



LA MESA DALE QUICK REFERENCE GUIDE 2021-2022

May all who enter as guests, leave as friends.

Attendance	The best gift you can give your child is a good education. The best place to get that education is in school. Due to COVID, it is essential that families conduct a health screening at home each morning. Call the office each day your child is absent. Students will not be permitted back in class until the Health Tech has spoken with a parent/guardian and deemed it safe for the student to return. Call the school office at (619) 668-5740 or email each day your child is absent. Study Contracts (ISC) are available for students who will be out 3+ consecutive days.
After/Before School Care	Extended School Services (ESS) is available for all students. Our site lead can be reached at (619) 668-5844. Boys & Girls Club – Brady Family Clubhouse – is available after school daily for grades 1-5. A Boys & Girls Club staff member walks students to the Boys and Girls Club after school. Call 619-303-0838.
Announcements	School-Wide information from the principal is emailed every Sunday at 4 pm. Please plan to check your email for a message from “La Mesa Dale Campus” every Sunday evening to remain well informed. Event information is also posted on our social media accounts: Instagram, Twitter, and Facebook. Classroom announcements from your child’s teacher will be sent using Class Dojo.
Bikes	Only 4 th , 5 th and 6 th graders may ride bikes to school. Student and parent must first sign bicycle contract, which can be obtained in the office. Helmets and bike locks are required if your child chooses to ride his/her bike to school. Scooters, skates, skateboards, and wheelie shoes are not allowed on campus.
Birthdays	We know birthdays are special and would like to celebrate with you. Food Treats are NOT ALLOWED. No exceptions. Thank you for helping us to ensure the safety of our students with food allergies and to promote healthy eating habits for all. In lieu of cupcakes or food treats, please consider stickers, pencils, donating a book to the classroom or other non-food options for celebrating your child’s birthday at school.
Clothing	<p>Your child’s appearance is a direct reflection of pride in herself/himself and in her/his school.</p> <div style="text-align: center;"> </div> <ul style="list-style-type: none"> ✓ The diagram above (AR5132a) shows LMSVs dress code. ✓ Unacceptable Clothing: clothing that shows skin in the areas that are covered in the diagram above, clothing with words or pictures about alcohol, drugs, tobacco, gangs, or profanity, and sandals (close-toed shoes required per California State Law). ✓ Caps are allowed ONLY outside. <p>If your child is not dressed appropriately, you may be called to bring your child a change of clothes. *TK and kindergarten students should keep a fresh set of underwear/pants in their backpack in case of a wet accident. We keep a very limited supply of replacement clothing in the office. Children will need to be picked up for other bathroom accidents.</p>
Cell Phone /Smart Watch	Students may not use personal cell phones on campus. Phones must be turned off and kept out of sight or turned in to staff daily. Calls will be generated from the office or directly from the classroom phone. La Mesa Dale is not responsible for lost, stolen, or damaged electronic devices that are brought on campus.
Contact Us	Write a note, send an email, or give us a call. Email addresses and phone numbers are listed on the school website: www.lmsvschools.org/lamesadale/staff Please do not give a verbal message to your child to deliver to the teacher.

Car Drop Off and Pick Up	Use the back parking lot for pick-up and drop off from a car. When dropping off or picking up students, please use the right "Drop Off Lane" marked in the back parking lot and pull forward as far as you can. Do not drop off or pick up children from the "Keep Moving" left lane. NO PARKING in the loading zone or alley. Students should not be dropped off in or picked up from the front parking lot at any time. If you are walking, please do not walk down the alley or up the driveway from Olive. For your safety, use the Olive walking gates or the gates at the front of the school on Parks.
Early Check-Outs	A note from home is required when a student leaves school early. Be prepared to present your ID. You will be required to sign your student out at the Health Technician's desk; your child will be called to the office after you have arrived at school. Please plan accordingly as this can take a few minutes. If someone other than a parent or guardian is picking up your child, the parent/guardian must deliver a signed, dated letter notifying the office as to which emergency contact will be picking up the student with the date and time of that pick up. That person must show their ID upon pick up. If your child has an appointment during the day, please be sure your child is at school before and after the appointment. IMPORTANT: If you want to pick up your child before the end of the school day, it must be BEFORE 2:00 p.m. (M,W,Th,F) or 12:45 p.m. (Tuesdays). Anyone arriving after this time will need to wait until classes are dismissed to take your child.
Food	FREE breakfast is available to students beginning at 7:40 a.m. FREE lunch is available to all students daily. Children have 20 min. to eat & 20 min. to play. If your child brings food to school, please label your child's lunch box with his/her name and classroom. Snacks Per the La Mesa-Spring Valley School District Wellness Policy, children may bring healthy, nutritious snacks to school to eat during their morning recess time. Healthy Snacks Include: Fruits, vegetables, crackers, trail mix, pretzels, 100% juice. NOT Allowed at School: Gum, candy, soda, energy drinks, caffeine, LARGE bags of chips or cookies. ***Snacks must be snack size – large/family-size bags/containers of food will be sent home*** <p style="text-align: center;">Students may <u>NOT</u> share snacks with other children due to allergies.</p> Office staff does not deliver food to classrooms. Please don't drop off fast food or have Uber Eats (or other delivery services) deliver food to the office for your child.
Masks	Masks are required for all individuals indoors regardless of vaccination status until further notice.
Medication	All students taking medication (of any kind) must have a doctor authorization (on our specific form) on file in our health office. An adult must bring properly labeled medication to the health office.
Parking	Enter the small front parking lot on Parks and turn right down the alley behind the multi-purpose room to access the largest parking lot. It is important in the small Parks Avenue Front of School Parking that drivers park in marked spaces ONLY. There is handicapped parking in both lots that is first come-first served for cars with appropriate placards. Do not block busses or through traffic in the front lot (Parks).
Personal Items	Label Everything. Please put your child's name on all clothing, lunch boxes, backpacks, etc. to avoid loss. Found items are placed in our school Lost & Found, located in the lunch area. Personal items such as toys, jewelry, novelty items, should not be brought to school.
PTA	We invite you to be actively involved in our PTA. Information can be found at LMDPTA.org. Spirit wear is also for sale on the PTA website.
School Hours	School begins everyday at 7:55 a.m. Dismissal is at 1:00pm on Tuesdays and 2:15p.m. Monday, Wednesday, Thursday, and Friday. Campus opens at 7:40a.m. Students may eat breakfast in the lunch area or go directly to classroom (procedures will change when gathering for Peace Square and Run Club are deemed safe). For now, parents may not be on campus with the exception Back to School Night and walking students to class in the morning the first three days of school. If your child arrives after 7:55 he/she must enter through the front office for a health screening. Please ensure your child is picked up within 10 minutes of dismissal.
Volunteers and Visitors	Essential Volunteers are permitted on campus in a limited capacity. We are eager to welcome you back when it is safe for volunteers and students. When we resume volunteer opportunities, individuals who are scheduled to volunteer on campus are required to sign in at the front office, participate in a health screening, provide ID, and wear a visitor sticker any time they are on campus. Other adult visitors must make arrangements with the front office to visit our campus. Student visitors are not permitted.

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