



# Grant Elementary School Family Handbook

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## ABSENCES & ATTENDANCE



School Attendance Number: 319-558-2314

School Attendance Email: [tfahnle@crschools.us](mailto:tfahnle@crschools.us)

Regular attendance, as well as being on time to school and class, is essential for students to obtain the maximum benefit from school and take full advantage of educational opportunities provided by the district. Students and guardians are required to follow District and school rules and procedures regarding attendance as outlined in Board policy 602 and to align with the State of Iowa's Compulsory Education Law Chapter 299.

The Cedar Rapids Community School District believes that excessive student absenteeism and tardiness is an early warning sign of poor academic achievement and puts students at risk of dropping out of school. An absence is any time a student does not access instruction (physically or remotely as designated). Absences will be recorded as part of a student's attendance record and tracked through Infinite Campus.

**Absences:** It is the responsibility of the guardian to notify the student's attendance center as soon as the guardian knows the student will not be attending school. This can be done via phone call or email listed above 24 hours a day. If the school is not notified of the absence, it will be counted as unexcused. The guardian may rectify this by giving verbal or email notification within two days of the reason for the absence or providing necessary documentation. The administrator reserves the right to verify an absence as excused or unexcused and may request evidence or written verification of the student's reason for absence. Student absences approved by the administrator are excused absences. Excused absences may include, but are not limited to:

- Illness - as long as an attendance contract is not in place
- Medically documented chronic or extended illness, hospitalization, or doctor's care, or school nurse's approval
- Medical or dental care
- Death or serious illness in the family
- Religious holidays requiring absences from school
- Court appearances or other legal proceedings beyond the control of the family
- Class time missed because of attendance at a school-sponsored trip or activity
- Other verified emergency as approved by the building administrator
- Other reasons which can be justified from an educational standpoint and which are approved by the building administrator

**Arriving Late and Leaving Early:** Arriving at school or class after the official start time constitutes tardy. If a student is consistently arriving late or leaving early and it is documented, the information will be considered at the District and County Attorney levels. Time missed from instruction due to tardiness or leaving early will count towards the cumulative hours a student is absent. A student is considered tardy if:

- Elementary School - Enters the school any time between 8:50 and 9:10.

- A student enters the building for the day after these tardy time frames, the school designee will record their entry time into Infinite Campus using the Check In/Check Out feature in which this time will count towards unexcused absences.

**Responding to Excessive Absenteeism:** School staff will follow District procedures to address attendance concerns. Guardians and students are expected to ensure an absence from school is a necessary absence. Truancy is the act of being absent without an excuse as defined by Board policy 602 which occurs through the failure to regularly attend school hours as established by the Board in the school calendar.

When a student's non attendance or tardiness interferes with learning, the building MTSS team may intervene to identify barriers and offer additional support to improve student attendance. The team may communicate with the student and the student's guardians to determine the reason(s) for the excessive absences, ensure the student and guardians are aware of the adverse consequences of poor attendance, and jointly develop a plan for improving the student's school attendance. The team may recommend community resources and/or collaborate with community agencies and organizations to address the needs of the student and family if applicable.

[Attendance District Board Policy](#)

## ANIMALS AT SCHOOL

Permission from the principal must be given before any person may bring an animal to school. When permission is given, pets and other animals must be on a leash or in a cage and must be accompanied by an adult who can leave with the animal as soon as the "sharing" time ends.

For safety and courtesy reasons, everyone is respectfully asked not to bring animals to school when escorting their students to and from school or when attending outdoor school events. [See board policy 904.](#)

## ARRIVAL PROCEDURES

Grant arrival begins at 8:20 with breakfast. If students choose not to eat, supervision is available at 8:30. At 8:45, teachers will bring students into their classrooms. Students arriving at school after 8:40 will be given a sack breakfast to eat in their classroom. If students want breakfast they should arrive before 8:40 so they have plenty of time to finish breakfast before getting to class before the tardy bell rings at 8:50. If students are not eating breakfast they should arrive no later than 8:48 to get to their classrooms before the tardy bell at 8:50.

**Grant teachers begin class promptly at 8:50** When students are late, they miss this important classroom community and instructional time.

Children need to be at school by **8:48** to be in class on time.

**After 8:50 they are late and missing instruction.**

A note should be provided if they are late due to a medical appointment.

## BIKE SAFETY

Parents are asked to assume responsibility for their student's bike safety readiness and bike maintenance. All bike riders at Grant should wear a helmet. Riders are expected to follow the bike safety and courtesy rules listed below:



1. Walk bikes at all times anywhere on school grounds.  
Walking means both feet on the ground, not straddling a bike, not coasting scooter-style.
2. Bicyclists must obey all traffic signs and yield to pedestrians.
3. Bike riders should park, lock, and leave their bike at the rack in back of the main building.

Students must follow the bike safety rules listed above. Consequences for not following these may include loss of bike riding privileges, having the bicycle held at school for a parent to pick up, meeting with the principal and parents to review bike safety expectations, or meeting after school for one or more days to review bike safety lessons with staff or the principal.

**Skateboards, rollerblades, scooters, heeies are not permitted on school grounds.**

## BIRTHDAY CELEBRATIONS

- As a part of our District Wellness Policy and efforts to be a Blue Zone School, students will celebrate their birthdays in a variety of ways. Only birthday treats following the [healthy snack guidelines](#) can be distributed at school. **Any other birthday treats will be returned uneaten.**
- We ask that you do not send balloons or flowers to the school for your child's birthday.

## BUILDING USE

Youth organizations and clubs must make a request for school usage. This can be requested through the district use form and this is located on the district website <https://crschools.us/departments/quick-links/school-facilities-use/>. The requests must be completed and approved prior to the first usage.

## BUS TRANSPORTATION



Some students are transported by school bus. You will receive information about routes, pick up, drop off times, and student conduct. All transportation questions or concerns should be directed to the transportation office at [319-558-2318](tel:319-558-2318).

## CALENDARS

### BUILDING CALENDAR

The Grant Public Family calendar will be updated regularly in Google. Here is the link to use to access the calendar: [Grant Public Family Calendar](#) We will update information on which Day it is in

the specials rotation, field trips, picture days, special events, family conferences and many more things that will occur here at school.

### **DISTRICT CALENDARS**

The CRCSD [District Calendar for K-12 and Preschool](#) can be found on our district website.

### **MAKE UP DAYS**

When school days are canceled due to inclement weather or other unforeseen circumstances, school days may need to be made up. Potential make-up days are indicated on our school calendar. Parents are encouraged to take these potential days into consideration when planning early summer vacations to eliminate any conflict in schedules.

## **CEDAR RAPIDS SCHOOL BOARD**

Regular meetings of the Board of Education are held on Mondays evenings of each month in the BoardRoom at the Educational Leadership and Support Center, 2500 Edgewood Rd. NW. The public is welcome to attend. Meetings are also televised on cable television. More information can be found on the [district website](#).

## **CLASSROOM ASSIGNMENTS**

Factors such as achievement level, gender, and social maturity are taken into consideration when assigning students to classrooms for the coming year. Every effort is made to form heterogeneous groups that will enable students to work together with the teacher in academics as well as in social pursuits. Students with special needs (learning, behavior, etc.) will be given as much special consideration as possible. The staff, counselor, and principal should be aware of these specific needs due to their contact with the student. Parental input regarding circumstances of which the staff is not aware is appropriate. This input needs to be in writing and submitted to the Principal by the second Friday in May. The principal needs to be an advocate for all children and should assure all an equal opportunity during their elementary years.

Parents **may not select their children's teachers** but are free to give input into how their child learns best. Assignments for each school year will be available in August.

### **ACCELERATION AND RETENTION PROCESS**

Please contact the building administrator regarding further information on the processes used for acceleration and/or retention.

## **CLOTHING/APPEARANCE/DRESS CODE**

The District believes inappropriate student appearance causes material and substantial disruption to the school environment or presents a threat to the health and safety of students, employees and visitors. Students are expected to adhere to standards of cleanliness and dress that are compatible with the requirements of a good learning environment. The standards will be those generally acceptable to the community as appropriate in a school setting.

The District expects students to be clean and well-groomed and wear clothes in good repair and appropriate for the time, place, and occasion. Clothing or other apparel promoting products illegal for use by minors and clothing displaying content inappropriate for school-aged children, profanity, weapons, or reference to prohibited conduct are not allowed. While the primary responsibility for appearance lies with students and their parents/guardians, appearance disruptive to the education program will not be tolerated. When, in the judgment of a principal, a student's appearance or choice of clothing disrupts the educational process or constitutes a threat to health or safety, the student may be required to make modifications or be subject to disciplinary action. The wearing of gang-related attire or insignia by students is prohibited. ([Board Policy 603.1](#))

**GYM SHOES** Children are to wear rubber soled shoes, like tennis shoes, to PE class. Proper footwear will ensure safety and enhance performance. We discourage flip-flop type shoes for PE as well as recess.

## COMMUNICATING DURING THE DAY

Teachers will contact parents at home or work during the school day if there is an immediate need to discuss a problem involving their child. Teachers may communicate in writing or electronically at other times. Parent calls to teachers should be made from 8:10-8:40 AM, during specials, or after school. Remember that teachers are teaching and if it is an emergency or a change in plans please contact the main office by 3:00pm at 319-558-2020. Please do not reach out to teachers to ask how a child is feeling. If you have concerns about a child's health, please reach out to our health office. 558.3267

All communication between families and students during the school day should be done through school personnel. Texting or phone calls to student devices cause a disruption to the learning environment.

## CRISIS RESPONSE

Comprehensive plans have been put together for emergency situations such as when there is a need to move students from our building or if a crisis occurs while students are away from our building. In the event that Grant is declared unsafe to re-enter, we will be busing students to a reunification site. Parents will be directed to go to that site through local media where staff will assist in reuniting students with their parents. No students will be released to an adult other than their parent without permission. Bus routes will be used to return students to their home if this is deemed appropriate.

Fire, tornado, and lockdown drills are periodically held to practice procedures and proper behavior in the event of an emergency. You will be notified when we perform these drills so that you can discuss them with your child if necessary.

## CROSSING GUARD

A crossing guard is stationed at the corner of Wilson Avenue and J Street and at the crosswalk on J Street just west of the school to help students safely cross that intersection. The hours the crossing guard is on duty are from 8:15-8:50 and 3:45-4:15. On Early Dismissal days the guards are on duty from 2:20-2:45.

## DAYCARE/BEFORE AND AFTER SCHOOL CARE

All CRCSD elementary schools and middle schools will have before and after-school programming through Champions that will begin at 6:30 am and be available until the start of the school day. Champions also provides after school programming until 6:00 pm. If you have any questions, please contact Champions at 319-504-3408 or at [cedarrapidschampions@discoverchampions.com](mailto:cedarrapidschampions@discoverchampions.com).

## DISMISSAL PROCEDURES

### DISMISSAL DURING THE DAY

It is necessary for parents to send a note, send an email, or make a telephone call requesting for students to be dismissed during the school day.

Remember that teachers are teaching and if it is an emergency or a change in dismissal plans for your child(ren) please contact the main office by 3:00pm at 319-558-2020.

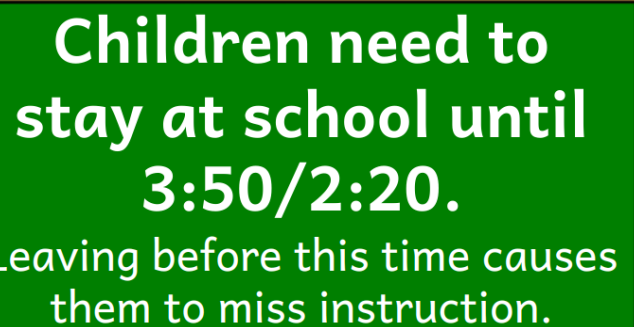
If you are coming to pick up your student early, **they will NOT be released between 3:40 - 3:50 or 2:10 - 2:20 on Fridays.** When a student is to

leave school early, he/she is to check out through the office. Parents are asked to come to the office to check-out their student. Leaving early to attend outside classes or lessons is strongly discouraged.

Students who become ill at school will be dismissed through the office after parents, guardians, or emergency contacts have been contacted and appropriate arrangements are made.

We would encourage you to wait until closer to our dismissal time so we can decrease unnecessary traffic on our campus. Students are still transitioning to/from Specials and Recess, and having too much traffic isn't ideal for student safety. We encourage parents to start arriving no earlier than 3:30.

3:50 - Students who walk home are dismissed from class and the building to leave for the day. If your student will walk from school, please ensure his/her teacher knows.



**Children need to  
stay at school until  
3:50/2:20.  
Leaving before this time causes  
them to miss instruction.**

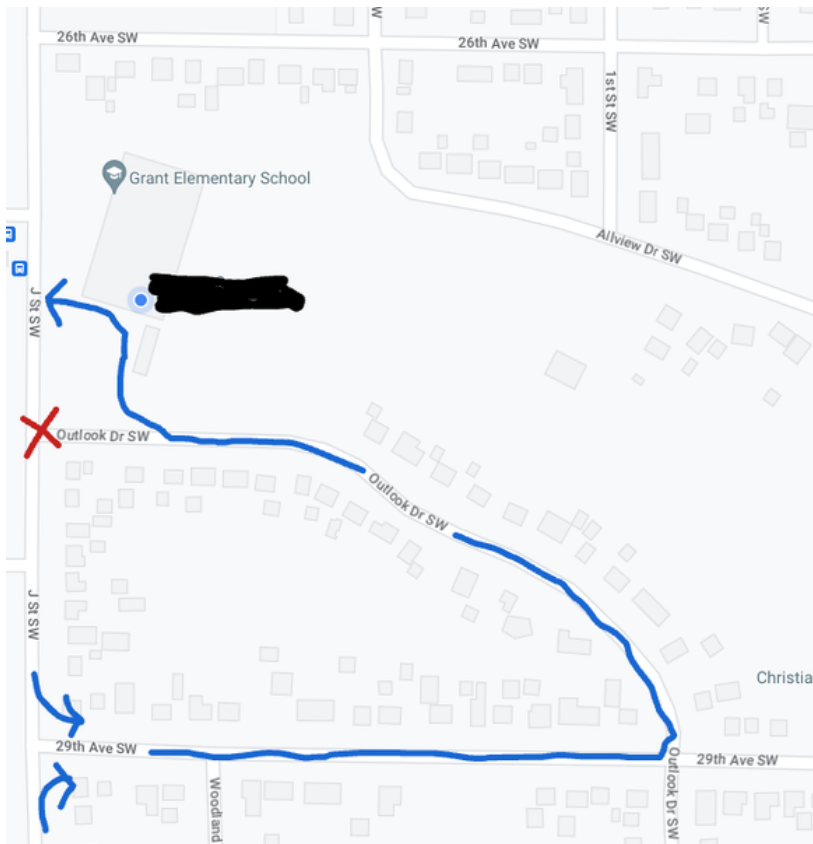
A note should be  
provided if they are  
leaving due to a  
medical appointment.

Picking them up early  
to skip the pick up line  
is not an acceptable  
excuse.



3:50 - Students who go to Champions or ride the bus are picked up as a group to get to their location

3:50 - Students who are picked up by a parent/trusted adult will wait in their classrooms until their parent/trusted adult arrives and their names are called. If you are picking a student up, please be sure you stay in your car, use the right lane to park near the curb and load students, and the left lane to leave once students are safely in your car. All pick up traffic will enter on 29th Ave, turn left on Outlook Dr, and enter our parking lot from the east. This traffic flow will prevent any roads from being blocked for neighborhood traffic or emergency vehicles.



### SCHOOL DELAY OR CLOSURE

When a decision is made to close schools for the day, delay school, or dismiss early because of inclement weather or unforeseen circumstances, announcements will be made on local radio and television stations, district websites, and social media platforms. In addition, district parents and staff are notified of delays and cancellations by school phone messenger. **It is important that contact information is up-to-date in Infinite Campus and the household member has selected to receive notifications via email, phone, or text message.**

## DISTRICT VISION & MISSION

### VISION

Every Learner, Future Ready

### PROFILE OF A GRADUATE Cedar Rapids Community Schools

This profile illustrates our community's belief in all learners' ability to master content standards and develop the competencies to be Future Ready!



## **MISSION**

Our mission is to ensure all learners experience a rigorous and personalized learning experience so they have a plan, a pathway, and a passion for their future.

## **PROFILE OF A GRADUATE**

Students in our schools will be developing skills in creativity, citizenship, communication, collaboration, critical thinking and problem solving. We refer to these skills as the 5 Cs or our Profile of a Graduate. Staff will weave these five concepts and skill building opportunities through all they do at our school. We look forward to collaborating with our families, community partners, and other stakeholders to ensure our students are future ready.

# **ELECTRONIC DEVICES**

## **PERSONAL DEVICES**

### **CELL PHONE USAGE & OTHER COMMUNICATION DEVICES** (iPads, iPods, Watches, etc.)

Families are expected to contact their child by calling the main office. Student cell phones and personal devices are to be turned off and kept in the student's bag during the school day. Should the cell phone or device ring/sound/alarm during the day and be a distraction, it can be collected and kept in the office or teacher's desk for the student to collect before heading home. We ask that students keep their devices off and not use any of the features until they are off grounds. Recording and photography by students will not be permitted.

If a student wears a watch with texting/calling features, they will be expected to not use the device for communication between home and school during the school day.

Reminder, all of these devices are considered "personal belongings" and the students are responsible for the item. The school is not held responsible for loss or damage..

If your child misuses their cell phone or cell watch during the school day, it will be taken by the staff member.

- The 1<sup>st</sup> offense: the phone/watch is held until the end of the day.
- The 2<sup>nd</sup> offense: the phone/watch will be held in the office for up to 1 week and needs to be picked up by the Parent/guardian.
- The 3<sup>rd</sup> offense will cause the student to not be allowed to bring their phone/watch to school any longer.

## **SCHOOL ISSUED DEVICES**

### **Student Devices**

Each student at the elementary school level will be issued a device for the 22-23 school year.

Preschool students will be issued an iPad and AK-5th grade students will be issued a Chromebook.

Devices will be kept at school, except in the event of a school shutdown in which all students are required to participate in virtual learning. In that case, devices would be sent home.

The full, detailed Elementary Student Device Agreement can be found at this [link](#).

A summary can be found in this handbook.

Student Device Expectations:

- Student devices will be kept at school except in the event of a school shutdown where virtual learning is required or with the appropriate permission from school staff.
- Students will follow classroom expectations around care of device, storage, and charging.
- Students will treat the device as if it is their own property, avoiding use that is conducive to damage or loss.
- Students will leave their device in its protective case unless given permission.
- Students will not allow anyone else to use their username / password.
- Adhere to CRCSD School's Student Device Use Policy at all times and in all locations. When in doubt about acceptable use, school staff, a teacher-librarian, building technical contact, or building administrator.

How to Handle Problems

- Promptly report any problems to the building's help desk representative or by contacting the district technology office by email ([HelpDesk@crschools.us](mailto:HelpDesk@crschools.us)) or by phone, 319 558 2900
- Do not force anything (e.g., connections, popped-off keys, etc.) Seek help instead.
- When in doubt, ask for help

## STUDENT DEVICE USE AND CONDUCT POLICY

The District requires students to learn to use computing devices, data networks, enterprise software systems, electronic mail, the Internet, and telecommunications tools and apply them in the appropriate ways to the performance of tasks associated with their positions and assignments.

Students shall only engage in appropriate, ethical, and legal utilization of the District's technology, network systems, and internet access. Student instruction on digital citizenship standards which includes safe, ethical, and responsible use of the Internet will be defined and taught within core curriculum. Student use of the District's technology, network systems, and internet access shall also comply with all District policies and regulations.

### **Discipline**

Any student who violates these rules will be subject to disciplinary action in accordance with the building's student code of conduct. Serious or repeated violations will result in the students' use of technology restricted and or revoked in addition to other possible disciplinary action.

The full student device use and conduct policy can be found at this [link](#):

<https://crschools.us/policy/policy-900-district-technology-network-systems-and-internet-access/regulation-900-1-appropriate-use-of-district-technology-network-systems-and-internet-access/>

### **Disclaimer**

CRCSD does not have control of the information on the Internet or incoming email. CRCSD will provide Internet content filtering both onsite and off. However, no filter is perfect. All filters have vulnerabilities that may be exploited by individuals who are actively and intently dedicated to breaching them.

If student devices are at home, It is strongly recommended that student use of all devices be monitored closely by parents to protect students from accessing inappropriate sites.

## EMERGENCY DRILLS

All schools conduct official emergency safety drills for fire and tornadoes a minimum of four times per school year. In addition, we practice a security school emergency drill twice a school year and two bus evacuation drills each year. These drills are registered with the Cedar Rapids Community School District and the Cedar Rapids Fire Department. If volunteers or visitors are in the building when emergency signals sound, they should respond to the warning by following the group they are with or by responding to special directions from the principal or a staff member. In the event of a building evacuation, staff and students will move to a relocation center identified by the District and local law enforcement. Local radio and television stations will announce when and where parents/guardians may be reunited with their children.

## EMERGENCY SCHOOL CLOSING / WEATHER PROCEDURES



In case of severe weather or other emergencies the decision may be made to close schools for the day, delay buses, or dismiss early. The Cedar Rapids Community School District uses the a Messenger Notification System to provide timely communication to parents and staff members by phone, email, and text (optional) regarding school delays and cancellations, District and school emergencies. Please make sure you have an up to date phone number and/or email address on file with your student's school. If there is no announcement, school will be operating as usual. Information can also be accessed on the district website, [www.crschools.us](http://www.crschools.us)

Students	Students Enter Building	Tardy Bell Rings
2 Hour Delay	10:30	10:50

There is NO breakfast on a 2 hour delay

## FIELD TRIPS

Field trips are arranged to supplement and enhance the learning experiences of children. The online registration system includes permission for students to attend all field trips. **Families must complete this permission online in Infinite Campus before any student can go on a trip away from school premises.** Based on school board policy, the school will not seek written parent permission for each field trip. Teachers will still notify parents about details each time a field trip is to occur. Parent volunteers are often needed on field trips. Volunteers must complete and be approved through the volunteer process. This may take more than one business day, so this

should be completed in advance. Transportation on field trips will be by school bus, private vehicle, or city bus.

## FOOD SERVICES

We encourage all students to participate in school meals. A nutritious lunch and breakfast is available to all students. School meals offered reflect the Dietary Guidelines for Americans and provide the energy and nutrients necessary to optimize learning.

Breakfast and lunch options are available in all of our schools.. Menus are posted on the District website and available on the Nutrislice App. <https://cr.nutrislice.com/menu>. The Cedar Rapids community school district has 16 Elementary schools under the Community Eligibility Provision (CEP) that allows us to serve breakfast and lunch at no charge daily for the 23-24 school year. The schools are as follows:

Elementary schools: Arthur, Cleveland, CRA (Cedar River Academy), Erskine, Garfield, Grant, Grant Wood, Harrison, Hiawatha, Hoover, Johnson, Kenwood, Madison, Nixon, Van Buren, Wright.

For the 23-24 school year, the remaining elementary schools will require payment of meals. If you believe your student/students will qualify for a free/reduced meal benefit please fill out an application at [www.cedarrapids.familyportal.cloud](http://www.cedarrapids.familyportal.cloud). For the 23-24 school year the elementary meal prices will be as follows: breakfast \$2.25, lunch \$3.20, extra milks \$.60 and adult lunch \$4.85.

USDA requires families to complete the free/reduced application to receive additional benefits in the school district such as fee waivers, transportation, etc.

School meals include the following components; milk and/or water, fruit, vegetable, grain, and protein. If students choose to bring a meal from home, families are asked to send nutritious food items. Milk is available for purchase. Bringing food from outside restaurants to the school cafeteria is discouraged. Students are not allowed to have soda with any lunch eaten at school. Students are discouraged from sharing their foods or beverages with one another, given concerns about sanitation, allergies and health related issues. We view the cafeteria as an extension of the classroom, and expect students to follow common courtesies in the lunchroom.

Menus may change due to emergencies, late starts, snow days, and manufacturing shortages.

Dietary Restrictions: If your student requires special dietary considerations, we need a note from the doctor on file. We ask that you obtain a diet prescription form from Health Services or the Food and Nutrition Department to be completed by your doctor. Completed forms can be returned to the school office as soon as possible to determine if accommodations should be made.

Parents are welcome to join their student(s) for lunch. If a parent plans to eat school lunch, **they are asked to notify the office by 9:00 a.m. on the day they will need the meal.** Parent meals may be charged to the student account if sufficient funds are in the account. All adults, including parents, are charged the full adult fee.

## HEALTH INFORMATION

### STUDENT HEALTH AND WELL-BEING

#### Student Illness or Injury During the School Day

Students are sent to the health office if they are injured or appear ill. Health office staff will attend to the student's complaint. This may include providing first aid, asking the student questions about how he/she feels, taking a temperature, making observations, talking to the teacher, and contacting the school nurse. Students will be sent home for:

- A temperature of 100.4° F. or higher
- Active, illness related vomiting or diarrhea,

The parent/guardian will be called and the student will be sent home. Other symptoms that influence the decision to send the student home include general appearance and functioning in the classroom. After a period of observation a decision will be made to do one of the following:

- Notify the parent/guardian for symptoms of illness or injury of a serious nature as determined by the school nurse and/or health secretary. Not all student visits to the health office will result in parents/guardians being contacted.
- Allow the student to rest in the health office for a brief period then return to class.

Students are to be fever-free without fever reducing medication before returning to school. During times of high rates of illness, such as during influenza season, the length of time a student must remain home after fever/symptoms of illness may change as recommended by Linn County Public Health.

For more information regarding other health services policies/procedures visit:

<https://crschools.us/students-and-families/parent-notifications/>

## KIDS ON COURSE



The Kids on Course Elementary Program focuses on helping students reach grade level or beyond in math and reading. After school tutoring (Learning Lab) and the summer program (Kids on Course University) are helping close the achievement gap between higher and lower income students.

### EDUCATION

Kids on Course offers enrichment opportunities in a variety of areas including sports, arts and science. Participation barriers are eliminated by providing transportation and equipment to those in need. Students who show commitment to the program and a passion for a certain activity are eligible to receive a Bid for Kids scholarship, which helps pay for extracurriculars like studio dance lessons, club soccer, and many others.

### ENRICHMENT

Elementary students visit college campuses and learn about different college majors and careers. Beginning in first grade, Kids on Course staff members hold conferences with parents to talk about the "Road to College," which creates a path for students to follow in elementary, middle and high school that will prepare them for the pursuit of post-secondary education.

For more information feel free to reach out to our site manager, Stephen Smith at [SSmith@kidsoncoursecr.com](mailto:SSmith@kidsoncoursecr.com)

Find out more on their website: <https://kidsoncoursecr.com/>

## LEGAL NOTICES

All notices are available on the district website:

<https://crschools.us/students-and-families/parent-notifications/>

[Parent Notifications](#)

Here are the items you can find there:

- Chapter 102-Child Abuse reporting
- Section 504
- Compulsory Education
- Truancy
- Conduct on School Premises
- Anti-Bullying/Harassment
- Sex offender Registry
- Search and Seizure
- Illegal items found in school or in Student possession
- Tobacco Free school environment
- Weapons
- Chapter 103 Seclusion & Restraint
- Building level Due process
- Suspension
- Cost of evaluation and treatment
- Official school publications
- Student publications
- Safe and responsible student use of networked tech resources
- Student fee waiver
- Gifts to school personnel
- Reserved time for non-school student activities
- Video cameras on district properties & transportation
- Annual notice regarding student records
- Release of student directory information
- Rights under the protection of pupil rights amendment (PPRA)
- Open enrollment
- In district permits
- Home school Assistance program
- Asbestos notification

### **NON-DISCRIMINATION POLICY**

It is the policy of the Cedar Rapids Community School District not to discriminate in educational programs and/or activities on the basis of race, creed, color, gender, sex, sexual orientation, marital status, gender identity, socioeconomic status, national origin, religion, disability, age (except for permitting/prohibiting students to engage in certain activities) or genetic information and in employment opportunities on the basis of age, race, creed, color, gender, sex, sexual orientation, gender identity, national origin, religion, disability or genetic information. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy, please contact Darius Ballard, Educational Leadership and Support Center, 2500 Edgewood Rd NW, Cedar Rapids, IA, (319) 558-2000

## LIBRARY

The library supports the curriculum and enriches the children's learning experiences. The Teacher Librarian and Media Secretary assist students and teachers in locating and using the resources of the Library.

Materials are available to students, staff, and parents to be checked out or renewed. There are no fines for overdue materials; however, each child is expected to assume responsibility for returning materials on time. When an item is damaged or lost, it is necessary to ask for payment so that a replacement can be purchased.

Concerns with any materials, or any specific book must be made in writing. There is a form available from the librarian to be filled out by the concerned party. A District committee will then reconsider the questioned material.

## LOCKERS FOR PERSONAL BELONGINGS

Items stored in lockers such as clothing, lunch boxes, school bags, etc. should be permanently marked with the student's first and last name. All personal belongings brought to school are the responsibility of the student.

Although theft is seldom a problem, students are discouraged from leaving valuables or personal items in the coat room. We request that students leave toys, balls, electronic devices, and other personal items at home. If it is necessary to bring valuables to school, they should be given to the teacher or office for safekeeping. Lockers cannot be monitored constantly and if items are missing or damaged, the school district will not be responsible for their replacement.

## LOST AND FOUND

PROPER MARKING OF CHILDREN'S CLOTHING AND OTHER ARTICLES IS ESSENTIAL. Lost and found articles are placed in one of four red storage containers by the office. Students are urged to check often for lost items. Once in a while the lost and found items will be placed on a table by the cafeteria and left for 1 week (notification will go out on School Messenger). After the week is up, all remaining articles will be donated.



## MONEY AND VALUABLES

No money will be collected for any purpose without the approval of the Principal. Students are discouraged from bringing money to school except for authorized or school-sponsored activities such as book orders, etc. In all cases when money is sent to school, it should be enclosed in an envelope with the following information given:



1. Child's name and teacher name
2. Amount of money enclosed
3. Purpose for which it is sent

School staff members will not be responsible for student's lost money or other valuables brought to school.

## MTSS (Multi-tiered Systems of Support)

MTSS is a framework of best practices for schools to meet the needs of all students through opportunities to learn and experience success in academics and social-emotional-behavioral (SEB) skills. This systems process matches instruction to the needs of students while ensuring access and attainment of student growth and proficiency.

CRCSD aligns school improvement efforts with Iowa's MTSS framework. The following critical components guide the work at our school:

1. High quality and engaging curriculum and instruction for all students.
2. Screening for potential challenges three times per year.
3. Intervention provided for any students who need extra support in academics and/or SEB.
4. Monitor learning to ensure students make progress toward end-of-year expectations.
5. Carefully track what we do and how our efforts impact students.

A multi-tiered system of supports has three layers of support. Tier I, II, and III. Tier I supports are offered to ALL students and includes our core curricula for academic and social-emotional learning. Every student receives Tier I support. Tier II supports are offered to students who need more than the core. Those supports come in the form of Check-in/Check-out with a mentor, small group skill building, explicit math and literacy intervention groups. These interventions typically last 4-6 weeks, meet 3-5x/week for 15-20 minutes per day.

Staff will collect data to evaluate the effectiveness of the Tier II interventions. If data indicates an intervention has been ineffective then the intervention will be adjusted or the student may be referred for Tier III supports. Tier III supports are individualized for the student and typically last 6-8 weeks and occur 5x/week for 20-30 minutes each day. As with Tier II supports, staff will collect data to evaluate the effectiveness of the Tier III interventions. If a student continues to struggle either academically or behaviorally with Tier III supports, they may be referred for a Full and Individual Evaluation (FIE) by our Grant Wood Area Education consultants.

Parents are a vital part of the MTSS support plan. Student progress data will be shared with parents throughout the process. If your student is struggling academically, emotionally, or behaviorally parents can request additional tiered support. Please communicate your concerns with your child's teacher or contact our school counselor (Nicole Winters) or instructional coach (Jill Wistrick).

[Board Policy 604.2a \(MTSS Procedures\)](#)

## **ACADEMICS**

### **TITLE I FUNDING AT GRANT ELEMENTARY**

Title I is the largest federally funded supplemental education program. It does not replace what the school does; instead it gives students additional instruction for students that are not meeting grade level expectations in the areas of reading and/or math. School wide assessments are administered to all students and the data is used to determine students that qualify for extra help beyond Core instruction.

Title I funding allows us to have 2 specialized reading teachers as a part of the staff. The teacher instructs students individually and in small groups during the school day to work on specific skills to assist in remediating reading deficits.

Our Title I Parent Policy can be found on our website by clicking on the “Title I” tab of our school website. Any questions regarding Title I at Grant can be directed to any member of the committee listed at the bottom of the policy.

## **SOCIAL EMOTIONAL LEARNING SUPPORTS**

### **PBIS**

The goal of PBIS is to create a positive school climate, in which students learn and grow. However, school climate can vary widely from school to school. A number of factors affect school climate, including school location, neighborhood culture, instructional methods, student diversity, and school administration.

Changing the school climate may seem like a daunting task. Employing the PBIS framework can make the task more manageable. The key to an effective PBIS implementation is an “all-in” mentality among teachers and administrators in a school. For PBIS to produce positive change in a school’s climate, it needs to be employed schoolwide and with consistency.

School climate has bearing on attendance rates, academic achievement, and graduation rates. Regardless of socioeconomic status, students in a positive school climate are more likely to have higher test scores and greater academic success. In addition, a positive school climate helps students to develop the social and emotional skills they will need to become productive members of society.

In short, positive school climate includes:

- A feeling of safety
- Respect
- Engagement in learning
- Involvement in school life
- Shared vision
- Involvement of teachers, students, and families

We have developed Common Area Expectations for Playground, Hallway, Bathroom, Lunchroom, Library and Assembly. Posters with these expectations are posted around the building.

Voice Levels: 0- No Talking, 1 Whisper voice, 2 Inside voice and 3 Outside voice

Grant teaches our students how to Be Kind, Be Safe, and Be Their Best. We look forward to partnering with you to build these skills.

### **BEHAVIORAL SUPPORTS**

The Board believes inappropriate student conduct causes material and substantial disruption to the school environment, interferes with the rights of others, and/or presents a threat to the health and safety of students, employees, and visitors on school premises. Appropriate classroom behavior allows teachers to communicate more effectively with students. [Board Policy 604](#)

District Elementary Behavioral Definitions are used to guide decision making as the result of a behavioral infraction. Our goal is always to teach, restore any harm that may have been done, recognize what students are doing well, and provide opportunities for students to learn and grow.

## **PARENT CONTACT INFORMATION**



It is very important that parent contact information is current. Please inform the main office of any change in a parent's or child's name, address, or phone number throughout the year.

## **PARENT TEACHER ASSOCIATION (PTA)**

The Grant Parent-Teacher Association (PTA) works to support the learning needs of Grant students and promote positive and productive home/school partnerships by fostering active involvement in school programs and practices. In addition to the teaching responsibilities for their own children, parents can support learning at Grant by serving on PTA committees, participating in PTA meetings and educational programs, and by volunteering in the classrooms or other areas of school where extra adult support is needed. PTA meetings are held monthly on Mondays. Specific dates will be included on the Grant calendar.

## **PARTIES**

NON-SCHOOL PARTIES/CELEBRATIONS

Invitations to non-school sponsored parties or celebrations are to be handled by families outside of the school day. This will help avoid hurt feelings of students not receiving invitations.

## PLAYGROUND / RECESS

### PLAYGROUND

We have established procedures to help provide an environment that is safe to both students and school property. Boundaries have been established and students need permission of a supervising adult to leave the area. Students are encouraged to wear clothing appropriate to the weather. The school provides playground equipment so bringing equipment from home is not allowed. Playground expectations are taught and reviewed by staff throughout the year.

### RECESS

Recess is an important part of all elementary students' day. All students are expected to participate in recess activities each day, year round. Appropriate weather attire is expected daily so that students can participate safely in recess. Weather conditions may determine appropriate clothing attire. According to research by the Centers for Disease Control (CDC), active kids have:

- stronger muscles and bones
- less risk of becoming overweight
- a lower chance of getting type 2 diabetes
- lower blood pressure and blood cholesterol level
- a better outlook on life
- better sleep

Physical activity also benefits students by:

- increasing their level of physical activity
- improving their memory, attention, and concentration
- helping them stay on-task in the classroom
- reducing disruptive behavior in the classroom
- improving their social and emotional development (e.g., learning how to share and negotiate)

### **Recess excuses:**

**Doctor/health care provider notes for school accommodations, including staying in from recess.**

- Doctor's notes are considered recommendations and are one source of information when determining school accommodations for students. Doctor's requests need not be implemented automatically.
- The school nurse, in collaboration with the school team and parent/guardian, will review the health care provider recommendation and determine whether the student's health need can be accommodated in other ways so they may continue to participate in recess activities.

One Day: Written or verbal request from a parent/guardian for acute illness or injury will be honored. The School Nurse may extend based on legitimate medical needs, such as an asthma flare up, sprained ankle etc.

Two or More Days:

- If the student has an acute medical need, like surgery or a broken bone, school nurses will contact the health care provider, or review discharge paperwork, for activity restrictions and length of time for the activity restriction.
- For long term chronic health needs, school nurses will do an individual health assessment, including obtaining additional information from parents and health care providers, to determine the need for accommodations.

**Weather guidelines:** Adapted from the Iowa Department of Public Health and The National Weather Service guidelines/recommendations.

**Winter Recess:**

- When snow is on the ground students are expected to wear snow pants and snow boots to be off the blacktop.
- Students should stay inside if the temperature, including wind chill (or "feels like temp"), is 10 degrees or below. Example, if the actual temp is 20, but with windchill/feels like it is 8 degrees, students stay inside.
- Schools should use the same source for determining temperature to make it consistent and understandable for parents/guardians with children in different buildings. The recommended source is Weather Underground <https://www.wunderground.com/weather/us/ia/cedar-rapids>. On this site you are able to change the location of where the temperature is being measured (at KCRG downtown) to a location closer to your school site.

**Warm Weather Recess:**

- If the heat index (air temperature and humidity) is 100 degrees F or more, students will stay inside.

The following are the Playground Expectations:

- Stay within boundaries
- Care for equipment and use safely
- Show sportsmanship
- Use kind words and actions
- Line up right away



**PACT (PROGRAM FOR ACADEMIC AND CREATIVE TALENT)**

Mission Statement: The program for academic and creative talent (PACT) enhances and supports the educational program and experiences of high ability students to prepare them to become world class learners and responsible citizens.

PACT resource specialists serve as a primary advocate and resource in the area of gifted education for students and families as well as a liaison among CRCSD, building staff, students, and parents on matters pertaining to the academic and affective needs of gifted learners.

## Elementary

### Kindergarten and First Grade

The kindergarten and first grade program (K-1) is designed to identify and recognize student potential, gather and share data, and collaborate with CRCSD and building staff. The program aims to identify students who possess characteristics and behaviors that indicate a student may be talented in a particular academic area. The program also analyzes student data in order to support learning opportunities for high achieving students, and collaborate and support kindergarten and first grade classroom staff and students to challenge and enrich CRCSD's core curriculum.

### Second through Fifth Grade

PACT provides curriculum enrichment experiences for academically gifted students. Teachers trained in gifted education conduct classroom screenings at the beginning of each semester. Topics are offered on a rotating schedule, allowing students the opportunity to participate in a variety of challenging activities such as science, humanities, mathematics, and language arts.



Elementary students who excel in one or more of the basic curriculum areas, or who demonstrate the potential to do so, will benefit from PACT services. These students need ongoing opportunities to develop their abilities in complex learning environments.

Several subjective and objective criteria are used to identify academically gifted students for PACT. Staff observations of student task commitment, achievement, and creativity are considered. In

addition, achievement, and intelligence test scores are reviewed prior to placing students in appropriate activities.

There are no limits on PACT participation. Screenings are conducted each semester. Some students have exceptional talents in all areas; others are talented in specific areas. PACT seeks to address different areas of intellectual strength and to provide children with initial

exploratory experiences in gifted education. However, a placement in PACT does not guarantee further placements. Children develop their intellectual strengths in varying stages and at varying speeds during their school careers; the purpose of PACT is to serve students demonstrating the greatest need for extended programming each semester.

To learn more about PACT, contact the PACT teacher at your school or the PACT office at 319-558-1676. As a parent, you can provide valuable insights and information about your child's exceptional abilities.

## REPORTING TO PARENTS

Assessments will be provided to parents through conferences and report cards. Two formal student conferences will be scheduled in October and February. Report cards are sent home in February and at the end of the school year. During these conferences parents and students will discuss with the teacher the progress made by the student by reviewing daily work, test scores, teacher observations and comments, as well as sharing the student data and samples of student work. Parents are encouraged to request a conference in addition to the regularly scheduled conferences if they have concerns about their child.

Communicating with non-custodial parents

In the case of parents being separated or divorced, communications are sent to the parent that has physical custody of the child. It is expected that the parents will share information between themselves for the good of the child. To receive mailings the non-custodial parent needs to request this in Infinite Campus. It is our hope that divorced or separated parents can meet together at conference time. Therefore the child can share their progress with both parents at the same time and it doesn't place the time burden on the teacher.

## SCHOOL COUNSELOR



The elementary school counselor works with all children in the school. Prevention of problems is a key part of the philosophy in implementing a counseling and guidance program. The counselor works in classrooms on developmental activities and is available to help individual students with concerns in small group or individual settings. Parents of students who work with the counselor on a long-term basis are contacted by the counselor. Parents of drop-in contacts do not necessarily receive this contact from the counselor.

In addition to counseling and skill-building support, the school counselor collaborates with various community agencies. Should families need assistance with basic needs, they can contact our school counselor who will put them in contact with the appropriate community agencies for support and help.

Our counselor is always available through email or phone contact. Our Counselor, Nicole Winters, can be reached at 319.558.3107 or at [nwinters@crschools.us](mailto:nwinters@crschools.us)

## SCHOOL HOURS

K-5

Our school day runs from 8:50 AM to 3:50 PM. Students will observe the following schedule:

- 8:20 Students enter the building to eat breakfast
- 8:30 Supervision is available outside for students not eating breakfast
- 8:45 Students go to their classrooms
- 8:50 Tardy Bell Rings / School begins
- 3:50 Students dismissed

**Students may not play on the school grounds before or after school without parental supervision, since staff supervision is not provided.**

Students are expected to go home after school. **Only students directly supervised by an adult guardian are allowed to play on the playground immediately following dismissal.** We would like students to go home and check in after school.

## SCHOOL PHONES



Students may ask permission to use the classroom or the office phone. Grant staff will determine if a call is needed or provide time for the student to call later in the day. Students are asked to confirm after school plans with their guardians before coming to school. This reduces any confusion and long lines to use the phone. Knowing plans ahead of time also helps staff ensure students are safe and where they are supposed to be. In case of an emergency, the office staff will relay messages to students.

## SCHOOL TO HOME COMMUNICATIONS

Home / Students and Families / Quick Links

# Virtual Backpack

In our efforts to go “green”, flyers and hand-outs will be posted in a link found on our district Website. <https://crschools.us/students-and-families/quick-links/virtual-backpack/> Once here you will select the link for your child’s building.



## SCHOOL PICTURES



Each fall all students will have their pictures taken for the cumulative records. The date is published on the school calendar. Families may purchase individual pictures from the company if desired. Spring pictures will also be taken, and as always the purchase of these photos is left up to individual families.

## SOCIAL MEDIA

For the latest CRCSD news and information:

**crschools.us**

And follow us on:



CRSchools



@CRSchools



@CRSchools



Cedar Rapids  
Community School District



EngageCRSchools

## STUDENT GIFTS

It is strongly recommended that balloon bouquets, flowers, etc. not be sent to students during the school day. Any items received will be held in the office until the end of the day at which time the student will be called to the office to take the gift home.

## STUDENT INFORMATION SYSTEM (Infinite Campus)

- According to [Board policy 606](#) parents have access to student cum files and records during school hours.
- Families are asked to complete an annual update to the student management system.

This system, Infinite Campus, allows the school to have current contact information in the event of an emergency. As changes occur in either phone numbers or emergency contact information, parents should update the system. Parents should alert the person(s) listed as emergency contacts for their student.

- An important part of the annual verification is providing student permissions for field trips, sharing information, and internet usage.
- We will communicate with you when you can go in and verify the information in your child's profile and update incorrect information. This can be accessed all year long to update your child's emergency contact information.

## SUPPLIES AND FEES

### SUPPLIES

A suggested annual school supply list can be found on the district website.

Some supply items may need to be replenished as the year progresses. Individual teachers may request additional items as needed.



<https://crschools.us/students-and-families/quick-links/school-supplies/>

### FEES

A book fee of \$31.00 is assessed annually to cover the cost of certain curriculum materials. If you qualify for free or reduced lunches your material fee will be \$19.00. To qualify for fee forgiveness/reduction you must have been approved for a free/reduced benefit AND complete Parent Permissions to share that status in Infinite Campus. This fee can be paid in Infinite Campus or can also be given to the school secretary.

#### Service Fee on Return Checks

**\$30.00**

If your check is returned you authorize us to *electronically* re-deposit your check for the face amount and service fee. You also authorize us to collect the service fee by paper check or demand draft.

**You may be sued for damages of three times the amount of the check, up to a maximum of \$500.00 pursuant to Iowa codes 554.3512 & 554.3513**

**CBSI Oskaloosa IA.**

## TOYS AT SCHOOL



Games and equipment are supplied by the school system for children to use during recess. Students should not bring toys, dolls, radios, Nintendo games, balls, trading cards, etc. to school to show or share unless directed to as an activity sponsored by their teacher. The school will not be

responsible for items that are lost, stolen, or damaged which are brought to school.

## VISITING AND VOLUNTEERING PROGRAM

### VISITATION POLICY

- For security purposes, anyone visiting school between 8:50-3:50 will need to use the front entrance door. A doorbell will alert the office staff of your arrival and upon recognition they will “buzz” you in. Visitors must report to the office and will be asked to provide a form of identification that will be run through our Raptor System. A name tag will be printed for you.
- You are always welcome to see first hand the teaching and learning taking place at school. As a professional courtesy, we ask that you make arrangements with teachers prior to a planned visit. Please let the office staff know when you leave the building also. Visiting children must be accompanied by an adult. Parents are encouraged to visit our school. They will be asked to check with the teacher or principal before visiting. We appreciate your understanding and support of these security measures to ensure the welfare of all students and staff.
- Parents often visit to have lunch with their children. We welcome such visits, but ask parents to notify the teacher and office in advance. We encourage parents to eat school lunch or to bring a healthy lunch of their choice. Parents may not bring lunch for any child other than their own. For safety and security we ask that visiting family members refrain from taking photos of other children while on school premises.

### RAPTOR SYSTEM

- The Cedar Rapids Community School District utilizes the Raptor Visitor and Volunteer Management System in our schools to strengthen the district’s program of campus safety for students and faculty. Upon entering a district building, visitors will be asked to present an ID, which may be scanned or manually entered into the system. We understand that a parent or guardian, for a number of reasons, may not have a US government-issued ID. In this case, the school staff member can ask to see another form of identification and manually enter the person’s name into the Raptor system. The system is designed to check this information against the sex offender registry.
- To learn more about the Raptor visitor and volunteer management system, please visit the Raptor Technologies website ([www.raptortech.com](http://www.raptortech.com)). If you have any questions for the CRCSD personnel, please contact your building principal.
- The safety of our students is our highest priority and the Raptor visitor management system provides a consistent way to aid in protecting our students from potential harm. Thank you, in advance, for your understanding and support of enhancing school safety protocols in our district.



### VOLUNTEERING

- We encourage ongoing and active volunteer involvement by individuals and groups when it will enhance the educational experience of our students. Examples of volunteers include, but are not limited to: classroom volunteers, field trip volunteers, bus chaperones, mentors, reading buddies, etc. Volunteers will be under the supervision and direction of a school employee. Contact the Volunteer Coordinator if you are interested in volunteering. Please contact the school office at (319) 558-2020.
- The Cedar Rapids Community School District (CRCSD) recognizes the need to maintain a District Volunteer Services Program to support classroom instruction and co-curricular activities. CRCSD appreciates the involvement of volunteers in supporting instructional programs and enriching the learning environment. The district shall make every reasonable effort to provide a safe learning environment for students working with volunteers.
- **A Volunteer Application is required annually of all volunteers whose primary role is that of working directly with students or assisting staff on a regular basis; supervising/chaperoning students; or acting as an authority figure.**
- All Volunteer Applications will be checked against the national sex offender database and are subject to a background check.  
<https://apps.raptortech.com/Apply/MTE5OTplbi1VUw==>
- All applications must be approved prior to volunteering.  
[Board Policy 1002.- Volunteer](#)  
[Board Policy 1002.2- Visitors](#)

## WELLNESS

Schools play an important role in promoting and maintaining their students' health. Healthy students are better learners. But schools can't do it alone. Parents are the other crucial half of the equation to provide the healthy start that kids need to thrive in the classroom and in life.

Look for the LiveWellness logo throughout the district for examples of how we help your child stay healthy, strong and ready to learn.

All school districts are required to have a wellness policy. Cedar Rapids Community Schools Wellness Policy can be found on our district website.

Here's what our commitment to wellness looks like:

Our school will:

- Provide health education, including nutrition, in the curriculum
- Provide multiple opportunities for physical activity to meet or exceed the Healthy Kids Act requirements (30 min/day for Elementary Schools, 120 min/week for Middle & High Schools)
- Serve school meals that reflect the Dietary Guidelines for Americans, model appropriate portion sizes and provide a well-balanced meal
- Discontinue using unhealthy foods for fundraisers

- Ensure all food and beverages made available during the school day (including snacks) meet District Nutritional Guidelines
- Require that students are physically active during the majority of time in physical education class
- Celebrate events involving food not more than one time each month (check with your school to see how birthdays are recognized)
- Discontinue using food/food coupons as rewards or incentives
- Ensure physical activity is not used for or withheld as a punishment

To support wellness in our schools, families will:

- Send food items for classroom celebrations only when requested by school staff
- Follow the District Nutritional Guidelines when providing meals/snacks (unhealthy treats will not be distributed)
- Help plan and support fundraising events that do not involve food

For more information, visit the wellness link:

<https://crschools.us/students-and-families/school-meals/wellness/>.

The District Wellness Policy can be found in the District Notifications section of the handbook.

Want to get involved? Join your School Wellness Council or the District Wellness Council.








## HEALTHY SCHOOL SNACKS

Cedar Rapids Community School District



Snacks play a major role in a child's diet and provide a valuable opportunity for nutrition education. Healthy snacks are important to providing good nutrition and supporting lifelong healthy eating habits

<p><b>Fruits:</b></p> <ul style="list-style-type: none"> <li>• Fresh fruit-whole or sliced</li> <li>• Assorted fruit salads</li> <li>• Dried Fruits</li> <li>• Applesauce</li> <li>• Individual fruit cups (packaged in juice)</li> <li>• 100% Fruit Juice</li> <li>• 100% Frozen Fruit Bars</li> </ul> 	<p><b>Low Fat Dairy/Protein:</b></p> <ul style="list-style-type: none"> <li>• String Cheese or Cheese Cubes</li> <li>• Yogurt</li> <li>• Cottage Cheese</li> <li>• Deli Meat</li> <li>• Sunflower Seeds</li> <li>• Pepita/Pumpkin seeds</li> </ul> 
<p><b>Vegetables:</b></p> <ul style="list-style-type: none"> <li>• Raw Vegetables Simple kid-friendly examples: Baby Carrots, Broccoli, Cauliflower, Snap Peas, Sliced Peppers, Celery</li> <li>• Dehydrated Vegetables <ul style="list-style-type: none"> <li>• Vegetable Chips, Chickpeas</li> </ul> </li> <li>• Edamame (Soybeans)</li> </ul> 	<p><b>Whole Grains:</b></p> <ul style="list-style-type: none"> <li>• Crackers</li> <li>• Low Sodium Pretzels</li> <li>• Pita Chips</li> <li>• Popcorn</li> <li>• Low Fat Granola Bars</li> <li>• Baked Corn Tortilla Chips</li> <li>• Animal Crackers</li> <li>• Graham Crackers</li> </ul> 
<p><b>Snack tips</b></p> <ul style="list-style-type: none"> <li>• Snack on fruit and vegetables whenever possible.</li> <li>• Select appropriate portion sizes.</li> <li>• For food safety select sealed and prepackaged snack items.</li> <li>• Combine protein and fiber for a satisfying snack.</li> </ul> <p><b>TIP</b></p> <p><b>Dip Ideas:</b> Hummus, Salsa, Bean dip, Honey Mustard, Yogurt based dips</p>	<p><b>Drinks:</b></p> <ul style="list-style-type: none"> <li>• Water</li> <li>• Low Fat or Fat Free Milk</li> <li>• 100% Fruit/Vegetable Juice</li> </ul> 

The provided list is not all inclusive. Reference [CRCSO Nutritional Standards](#) for specific guidance.