



LA MESA DALE QUICK REFERENCE GUIDE 2023-2024

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 each day your child is absent. Study Contracts (ISC) are available for students who make arrangements ahead of time for absences of 3+ 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/texted every Sunday afternoon. Please plan to check your messages every Sunday evening to remain well informed. 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.
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.
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
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	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> </div> <div style="width: 50%;"> <p>Students' appearance is a direct reflection of pride in themselves and their school. The diagram shows the La Mesa-Spring Valley dress code.</p> <p>Do Not Wear: Open-toed shoes, clothing that shows skin in the areas that are covered in the diagram, clothing with words or pictures that depict or imply illegal, violent or lewd conduct, weapons, or the use of alcohol, tobacco, marijuana or any other controlled substance; Display or imply vulgar, discriminatory or obscene language or images; State, imply or depict hate speech/imagery</p> </div> </div> <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	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.
Food	FREE breakfast is available to students beginning at 7:40 a.m. (7:30 after Labor Day) 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 <u>NOT</u> 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.
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 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).
Personal Items	Electronics. Students may not use personal electronic devices on campus (cell phones, smart watches, etc.). Students are expected to turn their devices 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. 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.
Run Club	Run Club starts after Labor Day and is available every morning at 7:30 am on the upper field. Run Club is cancelled on rainy days and 1-2 days after significant rain as the fields become too muddy. On days that Run Club is canceled, we ask that students arrive at school after 7:40.
School Hours	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.
Volunteers and Visitors	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 and volunteers must schedule their visit with the classroom teacher ahead of time. Student visitors are not permitted.

updated 7/19/23