



LA MESA DALE QUICK REFERENCE GUIDE 2022-2023

Embrace - Educate - Empower

Attendance	The best gift you can give your child is an exceptional education. You can partner with us by making sure your child is at school every day. We understand students do occasionally need to miss school for illness. Call the school office at (619) 668-5740 or email each day your child is absent. Study Contracts (ISC) are available for students who make arrangements ahead of time for absences of 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 afternoon. 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. A calendar of school events can be found on our school website www.lmsvschools.org/lamesadale 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 a 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. 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. 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.
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. Watch a video of our drop off/pick up procedures at https://tinyurl.com/bdfxeatt
Cell Phone /Smart Watch	Students may not use personal cell phones on campus. Students are expected to turn their cell phone in to their teacher or the office daily. If a student needs to call home, the call 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, give us a call, or send a message on Class Dojo. 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.
Dress Code	Your child’s appearance is a direct reflection of pride in herself/himself and in her/his school. <div style="text-align: center;"> <p>Must have straps</p> <p>Incorrect: Shirt below armpit line in several places</p> <p>Incorrect: Midriff showing</p> <p>Incorrect: Hole in clothing above 3-4 inch length</p> <p>Entire area from armpit to armpit to bottom of 3-4 inch length must be covered</p> <p>3-4 inch length</p> <p>YES</p> <p>Try Again</p> </div>

Dress Code (continued)	<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>
Early Check-Outs	<p>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 be asked to wait until classes are dismissed to take your child.</p>
Food	<p>FREE breakfast is available to students beginning at 7:40 a.m. (7:30 once Run Club starts) 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. 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*** Students may NOT share snacks with other children due to allergies. 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.</p>
Medication	<p>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.</p>
Parking	<p>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. 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).</p>
Personal Items	<p>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.</p>
PTA	<p>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.</p>
Run Club	<p>Run Club starts a few weeks into the school year and is available every morning at 7:30 am on the upper field. Check your Dojo Messages as Run Club is occasionally canceled due to rain or muddy conditions on the field. On days that Run Club is canceled, we ask that students arrive at school after 7:40.</p>
School Hours	<p>School begins every day 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. (7:30 on days we have Run Club). Students may eat breakfast in the lunch area or go directly to classroom (procedures will change when gathering for Peace Square and Run Club begin). If your child arrives after 7:55 he/she must enter through the front. Please ensure your child is picked up within 10 minutes of dismissal.</p>
Volunteers and Visitors	<p>We welcome volunteers. Please make arrangements ahead of time with a staff member. Sign in at the front office with your ID and wear a visitor sticker any time you are on campus. All adult visitors must make arrangements with the front office ahead of time to visit our campus. Student visitors are not permitted.</p>

updated 7/26/22