul style="list-style-type: none"> <li>* Walk quietly</li> <li>* Keep hands off walls/art</li> <li>* Show patience when other classes are moving</li> <li>* Hands by your side</li> <li>* Voice level 1</li> </ul>	<ul style="list-style-type: none"> <li>* Straight, line order</li> <li>* Move on the right side of the hall</li> <li>* Wait for those in front of you.</li> </ul>



	<ul style="list-style-type: none"> <li>* Hands, feet, objects to yourself</li> </ul>		<ul style="list-style-type: none"> <li>* Move through the building with a purpose</li> </ul>
<b>Restrooms</b>	<ul style="list-style-type: none"> <li>* Use restroom as intended.</li> <li>* Wash hands</li> <li>* Keep water in the sink</li> <li>* Put towels in the garbage</li> </ul>	<ul style="list-style-type: none"> <li>* Give others privacy</li> <li>* Clean up after yourself &amp; others</li> <li>* Voice level 1</li> </ul>	<ul style="list-style-type: none"> <li>* Flush toilet after use</li> <li>* Use only what you need</li> <li>* Return to room promptly</li> </ul>
<b>Arrival/Dismissal</b>	<ul style="list-style-type: none"> <li>* Walk at all times</li> <li>* Avoid distractions</li> <li>* Wait on sidewalk until vehicles stop</li> <li>* Use sidewalks and crosswalks</li> </ul>	<ul style="list-style-type: none"> <li>* Follow adult directions</li> <li>* Watch out for younger students</li> <li>* Voice level 2/3</li> </ul>	<ul style="list-style-type: none"> <li>* Arrive on time</li> <li>* Leave on time</li> <li>* Follow adult directions quickly &amp; exactly</li> <li>* Know your plan</li> <li>* Move in a calm, quick, quiet manner.</li> </ul>
<b>Special Events/Assemblies</b>	<ul style="list-style-type: none"> <li>* Keep hands and feet to self</li> <li>* Sit flat on floor</li> <li>* Hands in lap</li> <li>* Wait patiently to be seated or dismissed</li> </ul>	<ul style="list-style-type: none"> <li>* Sit flat</li> <li>* Be a respectful listener</li> <li>* Show appropriate appreciation</li> <li>* Voice level 1</li> </ul>	<ul style="list-style-type: none"> <li>* Follow adult directions</li> <li>* Silent during the program</li> <li>* Participate appropriately</li> <li>* Use good audience manners</li> <li>* Wait until your class has dismissed before leaving</li> </ul>
<b>Safety Drills</b>	<ul style="list-style-type: none"> <li>* Line Order</li> <li>* Listen and follow all directions</li> <li>* Wait for instructions</li> <li>* Voice Level 1</li> </ul>	<ul style="list-style-type: none"> <li>* Line Order</li> <li>* Listen and follow all directions</li> <li>* Wait for instructions</li> <li>* Voice Level 1</li> </ul>	<ul style="list-style-type: none"> <li>* Line Order</li> <li>* Listen and follow all directions</li> <li>* Wait for instructions</li> <li>* Voice Level 1</li> </ul>
<b>Specialists (P.E., Computer Science, Music, Art, Library)</b>	<ul style="list-style-type: none"> <li>* Walk calmly, quickly, and quietly to assigned space</li> <li>* Use equipment and supplies for their purpose</li> <li>* Follow adult directions quickly &amp; exactly</li> </ul>	<ul style="list-style-type: none"> <li>* Demonstrate fairness, good sportsmanship</li> <li>* Take turns</li> <li>* Use encouraging, positive words</li> <li>* Treat materials, equipment, supplies with respect</li> <li>* Listen with Voice level 1</li> <li>* Voice level 2/4 (as directed)</li> </ul>	<ul style="list-style-type: none"> <li>* Follow directions/rules of the activity</li> <li>* Be actively involved</li> <li>* Stay on task</li> <li>* Clean up after yourself &amp; others</li> <li>* Return equipment &amp; supplies to proper place</li> <li>* Use restrooms before specialist classes</li> </ul>

### **General School Responsibilities**

Following the greatest commandment, we will love God with all our heart, soul, mind & strength. Students are expected to:

- Participate actively and reverently at Mass.
- Use God's name reverently and with love.

In response to Christ's exhortation, we will love one another as He has loved us. Students are expected to:

- Be respectful in word and deed to all adults.
- Be kind and respectful to each other.
- Be modest and pure in dress and conduct.
- Be honest in dealings with others.
- Be respectful of all property.
- Be respectful and careful in the use of the gift of speech.

In order to promote self-discipline, unify our efforts and create an atmosphere most conducive to learning, students are expected to:

- Be in complete uniform each day.
- Complete classwork and homework in the assigned time frame.
- Observe a silence of courtesy in the halls, stairways and bathrooms. Move through the hallways and on stairways in a calm, quick, quiet, and safe manner. Students should stay to the right side of the stairs.
- Refrain from chewing gum in the school building or on school grounds.
- Refrain from food/candy outside the cafeteria except with permission.
- Only water will be allowed to be consumed in the classrooms by the students during the school day.
- Refrain from bringing items that are dangerous, disruptive, valuable or otherwise inappropriate to school. These include, but are not limited to, toy weapons, fidgets (unless stated on an IEP for student), expensive items, large sums of money, music players, electronic games, cell phones, etc. The school will not be responsible for lost items.

### **COMPUTER/INTERNET ACCEPTABLE USE POLICY**

Students in grades 2-8 will sign a Computer/Internet User Agreement and abide by the following rules for use of educational technology available in our school.

**Internet Use** - St. Michael School strives to provide an exciting, interesting and motivating learning environment which allows students to develop their God-given capabilities. In that spirit we offer Internet access to our students for educational purposes. The internet enables us to connect to school, libraries, museums, government agencies and many other information providers, greatly expanding our available resources and providing opportunities for interactive projects. With access to computers and people all over the world also comes the availability of material that may not be considered to be of educational value in the context of the school setting. The Diocese of Lincoln Schools Technology Department has taken precautions to restrict access to controversial materials. However, on a global network, it is impossible to control all materials and an industrious user may discover inappropriate information. We firmly believe that the valuable information and interaction available on this worldwide network far outweigh the possibility that users may procure material that is not consistent with the educational goals of this school. We place responsibility upon each student to use this service in a manner consistent with school rules and philosophy and for the purposes intended – academic research and classroom projects. St. Michael School does not assume responsibility for inappropriate materials acquired through Internet access at school. Internet access requires proper conduct of end users who must adhere to the guidelines provided here to inform them about their responsibilities. If a user violates any of these provisions, his/her access to computers at school may be denied.

**Acceptable Use** - Computers and the Internet are available in some classrooms, media center, resource rooms and in the computer lab at St. Michael School. With computer and internet usage comes important individual, family and school responsibilities. We expect students to conduct online activities with courtesy, honesty, and respect for others, and to observe all school rules and policies.

**Unacceptable Use** - Unacceptable uses include, but are not limited to, the following:

- Activities that are not educational in nature, and/or not in keeping with the philosophy and rules of St. Michael School
- Activities that are immoral, illegal, dangerous or destructive
- Violation of privacy or the integrity of others' files; revealing personal addresses, phone numbers, or bank or credit card information
- Sending or displaying offensive messages and pictures
- Using obscene language; harassing, insulting or attacking others; making false statements
- Copyright violation or plagiarism
- Use of the St. Michael School name or logo without permission from the school administration.
- Social Networking sites require an account be held by someone 13 years of age or older. It is illegal to do otherwise.
- Use of another person's account
- Use of social networking sites, chat groups, interactive games, instant messaging, non-school-related bulletin boards, or personal e-mail
- Use or transmission of material which is sexually explicit, vulgar, obscene, offensive, threatening or violent
- Hacking or attempting to violate or change secure files
- Introducing viruses or other harm to the system
- Downloading programs or installing software (without permission of the network administrator)
- Taking programs/software for home use
- Altering computer settings, especially control panel settings
- Damaging computers, computer systems or computer networks
- Wasting or taking supplies such as paper, toner cartridges, headphones, paper holders and any other items supplied by the school
- The use of the Internet for financial gain or any commercial purpose: buying, selling, any financial transaction.

**Network Administration Policy** - We offer Internet access through St. Michael School as a privilege, not a right. Students should be aware that no activities on the network are completely private and can, if necessary, be monitored by the network administrator. Anything transmitted on the network is the property of the Catholic Diocese of Lincoln and may be monitored by the administration and faculty. The school administration may revoke computer privileges at any time, or pursue disciplinary or legal action against students who violate this acceptable use policy. While filtering is in place and students are supervised and guided in their use of the Internet, it is the student's responsibility to use the system in accordance with the rules. The school administration and faculty will decide whether an act constitutes inappropriate use of the school computers, its network or the Internet. The administration, faculty, and staff at St. Michael School may deny, revoke, or suspend the computer use of any individual. The school complies with the Children's Internet Protection Act.

**E-mail Policy** – St. Michael School does not presently provide e-mail services for students, and students should not use school computers for access to personal email accounts except for specific teacher-supervised assignments.

**Unauthorized Use of School Name** – No student or student's parent or guardian, without the expressed prior written authorization of the school's principal, may utilize the school's name, identifying logo or mission statement for any purpose, including but not limited to using them:

- To solicit funds, collect money or sell products on behalf of the school
- To open up any bank account
- To schedule any field trip, vacation or other accommodations
- To post on any website for any purpose including, but not limited to, support of a particular social or political agenda, or social networking sites.

Any such unauthorized use of the school's name or identifying logo may subject a student to disciplinary action up to and including expulsion and may result in legal action.

**Portrayal of School and School Employees** – Negative or unjust portrayals of school or persons associated with the school, on any website (including social networking sites), may be subject to disciplinary measures. This applies to actions initiated either in or out of school.

St. Michael School reserves the right to impose consequences for inappropriate behavior that takes place off campus and outside school hours, up to and including expulsion. Thus, inappropriate use of technology (for example, on a home computer), may subject the student to consequences. Inappropriate use includes, but is not limited to, harassment, use of school name, remarks directed to or about teachers, offensive communications and safety threats. St. Michael School does not, however, actively monitor student use of technology outside of school. While our filtering system establishes some parameters for appropriate use within our building, students and parents are primarily responsible for the appropriate and ethical use of technology, especially in the home.

## **SAFETY**

### **SAINT MICHAEL SCHOOL BULLY POLICY**

The Saint Michael School Bully Policy was formulated for the purpose of:

- Promoting strong Christian development in our students and encouraging them to treat each other as images of Christ.
- Building positive peer relations in order to provide a physically safe and emotionally secure environment for students.
- Raising awareness in school and at home that bullying is an unacceptable form of behavior at Saint Michael School.
- Establishing consistent procedures for handling bullying behaviors at school.

**Statement Prohibiting Bullying** - We recognize that bullying and intimidation have a negative effect on the social, emotional, spiritual and academic development of our students. Every student has the right to an education and to be safe in and around school. It is the policy of Saint Michael School that any form of bullying behavior, whether in the classroom, on school property or at school-sponsored events, is unacceptable. Students who are determined to have engaged in such behavior are subject to disciplinary action.

**Definition Of Bullying** - Bullying is a deliberate, hurtful act of aggression repeated over time by an individual or group where an imbalance of power exists between the individual/group and the victim. Bullying may take on various forms. It includes, but is not limited to:

- Physical bullying: hitting, kicking, pushing, biting, choking, spitting, taking belongings, destruction of property
- Verbal bullying: insults, name calling, threatening statements, taunting, offensive remarks, sexual harassment, picking on or making fun of others
- Indirect bullying: excluding others, spreading gossip and rumors, sending malicious notes, making faces or obscene gestures
- Cyberbullying (online social aggression): flaming (online fight), harassment, denigration (gossip, rumors), impersonation, "outing" (sharing embarrassing secrets, posting embarrassing pictures), trickery, exclusion, cyberstalking, cyber threats.

### **Reporting Bullying**

Teachers/Staff: All school employees are required to document all bullying behaviors which they witness or which are reported to them using a documentation form. The employee who fills out the form usually handles the incident themselves and forwards the completed form to the homeroom teacher who makes a copy for the principal.

Other members of the school community: Students, parents, volunteers and visitors are encouraged to report to a staff member any bullying behavior taking place on school property or at a school-sponsored event. For purpose of investigation and follow-up it is important that such reports be made as soon as possible to the staff member on duty at the time of the incident.

Anonymous/Confidential Reports: Reports may be made anonymously, but formal disciplinary action may not be based solely on an anonymous report. Students who make a report may request that their name be maintained in confidence by the teacher and/or administrator who receive the report. In this case, confidentiality will be maintained as is appropriate. If the person reporting the bullying chooses to keep names of witnesses confidential, he/she should understand that this may compromise investigation of the report, resolution of the problem and possible disciplinary action.

**Investigation Of Reports Of Bullying** - The teacher and/or the principal will conduct an investigation of the alleged bullying behavior. The investigation may include interviews with students, parents, and school personnel; review of school records; and whatever other information may be necessary to determine an appropriate response. When a student/parent making a report has requested confidentiality, the investigation of such report shall be limited as is appropriate in view of the confidentiality of the person reporting.

**Consequences For Bullying** - Consequences for students who bully others will depend on the results of the investigation and may include loss of recess, aggressive behavior report, office referral, detention, a parent conference, behavior contract, recommendation of counseling, in-school suspension, suspension and/or expulsion; or any other appropriate consequence. In determining the appropriate response to students who commit one or more acts of bullying, school administrators consider the following factors: the developmental and maturity levels of the parties involved, the levels of harm, the surrounding circumstances, the nature of the behaviors, past incidences or past/continuing patterns of behavior, the relationships between the parties involved and the context in which the alleged incidents occurred. Concluding whether a particular action or incident constitutes bullying requires a determination based on all of the facts and surrounding circumstances. It is only after meaningful consideration of these factors that an appropriate consequence will be determined.

**Notification Of Parents** – When serious bullying situations or bullying trends have been identified, the school administration will notify both the parents of students who are bullying and the parents of students who are being bullied.

### **THREAT POLICY**

A threat is an expression of intent to cause pain or harm. Any time a student is reported as threatening someone, they are immediately referred to the office, where he/she will remain until the principal/assistant principal investigates the circumstances of the alleged threat. The parents of the student will be contacted after the investigation has taken place.

### **WEAPON POSSESSION**

No student may have in his possession on any school property, at any time, any kind of weapon, such as, but not limited to guns, knives, and explosives or any items associated with the execution of a weapon. Students who are determined to have possessed, used or transmitted a firearm or explosives on school grounds or in a school vehicle will be expelled for no less than one year.

### **POSSESSION OF DRUGS/ALCOHOL**

No student may have in his possession on any school property, at any time, illegal controlled substances, such as illegal drugs, alcoholic beverages, or tobacco. Consequences will be based upon the disciplinary policy of the school.

### **ITEMS NOT ALLOWED**

Certain items are deemed inappropriate for a learning atmosphere and are, therefore, not allowed in school. These include but are not limited to: toys, toy weapons, bats, skateboards, electronic devices, and trading cards. Because of the high level of caffeine contained in them, energy drinks such as “Red Bull”, “Vault” and “Monster” are not allowed.

### **CELL PHONES**

Because of the multiple possible misuses of cell phones, we discourage students from bringing them to school. If students must have a cell phone with them, it must be turned into the office upon their arrival to school and retrieved at the end of the school day. Students may only use cell phones at dismissal with the permission of a teacher on duty. The expectation is that personal electronic devices are out of sight during the school day.

### **SEARCHES**

St. Michael School reserves the right to conduct a search of any desk, cubby, book bag, gym bag, or other personal belongings at any time for sufficient reason. School desks and cubbies remain the exclusive property of St. Michael School. Any items found which are inconsistent with our Catholic goals may be removed and disciplinary action may follow.

## **VANDALISM AND DAMAGE**

Students may be assessed the cost of repair or replacement of school property if they have been guilty of destroying, marring or losing it, whether through carelessness or deliberate actions. Additional consequences and restitution will be based upon the disciplinary policy of the school.

## **LUNCH AND RECESS**

Although students should be able to be more relaxed and have fun at lunch and recess, there must be boundaries for their safety and the safety of others. These are excellent times for students to practice Christ-like attitudes and develop good human relations by means of their friendliness and good sportsmanship.

<b>Grade</b>	<b>Recess</b>	<b>Lunch</b>
<b>Preschool</b>		<b>11:10 – in classrooms</b>
<b>KA</b>	<b>10:25-10:40</b>	<b>10:45-11:05</b>
<b>KB</b>	<b>10:27-10:43</b>	<b>10:50-11:10</b>
<b>1A</b>	<b>10:55-11:10</b>	<b>11:15-11:35</b>
<b>1B</b>	<b>11:00-11:15</b>	<b>11:20-11:40</b>
<b>2A</b>	<b>10:40-10:50</b>	<b>10:55-11:15</b>
<b>2B</b>	<b>10:40-10:55</b>	<b>11:00-11:20</b>
<b>3A</b>	<b>11:05-11:20</b>	<b>11:25-11:45</b>
<b>3B</b>	<b>11:10-11:25</b>	<b>11:30-11:50</b>
<b>4A</b>	<b>11:25-11:40</b>	<b>11:45-12:05</b>
<b>4B</b>	<b>11:30-11:45</b>	<b>11:50-12:10</b>
<b>5</b>	<b>11:35-11:50</b>	<b>11:55-12:15</b>
<b>6A</b>	<b>12:40-12:55</b>	<b>12:15-12:35</b>
<b>6B</b>	<b>12:45-1:00</b>	<b>12:20-12:40</b>
<b>7</b>	<b>12:15-12:30</b>	<b>12:35-12:55</b>
<b>8</b>	<b>12:15-12:35</b>	<b>12:40-1:00</b>

### **Winter Outdoor Recess Policy**

- Students will go outside for recess as often as possible, weather permitting. Parents are asked to see that their children are prepared for outdoor play. Generally, students go to their classrooms or gymnasium for indoor recess when the weather prohibits outdoor recess. When the temperature, with wind chill, is below 0 degrees, students will have indoor recess. When the temperature, with wind chill, is between 0 and 20 degrees, students will go outside for part of the recess. When the temperature, with wind chill, is above 20 degrees, students will have outdoor recess.

## **RESPONSIBILITY**

**Telephone Use** - The school telephone is a business telephone. Students are requested to make plans for the day with their parents/guardians before coming to school. Permission will be granted for students to use the phone for emergencies and legitimate needs or by teacher's request. Forgotten P.E. clothing, books, assignments or band instruments do not constitute an "emergency." Students and teachers are not called from their classrooms for telephone calls during school, except in the case of emergency.

**Money/Valuable Items** - Students are discouraged from bringing valuable items or large sums of money to school. If items are brought to school and lost, the school is not responsible. All money sent to school with the children should be in an envelope marked with the child's full name, grade, purpose and amount enclosed.

**Lost and Found** - All lost articles are placed on a table by the lunchroom. If articles are not claimed by the end of each quarter, they will be donated to a worthy cause.

## **HEALTH AND SAFETY**

**Health Records** - The school complies with the requirements of the State Department of Health in obtaining and recording health information. The school maintains cumulative health records, screening results and immunizations for each student. All health records and information are used for the purpose of benefiting the student's educational process and are bound to high standards of confidentiality.

**Immunization Records** - Immunization records are kept on file in the school office. Every student in St. Michael School must show evidence of the following immunization protection: 3 doses of DTP, DTaP, DT or Td (diphtheria, tetanus, pertussis), 3 doses of Polio vaccine, 3 doses of Hepatitis B vaccine, 2 doses of MMR or MMRV (measles, mumps, rubella...varicella), 2 doses of varicella or MMRV (2 if given over 13 years of age). Any student who has not met the requirements for immunization under State law must be excluded from school.

**Physical Exams** – Physical exams by a qualified physician are required within six months prior to kindergarten and seventh grade. Forms must be sent to the school office prior to the beginning of the school year. A physical exam is also required in the case of a transfer from out of state. Physical forms are also required for 7th and 8th graders playing any sport.

**Dental Exams** - All students are required to give the school a record of dental exams annually. Students who do not have record of a dental exam for the year can request a dental screen in the spring.

**Health Screening** - School health screening tests are given in accordance with the Nebraska State Law. The minimum recommended screening includes: height and weight on all students; audio screening for students in kindergarten and grades 1,2,3 and 6; vision screening for students in kindergarten and grades 1 through 8. Accurate screening and re-screening procedures, identification of problems, referral and follow up are of great importance. Parents are notified in writing when further evaluation is recommended by their health care professional.

**Illnesses** - Children showing signs or symptoms of contagious or infectious disease are to be kept or sent home. Symptoms of communicable disease include fever, flushed face, headache, muscle or joint aches, nausea or vomiting, diarrhea, convulsions, sore throat, nasal congestion or discharge, unexplained skin eruption, sore or inflamed eyes. Children should not return to school until they have been free of symptoms for at least 24 hours; they should be fever-free WITHOUT fever-reducing medication (Tylenol, etc.) for 24 hours. If a student becomes ill during the school day, he/she will be sent to the health office accompanied by another student. Whenever a student shows symptoms of any contagious or infectious disease or has a temperature of 100 degrees or higher, the parent will be notified immediately and the student sent home. When a child needs to go home because of illness, the parent is asked to pick him/her up as soon as possible because we are not staffed or equipped to care for ill children.

**Medication** - Any student who is required to take medication during the regular school day must comply with school regulations.

- **Non-Prescription Medications** – The school will maintain a supply of common non-prescription medications for student use. Parents fill out an “Authorization for Administration of Medication” form granting St. Michael School personnel permission to administer these common non-prescription medications to their student. The student will receive a dose of medication from the school supply when needed. Prior to your child receiving non-prescription medication, a call will be made to a parent/guardian.
- **Prescription Medications** – Parents wishing their student to receive a prescription medication during school hours should fill out the “Authorization for Administration of Medication” form and return it to the school office with the prescription medication in its original container and properly labeled. Each time your child receives a dose of the medication it will be recorded and kept on file. Students with diagnosed diabetes, asthma or other life-threatening conditions are allowed by state law to carry and self-administer prescribed medications if parents have completed and turned in an



“Asthma or Anaphylaxis Medication Management Plan” indicating that their child is capable and they prefer he/she self-medicate. For Asthma and Allergy diagnoses, we also need an Action Plan on file for those students who are affected.

All medications, except those that are needed for emergencies (asthma and anaphylactic shock), are stored in a locked cabinet in the health office.

**Injury/Accidents** - In the case of injury/accident, teachers and/or office staff will offer assistance as needed. If medical attention is necessary, you or your contact person will be notified and the teacher or staff employee who witnessed the injury/accident, will fill out an injury report. Parents will receive a copy of the accident report. All head injuries will have an accident report filled out, and a call to the parent will be made. The student will remain in the office and sit out of any activity until we get a response from the parent. **Please make sure that the school has current phone numbers for emergencies.** School staff are instructed not to diagnose, nor to treat injuries beyond the basic first aid level. Transportation is the responsibility of the parent. The student will be kept supervised until the parent arrives at school. If a child's injury requires emergency treatment, the school will first call Emergency Medical Service (911). Parents will then be notified immediately. If the child is taken to an emergency room before the parent arrives, a school staff member will accompany the child. In the event that 911 is called, the parent will be expected to come immediately to the school or to the emergency room. The school will not be held responsible for any incurred costs when emergency personnel must be summoned.

**Health Conditions and Special Medical Needs** - If your child has a serious health condition or special medical needs - including chronic health conditions (asthma, diabetes, epilepsy, significant physical impairment) or life threatening allergic reactions (anaphylaxis) - it is absolutely essential that this information be given in writing annually to the Health office and classroom teacher. It is important that the school staff know the care that your child needs and how to provide that care to keep your child safe at school. In order to do this, we need an Action Plan on file for your child. This Action Plan is twofold; one form is filled out by your physician and the other form is filled out by the parent. The Action Plan form can be found at the end of this handbook. If your child uses an inhaler or other medication, either daily or in emergency situations, please be sure that the necessary medication has been sent to the school office. If your child is allowed to self-medicate, St. Michael School requires a “hold harmless” agreement to be on file. All information shared with the Health office and your child's teacher remains confidential; information is shared on a need-to-know basis with your child's teachers and other school staff. Unless notified otherwise by a child's parent, the following protocol will be followed in the event of a life-threatening asthma attack or anaphylactic reaction. This protocol has been mandated for all Nebraska schools by the state legislature.

1. Call 911
2. Summon designated trained, non-medical staff to implement emergency protocol.
3. Check airway patency, breathing, respiratory rate and pulse.
4. Administer medications (EpiPen and albuterol) per standing order.
5. Determine cause as quickly as possible.
6. Monitor vital signs (pulse, respiration, etc)
7. Contact parents immediately and physician as soon as possible.
8. Any individual treated for symptoms with epinephrine at school will be transferred to a medical facility.

**Lice** - Parents are asked to call the school office if their child has lice. If a student is suspected of having lice, he/she will be checked. If lice or nits (lice eggs) are found in the child's hair, the child is sent home. The child must be treated and be free of nits before returning to school. Upon returning to school, the child will be checked in the health office for lice/nits. St. Michael office personnel may check the hair of siblings, but we will not check the entire class. Parents with children in the class of a child affected by lice will be notified, in order to prevent further spread. Information and guidelines on how to check for and treat lice are available in the Health office.

## **SCHOOL SAFETY AND SECURITY**

### **SECURITY**

St. Michael School is committed to providing a safe environment for students, staff and visitors. We work with safety officials to insure that our school is well prepared in the event of an emergency and conduct drills throughout the school year to help students and staff prepare for possible emergencies.

#### **Entrances and Exits**

All doors entering and exiting the building, including the main entrance after 8:15am remain locked throughout the day. Parents/visitors wishing to enter the school must come through the main entrance. All parents/visitors must sign in at the office and secure and wear a visitor pass so that faculty and staff know that you have checked in at the office.

#### **Safety Procedures/Drills**

- Fire Procedures – Ten Fire drills are conducted throughout the year at different times of the school day. Students are given directions for fire drills at the beginning of each school year.
- Tornado Procedures – In the spring, prior to the tornado season, students are shown what to do in the event of a tornado, and practice the drill.
- Lock Down Procedures – A Lock Down takes place if an internal threat is identified at the school. This could mean that doors within the school are locked down and that the students go into silent mode. It could also mean that students who are able to walk out of the building to get out in a safe manner, might walk out instead of being locked down. Lock Down drills are conducted once a semester so that students know what to do in case of danger in the building.
- Lock Out Procedures - A Lock Out is where we lock the exterior doors on the building and secure the perimeter of the school. All students who may be outside the building return to the inside of the school and business proceeds as usual inside the building. Children and staff who are in the portables would be asked to come into the main portion of the school building until an all clear is given by the LPD.
- Emergency Evacuation - In the event of certain building emergencies (actual fire, bomb threat, etc.), students are relocated to our evacuation site, which at this time has been designated as the basement of the rectory or the Little Flower Convent. When students are evacuated, we ask that parents not intercept and take students on their way to that location. For student safety, we need to make sure that all students reach the safe location and are dismissed to parents in a safe and orderly fashion.
- Reunification – Parents will be directed by St. Michael email or public safety officials via media to their child's specific location. Students will be released only to parents or those who are documented as emergency contacts on the Emergency Form filled out by parents at the beginning of the school year, and who present a picture ID such as a driver's license, military ID or passport

#### **Parent Directives in Emergency Situations**

- **BE PREPARED FOR A SCHOOL EMERGENCY**
  - Be sure that your child's emergency contact information is always accurate and current.
  - Speak with your child about basic personal safety and safety procedures at school.
- **IN CASE OF A SCHOOL EMERGENCY**
  - DO NOT call or rush to your child's school. Phone lines and staff are needed for emergency response efforts.
  - DO NOT phone your child. Staff and students are not to use cell phone communication during an emergency, for safety reasons.
  - Cooperate fully with staff, emergency or law personnel on the scene.
- **FOLLOWING AN EMERGENCY**
  - Listen to and acknowledge your child's concerns.
  - Provide reassurance that your child is safe.
  - Assure your child that additional prevention efforts are being put into place.
  - Seek help from school personnel or a mental health professional if concerns persist.

**CHILD ABUSE OR NEGLECT**

Abuse or neglect is knowingly, intentionally or negligently causing or permitting a minor to be placed in a situation that endangers his or her mental health; cruelly confined or cruelly punished; deprived of necessary food, clothing, shelter or care; left unattended in a motor vehicle if six years of age or younger; sexually abused or sexually exploited. Nebraska law mandates that when any person has reasonable cause to believe that a child has been subjected to abuse or neglect or has observed such a child being subjected to conditions or circumstances which reasonably would result in abuse or neglect, the person shall report such an incident or cause a report to be made to the proper law enforcement agency or to the Nebraska Department of Social Services (1-800-652-1999).

**ASBESTOS HAZARD EMERGENCY RESPONSE ACT**

In accordance with the Environmental Protection Agency regulations, St. Michael School is in compliance with all rules and regulations regarding Asbestos.

**COMMUNICATIONS**

Each classroom has a call button to use in emergencies: when the teacher suddenly becomes ill; when a student becomes ill; when a student is exhibiting extreme and potentially dangerous behaviors; when a stranger is present in the building.

## ADMINISTRATIVE POLICIES

### ADMISSIONS CRITERIA K-8

#### A. Nondiscrimination Policy

St. Michael School admits students of any race, color, national and ethnic origins to all the privileges, programs and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.

#### B. General Admission

1. Parents/guardians who desire a Catholic education for their children and are registered and active members of St. Michael Parish are welcomed and encouraged to apply for admission. Special permission from the pastor of St. Michael Parish plus the pastor from the other parish is needed to accept students from parishes other than St. Michael Parish. The following is the policy on prioritization of enrolling children at St. Michael.

- A. Children who have siblings established at St. Michael School would have first priority.
- B. Children who are from a registered St. Michael Parish family are considered next for enrollment placement on a first come first serve basis.
- C. Followed by Catholic families from other parishes who have received permission to enroll at St. Michael School.
- D. Followed by Non-Catholic families who desire a Catholic education at St. Michael School.

2. Diocesan policy allows for up to 32 students in each classroom. The St. Michael administration has the authority to close grades and establish a waiting list at lower numbers due to the physical constraints of the classroom, or other extenuating circumstances. If classrooms at St. Michael are closed to incoming students, when possible, we will make another Catholic School option available to parents/guardians. If this option is available and chosen, the out of parish tuition and fees would be negotiated between parents and schools. Parents/guardians would be responsible for the stated tuition to the school where their children would be attending. Parents/guardians would also be expected to fulfill the responsibilities of the funding paradigm that St. Michael requests of all parents who have children in our Catholic school.

### KINDERGARTEN ADMISSIONS

Diocesan schools follow Nebraska State Law, which states that the child must be **five years of age on or before July 31** of the year starting school to enter Kindergarten.

Kindergarten applicants will be taken from those completing the pre-enrollment process. To initiate this process, families must live within the parish boundaries or have special permission, be registered in the parish, and complete the proper paperwork. All families, including those who have pre-registered, are invited to Kindergarten Preview (held in February) prior to entrance in the fall and welcome to complete the full application.

### **Pre-Admission of Students ages Newborn to Five**

For those families who have children enrolled in Kindergarten, spaces will be reserved for younger siblings in upcoming academic years. Parents are asked to fill out the pre-enrollment form for each child. This is what will hold your child's spot for the upcoming year. Following the acceptance of younger siblings of students already enrolled in St. Michael School applicants will be accepted according to the following established criteria of St. Michael parish.

- Children who have siblings established at St. Michael School have first priority.
- Children who are from a registered St. Michael Parish family are considered next for enrollment placement on a first come first serve basis.
- Followed by Catholic families from other parishes who have received permission to enroll at St. Michael School.
- Followed by Non-Catholic families who desire a Catholic education at St. Michael School.

### **Admission to Grades 1-8**

Admission to Grades 1-8 is accomplished by completing the online application process. Admission will be determined by the same criteria as stated above.

- Children who have siblings established at St. Michael School have first priority.
- Children who are from a registered St. Michael Parish family are considered next for enrollment placement on a first come first serve basis.
- Followed by Catholic families from other parishes who have received permission to enroll at St. Michael School.
- Followed by Non-Catholic families who desire a Catholic education at St. Michael School.

When new students are admitted, the following information is necessary for the student's file:

Information Release Form for Records  
 Ethnicity Form  
 Birth Certificate (Office must witness the original)  
 Baptismal Certificate (Office must witness the original)  
 Physical Examination (Kindergarten and Grade 7 only)  
 Immunization Record (copy from the doctor's office)  
 Previous School Records if applicable

### **TUITION AND FEES (K-8)**

Parents/guardians will be notified of the tuition and fees that are to be paid for the upcoming school year during the summer. Tuition can be paid over a ten month period with a signed ACH form or one payment before the start of the year. A \$50 registration fee is due at the time of registration and a \$25 Supply fee is due by July 9th.

Non-parishioners/Non-Catholics: Gr. K-8 \$6,000 per child (with permission of pastor, as room allows).

### **SCHOOL HOURS**

**Scheduled Instruction Program** - The Nebraska State Department requires 400 hours of instructional time for kindergarten and 1032 hours for elementary students. The following subjects are included in Instructional Hours: Religion, Language Arts, Reading, Phonics, English, Spelling, Penmanship, Mathematics, Science/Health, Social Studies, Art, Computer, Physical Education, Spanish and Vocal Music.

### **Time Schedule**

**Students may begin to arrive at St. Michael School at 7:45am. Doors will open at this time and supervision will be provided. Prior to this time, students are to remain off school grounds.**

Grades K through 8:	7:45 a.m. Welcome bell
	8:05 a.m. Start/Tardy bell. Enter classrooms
	8:10 a.m. Morning Prayer
	8:15 a.m. Daily Mass
	9:00 a.m. Academic Day begins
	3:20 p.m. Dismissal

### **No School Due to an Emergency (Snow Days)**

Should this occur, the school will make every effort to notify parents via School Messenger, email, St. Michael Facebook and website, and radio stations: KFOR (1240), KLIN (1400), KFGE (98.1), KZKX (96.6); TV Stations: KOLN 10/11, KLKN 8, KETV 7, KMTV 3, WOW 6, and KPTM 9. **Announcements will be made by 6:00am.**

EDC will notify parents in the fall of their "Snow Day" procedures and programming.

### **STUDENT ARRIVAL/DISMISSAL PROCEDURES**

Parents/guardians will be responsible for completing an arrival/dismissal [directive form](#) at the beginning of each school year or when a child enrolls. This form will state how each parent/guardian has planned for their child to arrive and leave school each day. The directive will also state plans for an emergency dismissal. If the parent/guardian changes the plan, the form must be resubmitted with the updated information.

Students may arrive at school starting at 7:45 a.m. Supervision is not provided before that time. Pull all the way forward in the drop-off lane. If you wish to walk your child to the front of the school, please park and use the designated crosswalk area. There will be a staff member in the crosswalk zone to assist families.

Students will enter the building by way of the bell tower entrance and proceed to their designated arrival area in the gym. Supervision will be provided by staff. At the 7:55 a.m. welcome bell, students will be met by a staff member and accompanied to their homeroom.

All students arriving after the 8:05 a.m. start bell must report directly to the main office for a late pass before proceeding to class.

### **PROCEDURES AND SUPERVISION AT DISMISSAL**

Students will be dismissed from their classroom by teachers at 3:20pm. Upon dismissal, students must leave the school grounds and proceed home or to a previously designated location.

All students will be dismissed out the front doors of the school at the end of the day. Classroom teachers will lead students out, then students will proceed to their designated area. Included is a map showing pick-up for lines A, B, and C.

Line A: Family Last Names: A-G (north loop)

Line B: Family Last Names: H-M and families that park (center loop)

Line C: Family Last Names: N-Z (south loop)

Students attending EDC will be escorted by personnel to the EDC area. Attendance is taken by the EDC personnel and students are expected to follow the rules and procedures outlined by EDC for dismissal from the program.

After 3:30pm, any student remaining on school property, will be brought to the main office. The parent/guardian will be called. Every attempt will be made to contact a parent or person from the

approved contact list. If office personnel is unable to contact a parent/guardian or approved contact by 3:45pm the student will go to EDC and the parent will be charged according to EDC policies.

### Signing A Child In And Out Of School

Parents or guardians are required to sign their child(ren) in and/or out of school if they are entering after 8:05am or leaving prior to 3:20pm. The parent or guardian must report to the main office for this purpose. If a child is being signed out, the office staff will call the appropriate classroom and indicate to the teacher that the child is leaving. The child will be sent to the office to meet awaiting parents/guardians.

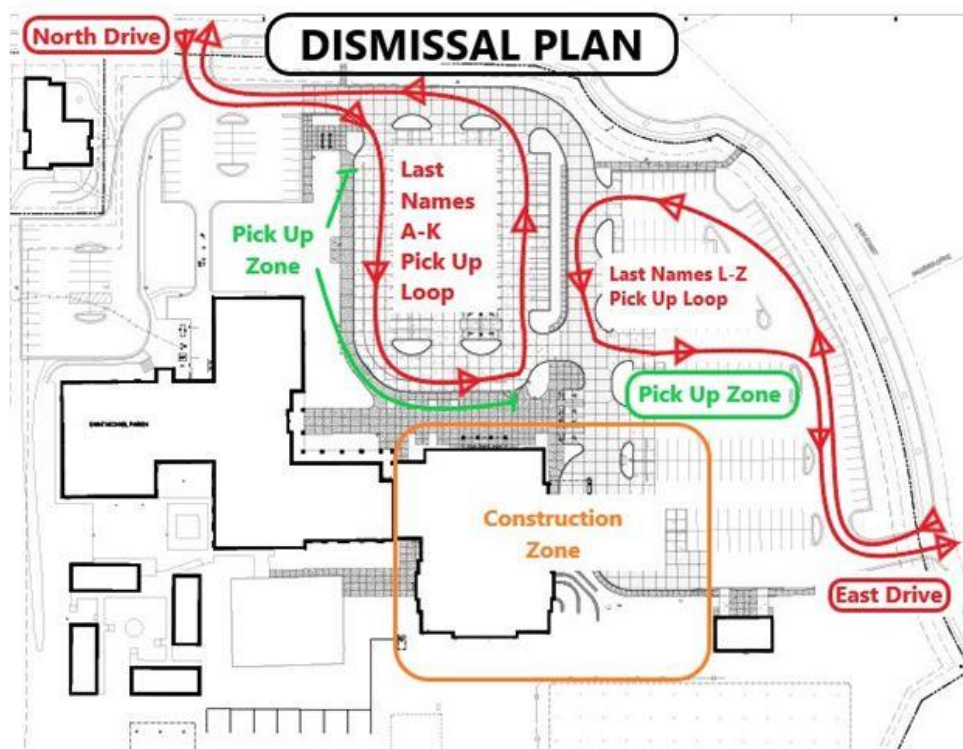
### Custody/Court Orders

If there is a special circumstance, such as a court order limiting access to a student by a parent or guardian, affecting who a student can be released to, the principal must be informed and provided with a copy of that order to maintain on file at the school.

**Arrival:** All traffic will enter from the North drive and will exit out the East drive.

**Dismissal:** Those with last names beginning with the letters A-K will use the North drive for entry and exit. Those with last names beginning with the letters L-Z will use the East drive for entry and exit. Please familiarize yourself with the map below.

**NOTE:** Please use extra caution especially at the East driveway due to its proximity to the new church construction site.



**Bike Riders** Both before and after school, bikers are not to ride their bikes in the parking lot. We recommend that students wear helmets for safety, obey all traffic signs and lights, yield right-of-way to pedestrians on the sidewalk, walk your bike in a pedestrian crosswalk, ride single file, ride one person to a bike.

## **ATTENDANCE/ABSENCES**

**Attendance** – The formation of a habit of regular and punctual attendance is important to a student's success in school and in life. Being tardy and or absent from the learning environment is detrimental to a student's educational process and should be avoided if at all possible. Repeated absences, repeated tardies and truancy is a violation of school rules. The negative results incurred from missing important class time include the lack of interaction in group work, collaboration, teacher direction and class discussions. These essential educational tools cannot be made up or replicated outside the classroom.

**Absence** - Parents/guardians are asked to email or call (you may leave a message on the answering machine) the office before 9:30am if their child is absent. If the school is not notified, a call will be made to your home or place of business to check on a student's unaccounted-for absence. It is requested that you specify the cause of absence since the school must submit a weekly school illness report to the Health Department. When a student is absent due to illness, we ask that parents make a request for missed work when they report their child's illness. Typically, assignments for the day are available for pick up at the close of the day. Any assignments not given in advance will be given upon a student's return to school. Students arriving after 10:00am will be marked as being absent half a day. Students leaving the building for more than an hour, or leaving before 2:00pm for any reason will be marked as being absent half a day.

**Tardiness** - Students are considered tardy if they are not in their classroom by 8:05am. Tardy students must stop in the office to receive a pass. A student will not be marked tardy for icy roads or similar situations.

**Repeated Absences and Tardies** – Absences and tardies are monitored. When a student reaches 10 absences or 10 tardies, a letter will be sent home to notify parents of the number of absences and/or tardies their child has accumulated. When a student accumulates 15 absences or 15 tardies, the student and his/her parent(s) will be asked to meet with the principal or a person designated by the principal to discuss concerns and develop a plan of action to avoid any more absences or tardies. Should a student reach 20 absences or 20 tardies, a referral to the County Attorney's Office may be made.

**Leaving School Grounds** - No student is allowed to leave the school building or premises during school hours without the written request of the parent/guardian. Students, who need to be dismissed early because of illness, appointments, etc., must be picked up in the office. The adult needs to sign the "Sign-Out" book. This procedure is necessary for the safety and protection of the students in school. After dismissal, students should leave the school grounds and go directly home. Students should not stay on school grounds to wait for a practice that starts later (e.g., 4:00 or 4:30pm).

**Extended Daycare Morning (EDC-AM)** – A St. Michael's staff member will be monitoring early morning daycare where your student/s can be dropped off starting at 7:00am in the morning. The students will enter through the main doors of our building and remain in the commons area until it is time for them to move to their classrooms. Students must be registered to attend this program.

**Extended Daycare Afternoon (EDC-P)** - A State-approved daycare program provides a safe, healthy and stimulating environment for students after school hours. The program is in operation from 3:20-5:30pm and is contracted through Family Service of Lincoln. Students must be registered to attend this program. See registration information on the school website.

**Doctor and Dental Appointments** - Please try to schedule doctor and dental appointments before or after school. If this cannot be done, please send a note to the teacher informing of late arrival or early dismissal.

**Vacations** - The school calendar is designed in order to provide a few long weekends for families to go on pleasure trips or vacations. Parents are discouraged from removing students from school while classes



are in session and are encouraged to plan in conjunction with the school calendar. However, if students will be absent because of family travel, please send a note to school before they leave. Teachers are not required to provide assignments in advance for students leaving school for vacation.

### **DRESS CODE (K-8)**

School uniforms are important for a number of reasons. As part of the Catholic school tradition, uniforms help to create a Catholic identity. Uniforms, which distinguish school clothes from play clothes, have been connected to better academic and behavioral performance. They help to eliminate the pressure of wearing the right brands or fashions, and can lead young people to realize that their value and worth comes from being children of God, rather than from what they wear or look like. Uniforms provide parents the advantage of lower cost for school clothing and eliminate daily battles and struggles over what clothes children will wear to school. Saint Michael School students in kindergarten through eighth grade are expected to adhere to the dress code as outlined below. The administration reserves the right to make discretionary judgments regarding appropriateness of student dress/fashion not explicitly covered by this dress code.

#### **Girls Uniform:**

- Plaid jumper (K-4) or skirt (5-8).
- Khaki or plaid skorts – average length.
- Length must be no shorter than two fingers above the knee.
- Skirts are to be worn at the waist and are not to be rolled to shorten length.
- Shorts are to be worn under the uniform.

#### **Boys and Girls Pants:**

- Khaki and Black twill straight leg pant (no flare legs, no low rise, no slits in hem, no extra pockets, no fancy stitching)
- Pants are not to be baggy, saggy or tight. No skinny pants
- Pants may be purchased at a store of your choice as long as they comply with the stated rules.

#### **Shorts:**

- Khaki and Black uniform walking shorts (purchased through uniform store only).
- May be worn August through October 31, and March 1 through May.
- No lower than knee length, no shorter than 3 inches above the knee.
- Shorts should be neither tight-fitting nor baggy and must be worn at the waist.

#### **Belts (optional):**

- Belts, if worn, are to be solid black, white, or brown (no decorations). No cloth belts or colored belts.

#### **Shirts:**

- White, Black, or Red - Red shirts must be bought from the uniform store.
- White, black, and red banded polos may be worn by the K-8<sup>th</sup> grade students.
- Polo or oxford (long or short sleeves).
- White or Black turtleneck.
- Girls - blouse (plain white, no lace or ruffles on collar, no cap sleeves).
- No logos
- Not too oversized.
- Shirts need to be buttoned (except for the collar button).
- Anything worn under the uniform shirt must be either solid white or black undershirts, black undershirt can only be worn underneath the black or red polo; no words, colors, pictures, logos or print.

- No long sleeve undershirts underneath short sleeve polos
- Shirts and blouses are to be tucked in at all times so that belt loops or waistbands can be seen. Banded polos do not need to be tucked in, but t-shirts underneath them do.

#### **Sweaters/Sweatshirts:**

- Cardigan sweaters can be plain white or black button up, no zippers. Students can wear these during the day as long as they are plain, no embellishments.
- Sweatshirts need to be solid black, red or white crewneck only. No hoodies.
- Spirit wear sweatshirts that are crewnecks, can be worn to school during the day,
- No Hoodies, including the spirit wear hoodie can be worn during the school day.
- ¼ zip and full zip St. Michael fleece or sweatshirt may be worn during the day as part of the uniform.
- All jackets, coats, and outerwear need to be taken off during the school day.
- Any other jackets or sweatshirts may be worn to and from school and at recess only.
- St. Michael School or club shirts may be worn on Fridays for Spirit Day with uniform bottoms.

#### **Shoes and socks/stockings/leggings:**

- Shoes should be closed toed, comfortable footwear. Dress, tennis, loafer, and sports shoes are acceptable examples. Socks must be worn with sandals.
- Boots can be worn but we encourage bringing other footwear to change into during the school day. Boots with glitter or sequins are not able to be worn during the school day. Extreme styles in boots are not allowed.
- Extremes designs in footwear are not allowed and are left to the discretion of the administrator.
- Socks – need to be solid white or black but can have a small logo on the sock. Socks need to match and must be able to be seen by the teacher.
- Girls may also wear black or white leggings under the uniform skirt/jumper in cold weather (school pants, capris and dance pants are not allowed under the uniform skirt/jumper). Leggings are tight-fitting, ankle length (no capri length) leg coverings. Leg coverings that are loose fitting, fall below the ankle and/or flare at the bottom are considered pants, not leggings. Leggings need to go all the way to the ankle.

#### **Gym Attire:**

- ALL GRADES: Shoes appropriate for a gym floor (tennis shoes, running shoes, etc.).
- 5- 8<sup>th</sup> graders - Appropriate gym attire can be worn during P.E. All shirts must have sleeves and cover the midsection of the body, and all shorts must be an appropriate length and not tight. If there is writing on the shirts, it must be minimal and appropriate. This is up to the students if they want to take the time to change out for P.E. The P.E. teacher has the ability to discern level of appropriateness and will inform the student if there is an issue. Tennis shoes must be worn in order to participate in P.E. **\*Due to current COVID-19 conditions, students in grades 5-8 will not be changing clothes for PE classes until further notice.**
- Gym t-shirts are not to be tied at the back to shorten them up.

#### **Hair:**

- Hair must be well groomed. Extremes in hair styles/colors are unacceptable.
- Wigs, hair pieces and hair extensions are not allowed.
- Boys' hair should not touch the eyebrows in the front or the collar in the back. Sideburns and hair covering the ear should be no longer than halfway down the ear on the sides. Boys must be clean shaven (no facial hair). Students will be given a warning and allowed one week to get their hair trimmed. If the hair is not trimmed after that time, parents will be called and the student will not return to school until the hair is cut.

- Girls' hair should be kept out of the eyes. Girls may wear simple hair accessories.
- Hats, bandanas, head scarves are not permitted.

### **Makeup and Jewelry:**

- Makeup is not permitted. Clear or pale pink nail polish is permitted.
- Jewelry permitted: Wristwatch, religious medal pinned to uniform or worn with simple chain, religious pins. Smartwatches are not permitted.
- Girls may wear small post earrings, one on each earlobe. For safety reasons, they may not wear hoops, dangles or earrings that hang below the earlobe. Boys may not wear earrings.

### **Other Points:**

- Uniforms should be neat, clean and mended (when necessary). Clothing with holes should be replaced. It would be best to have at least two uniforms in order that the child may always comply with the uniform regulations.
- All clothing should be marked with the child's name.
- Students may not wear tattoos or draw on their skin.
- Scout and Brownie uniforms may only be worn on troop meeting days.

**No Uniform Days:** Students must follow the guidelines below for no uniform days:

Pants: Dress pants, khakis, capris (mid-calf length), overalls, loose knit slacks, colored jeans, blue jeans may be worn. Pants not permitted include:

- Baggy or saggy pants
- Pants, jeans or capris that are frayed, faded, multi-bleached, or that have holes or rips.
- Leggings or pants that are skin tight.

Skirts/Dresses: Skirts/split skirts and dresses may be worn and are to reach just above the knee.

Shirts/Blouses - Shirts must be modest - long enough to sufficiently cover the midriff and no low-cut necklines. No off the shoulder shirts may be worn, even with another shirt underneath it. Tank tops and sleeveless tops are not allowed. Shirts must be neat and clean. Clothing that is offensive, immoral or otherwise inappropriate in a Catholic school environment is not acceptable.

Shorts other than the school uniform short may be worn. They must be an appropriate length; no shorter than two inches above the knee. Spandex shorts are not allowed.

Shoes and Socks: Shoes and sandals must be worn with socks. For safety reasons, heels higher than two inches are not permitted.

Jewelry and makeup: uniform regulations remain in effect.

### **Cold Weather**

Please have your child/ren dressed appropriately (cap/ear band, mittens/gloves, boots) on cold days as they do go outside for recess unless the temperature/wind chill is below zero. When the weather gets especially cold girls may wear black or white sweats/wind pants to recess. These and any other pants girls may wear to and from school may not be worn in the school building during the school day.

*THE ADMINISTRATION RESERVES THE RIGHT TO MAKE DISCRETIONARY JUDGEMENTS REGARDING THE APPROPRIATENESS OF STUDENT DRESS AND FASHION NOT EXPLICITLY COVERED BY THE DRESS CODE.*

### **LOCKS AND LOCKERS (MIDDLE SCHOOL)**

Lockers will be assigned by the office. Students are expected to use the school assigned lock and locker and not share lockers with any other student. Students are responsible for the cost of locks if they are lost, stolen, or damaged. The replacement cost is \$8.00. Students are also responsible for any damage

on or inside the locker itself (ex. physical damage, use of tape, magic markers, etc.) No items may be posted on the outside of the locker. If students wish to decorate the inside of their lockers with school appropriate material, only magnets may be used (no tape, stickers, mounting tack, etc. of any kind).

The locker and lock are the property of the school. A locker may be opened for inspection at any time there is a question as to improper use of the locker. This will be done in the presence of two staff members, one of which will be an administrator. Any inappropriate items found in a locker are considered to be in possession of the person assigned to that locker and disciplinary actions may occur. These guidelines also apply to lockers assigned in locker rooms.

Please be sure to lock your locker. St. Michael's does not provide insurance for personal items. Please do not bring large amounts of money or other valuable items to school. St. Michael's is not responsible for lost or stolen articles. This includes cell phones and electronic devices.

**\*\*Please note:** Students may not use large bags to carry books and supplies to classes. Classrooms become overcrowded when large bags are brought to class making it difficult for teachers to assist individual students. Please encourage your child to leave all unnecessary items in lockers. If a student brings a cell phone to school, it must be turned off and left in their locker during the school day.

## **GENERAL POLICIES**

### **Payments**

Parents are reminded to please be prompt in paying tuition, EDC statements, and lunch deposits. We rely on your prompt payments to be able to pay our bills. All tuition payments are now expected to be set up on ACH. All other accounts can be sent in an envelope clearly marked with your name and the purpose of the payment. We ask you to please send in separate checks for each of the above payments.

### **Visitors**

All visitors, parents included, must enter the main (east) school doors and sign in at the school office upon entering the building and pick up a visitor's badge. If the secretary/office personnel do not know a visitor, he/she will be asked to provide identification. If a relative other than a parent or a family friend will be coming to school please send a note in advance, or a call will be made to the child's parents for confirmation. It is important for the safety of the students that the administration be aware of everyone in the school at all times.

Parents/guardians are welcome to visit their child's classroom occasionally during the school year. Visits should be arranged with the teachers at least one to two days in advance. The purpose of the visit is to see your child interact in the classroom environment and should be no longer than 15-30 minutes in length. Please refrain from using cell phones, note taking and/or interacting with the teacher or students while instruction and learning are in process. Parents/guardians are also welcome to volunteer their services to their child's classroom during the school year.

**Emergency Forms** - It is important that parents/guardians provide information needed in case of emergency. Emergency forms are to be completed at the beginning of each school year for each family.

**Family Information Changes** - If your address or phone number (or any important information, such as email address or marital status) changes, please notify the school office.

**Pets** - Pets may not come to school unless special arrangements have been made with the teacher beforehand.

**School Pictures** - Individual pictures are taken of the students by a professional photographer at the beginning of each school year. These are available for purchase by the parents/guardians.

**Parties** - Two classroom parties are scheduled each year: All Saints Day and Christmas. Parties are organized by teachers and room parents and the treats are organized by the school. No other treats are to be brought in during these parties. Other parties must have the permission of the principal before plans are made.

**Valentine's Day** - An exchange of Valentines at the end of the school day along with a treat is allowed. We ask that all candy brought in during the exchange be consumed off campus after the students leave for the day and to please make nut free choices when selecting treats and candy.

**Birthdays** - Birthdays are recognized in the classrooms in various ways, depending on the grade level. Students may celebrate their birthday/baptismal date by bringing in a sticker, a pencil, an eraser or something educational for each student. **Edible treats may NOT be brought into school, including drinks.** Students may also donate a book as a gift to the class or library. The book can be labeled with the student's name and birth date inscribed on the first page. The librarian has a list of suggestions available upon request.

**Invitations** - Invitations to parties held at home may not be distributed in school. Gifts may not be distributed during school hours. If a gift is delivered to the school during school hours for a student, it will remain in the office until the student can pick it up at dismissal time. The homeroom teacher will notify the student and the item may be picked up in the office before leaving school for the day.

### **HOT LUNCH PROGRAM**

**Lunch Program/Prices** - St. Michael School, provides a daily hot lunch program to all-day Pre-Kindergarten-8th grade students. A monthly lunch menu is posted on the school website prior to the beginning of each month. Milk (1%, and skim chocolate) is included with the hot lunch. Students may purchase a hot meal (and seconds and/or an extra drink) through the use of the lunch computer system. Parents are welcome to join their child/ren for lunch, please call ahead by 9:30am to inform us that you will be eating at our cafeteria. Milk is also available for those students bringing lunch from home by using the computer system or paying cash. Prices for hot lunch, seconds and drinks are listed below.

Student Hot Lunch	\$3.00
Guest Lunch	\$4.25
Milk	\$.40
Second entrée	\$1.35
Sandwich	\$1.25
Second fruit	\$.50
Second bread	\$.40

**Ala Carte is offered to 6<sup>th</sup>-8<sup>th</sup> grade students ONLY. This is available to them after their regular lunch is consumed.**

### **Lunch Account**

- **ID Number:** Each student is assigned a four-digit number to keypunch when going through the lunch line.
- **Deposits:** Lunch account deposits should be made the first week of school in order to establish a positive balance. The amount you initially deposit is at your discretion. Please make deposits throughout the year as needed, **making sure to keep a positive balance at all times.** When replenishing your account please take into account the price of lunches, seconds and milk (see chart above). Please make sure your check is enough to carry a positive balance for more than one week. All balances left in your account at the end of the school year will be carried over to the next year. Please send all lunch checks to the school office in an envelope marked "SCHOOL LUNCH" and indicate the student lunch number in the lower left hand corner of the check. Make checks payable to St. Michael School. Thank you for your attention and cooperation in keeping all lunch accounts at a positive balance. This allows us to be able to pay our hot lunch bills to our vendors each month.
- Parents also have the option of making pre-payments online for lunch using a site called My Lunch Money. If you would like to utilize this option, you would go to their website, [www.myschoolbucks.com](http://www.myschoolbucks.com) and set up an account for your student/s. You are able to pay through credit card, or you can send a check into the office and we will put the requested amount into your account. You will need your student's lunch ID number in order to set up this account. If you have it from the previous year that one

will still be good, they don't change from year to year. Please call the school office for that number if you need it.

- **Statements:** Lunch account statements will not be sent home. It is your responsibility to know your account balance. You may contact Linda Schurman, kitchen manager, (488-1313 ext. 16) to inquire about your lunch balance or register with the My School Bucks program to receive email notifications.

**Special Dietary Concerns** - If a student has special diet concerns, allergies to foods, dyes, etc., the parent needs to notify the Kitchen Manager with a doctor's note or prescription. This is according to the guidelines of the Nebraska Department of Education.

### **Government Regulations**

- **Free and Reduced Lunch:** Government regulations require that families be notified of terms of eligibility and provided an application for free or reduced lunches. This information is sent home the first week of school. Any information provided by families is strictly confidential.
- **Competitive Food Policy:** USDA policy for school hot lunches does not allow anyone to order food for students to be delivered to school during the lunch period which includes ½ hour before until ½ hour after serving time (10:20 a.m. to 1:25 p.m. at Saint Michael School). However, parents may provide fast food meals for only their own children for lunch.
- **Nondiscrimination Statement:** In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

### **Nondiscrimination Statement**

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applications for employment on the bases of race, color, national origin, age disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all the information requested in the form. Send you completed complaint form or letter to us by mail at the U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 200250-9410. By fax, (202) 690-7442 or email at program, [intake@usda.gov](mailto:intake@usda.gov)

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service (800) 877-8339 or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

PLEASE NOTE: As stated above, all protected bases do not apply to all programs. The first six protected bases of race, color, national origin, age disability, and sex are the six protected bases for all applicants and recipients of the Child Nutrition Programs.

### **Lunch Guests**

Parents, grandparents, or other guests are welcome to join eat their student for lunch. School-aged guests must have parent permission and must make a phone call to the school office one day in advance. Guests must follow all visitor requirements. Guest lunch is \$3.50 (exact change or check only). Outside food may be brought for only the guest's student and may not be shared with other students.

# St Michael School's Local Wellness Policy (LWP)

## Local School Wellness Committee

### Committee Role and Membership

The Local Wellness Committee (hereto referred to as the LWC) will meet at least one time per year to establish goals and to oversee school health and safety policies and programs, including development, implementation and periodic review and update of this wellness policy (LWP). The designated official for oversight and to ensure compliance is Ashley Rockey, school principal.

#### Committee Members:

Name	Title/ Relationship to the School	Email Address	Role on Committee
Ashley Rockey	Principal	<a href="mailto:Ashley-Rockey@cdolinc.net">Ashley-Rockey@cdolinc.net</a>	School Wellness Policy Coordinator
Kayla Belden	Student Services Coordinator	<a href="mailto:Kayla-belden@cdolinc.net">Kayla-belden@cdolinc.net</a>	School Wellness Policy Co-Coordinator
Christy Kruger	P.E. Teacher	<a href="mailto:Christy-Kruger@cdolinc.net">Christy-Kruger@cdolinc.net</a>	Evaluation and Implementation of Phys. Ed. And Health
Linda Schurman	Food Service Director	<a href="mailto:Linda-Schurman@cdolinc.net">Linda-Schurman@cdolinc.net</a>	Implementation of nutrition and nutrition education
Marie Hall	Registrar	<a href="mailto:marie-hall@cdolinc.net">marie-hall@cdolinc.net</a>	Assists in the Evaluation and implementation of the LWP
Jenny Medinger	Secretary	<a href="mailto:Jenny-Medinger@cdolinc.net">Jenny-Medinger@cdolinc.net</a>	Assists in the Evaluation and implementation of the LWP
Jen Wells	School Nurse	<a href="mailto:Jennifer-Wells@cdolinc.net">Jennifer-Wells@cdolinc.net</a>	Assists in the Evaluation and implementation of the LWP
Nikki Wemhoff	Parent	<a href="mailto:nwemhoff@hotmail.com">nwemhoff@hotmail.com</a>	Assists in the Evaluation and implementation of the LWP

### Implementation, Assessment and Update:

The School will actively inform families each year of basic information about this policy, including its content, any updates to the policy and implementation status. The School will make this information available through school communications and on the website [www.stmichaelmarauders.org](http://www.stmichaelmarauders.org). Annually, the School will also publicize the name and contact information of the school officials leading and coordinating the committee, as well as information on how they can get involved with the local wellness committee.

At least once every three years, the committee will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the school is in compliance with the wellness policy;
- A description of the progress made in attaining the goals of the wellness policy.

The LWC will monitor school's compliance with this wellness policy and will notify families of the availability of the triennial progress report. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

## **References/Governance**

Healthy, Hunger Free Kids Act of 2010  
USDA Local Process 2014-How to Develop, Implement, & Evaluate a Wellness Policy  
USDA National School Lunch and Breakfast Program  
Fitnessgram  
Nebraska Department of Education Policy  
Nebraska Department of Health and Human Services-Health Screening Policy  
Diocese of Lincoln Catholic Schools' Healthy Schools Local Wellness Policy Requirements  
St Michael Wellness Committee recommendations-with experts and parent/student participants

## **Record Keeping**

St. Michael School will retain records to document compliance with the requirement of the Wellness Policy. Documentation will include but is not limited to:

- The written Wellness Policy.
- Documentation demonstrating that the policy has been made available in the student/parent handbook.
- Minutes of meetings to update the policy.
- Documentation of any data driven records that students return to the school.
- The most recent assessment on the implementation of the wellness policy.
- Goals that are a part of the Wellness Policy and the updating of said goals.

## **General Statement**

St Michael Catholic School is committed to providing a school environment that will promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Our school will provide nutritional and physical educational programs to foster habits that promote lifelong health.

## **Policy Focus/Public Involvement**

St Michael Catholic School will engage students, parents, teachers, food/health professionals, school family leadership, school administrators, other interested community members and the public in developing, implementing, monitoring and reviewing nutrition and physical activity policies.

The public can obtain this local wellness policy on the school website [www.stmichaelmarauders.org](http://www.stmichaelmarauders.org).

## **Nutrition**

### **School Meals**

Our school is committed to serving healthy meals to children. The school meal program aims to improve the diet and health of school children.

School Meals will be prepared and served in accordance with state guidelines and the federal USDA National School Lunch and Breakfast Program to meet or exceed current nutrition requirements.



Our school meals are:

- Accessible to all students;
- Appealing and attractive to children;
- Served in a clean and pleasant surrounding;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.

Families deposit money into their child's lunch, either through sending a check to the office, or by creating an account with [www.myschoolbucks.com](http://www.myschoolbucks.com) and putting money into that account. Email notifications are sent when account balance is low. When student accounts are negative, the lunch program director will notify parents. Information notifying all families of terms of eligibility for free or reduced lunch costs are available to families at the beginning of the year and on the school website. Any information provided by families is strictly confidential.

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Parents or guardians are encouraged to join students for meals and become involved in the school nutrition program. Parents and guardians are encouraged to pack nutritional food and drinks in sack lunches, to include: lean protein, fresh fruits/vegetables, whole grains, and milk/dairy products.

### **Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day\* Drinking water will be available where school meals are served during mealtimes.

### **Competitive Foods and Beverages**

All foods and beverages sold at school during the school day will meet nutrition standards. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

### **Celebrations and Rewards**

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards. Healthy party ideas are available from the Alliance for a Healthier Generation and the USDA. For all parties that are held throughout the year - All Saints, Christmas, and Easter, St. Michael will provide the snack for those parties. NO extra food will be allowed to come into the school.

There are no requirements for food/beverages sold during non-school hours for example weekends and evenings. See websites <https://www.fns.usda.gov/sites/default/files/allfoodsfundraisers.pdf> & <https://www.education.ne.gov/NS/forms/nsfpforms/CompetitiveFoods.html> for additional information.

Food rewards should be avoided and if given, should be healthy and nut safe. A list of nut safe snacks is available to teachers. A hard copy at the beginning of the year, and on the shared folder. Teachers are encouraged not to use food as teaching tools when non-edible items will work just as well.

Birthdays are recognized using non-edible gifts such as pencils, erasers, stickers, or other tangibles. St. Michael does not allow food to be brought in from an outside source for any reason.

## **Nutrition Education and Promotion**

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

Our Goal: Students and staff will choose nutritional food and drinks resulting in normal BMIs and energy levels that positively affect learning. The School will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is part of not only health education classes, but also integrated into other classroom instruction;
- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and/or school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing;
- Teaches the risks of unhealthy weight control practices and accepting body size differences
- Includes nutrition education training for teachers and other staff.

Staff should be knowledgeable on basic nutrition, physical activities, and Federal, State, and Local school policies and guidelines. This will allow them to better educate students and to model healthy behaviors in nutrition, physical activity, and non-use of tobacco for a consistent message.

## **Food and Beverage Marketing in Schools**

The school environment ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Any foods and beverages marketed or promoted to students on the school campus\* during the school day\* will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food and beverage marketing is defined as advertising and other promotions in schools.

As the school nutrition services/Athletics Department/PT NPTO review existing contracts and consider new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the wellness policy.

## **Physical Activity**

Children and adolescents should participate in physical activity every day. Physical activity during the school day should not be withheld as punishment. If a child is consistently missing recess, a plan should be developed in conjunction with parents to address the child's needs. To the extent practicable, the school will ensure that its grounds and facilities are safe and that equipment is

available to students to be active. The school safety committee will conduct necessary inspections and repairs.

### **Physical Education**

The school will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students will be provided equal opportunity to participate in physical education classes. All **elementary students and middle school students** will receive physical education throughout the school year taught by licensed teachers. Exemptions or substitutions for physical education classes are (usually) not granted.

Physical tests will be conducted in select grades using the Fitnessgram.

### **Essential Physical Activity Topics in Health Education**

Health education is required in all grades. The school will include in the health education curriculum some of the following topics appropriate to the school:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety: e.g. avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough: determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

### **Recess**

The school offers at least 20 minutes of recess on all days during the school year for grades K-5. For grades 6-8, recess is 12 minutes in the morning, and when time allows in the schedule, 10 - 15 minutes in the afternoon. When recess time is before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms to address cleanliness for reentering the building to eat. **Outdoor recess** will be offered when weather is feasible for outdoor play. In the event

that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

### **Classroom Physical Activity Breaks**

The school recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Resources and ideas are available through USDA and the Alliance for a Healthier Generation. Teachers will serve as role models by being physically active alongside the students whenever feasible.

### **Before and After School Activities - Active Transport**

The school will support active transport to and from school, such as walking or biking. Organized athletics are encouraged for Junior High students.

### **Staff Wellness and Health Promotion**

The LWC will focus on staff wellness issues, identify and disseminate wellness resources. Our school will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors, including Professional Learning.

### **Community Health Promotion and Family Engagement**

The School will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts. The school will use electronic mechanisms (e.g., email or displaying notices on the district's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.