

August 2011

Dear Parents:

The purpose of this handbook is to provide you with information regarding the policies and procedures under which we operate at Fremont School District 79. These policies and procedures are reviewed each year by a committee comprised of parents, teachers, and administrators with the purpose of making sure that goals are articulated in a clear and concise fashion. This document continues to evolve, reflecting the diverse needs of our school community, as well as our dedication to providing Fremont's students with a safe and supportive learning environment.

Parent/Student Handbooks for all three schools can be found on our District website (www.fsd79.org). Please click on the school your child attends (i.e. Elementary School, Intermediate School, or Middle School) and then click on Parent/Student Handbook. However, for those parents who do not have access to on-line capabilities or for those that prefer a hard copy, one will be provided. Please indicate that on the form on the back.

The items in the Elementary School section pertain only to Elementary students. However, there are items in the District section that also pertain to Elementary students as well as to Intermediate and Middle School Students. Please be sure to read the entire handbook. Once you and your child have reviewed the Parent/Student Handbook together, **please sign the form on the back and return to school.**

It is my hope that the answers to many of your questions about how our schools operate can be found in this handbook. As always, should you need further clarification or wish to discuss any policy or procedure, please feel free to contact the school at any time.

Sincerely,

Fremont School District Administration

**Intermediate School
Parent/Student Handbook
Signature Page 2011/2012**

The Intermediate Parent/Student Handbook can be found on the Fremont School District Website (www.fsd79.org). Please click on Intermediate School then Student/Parent Handbook to access.

We have read and discussed these rules. We acknowledge that the District provides access to the District Computer System as a privilege, and that inappropriate use may result in disciplinary action.

_____ We have read on-line version of Intermediate Parent/Student Handbook.

Student Signature (*Please Print Full Name*)

Parent Signature (*Please Print and Sign*)

Classroom Teacher

_____ We are unable to access an on-line version. Please send a hard copy of the Intermediate Parent/Student Handbook.

_____ We are able to access on-line version, but would still like a hard copy of the Intermediate Parent/Student Handbook.

**PLEASE SIGN AND RETURN TO YOUR CLASSROOM TEACHER
BY SEPTEMBER 30, 2011.**





FREMONT INTERMEDIATE SCHOOL DISTRICT 79

August 2011

Dear Parents and Guardians,

As we begin our school year, we are very excited to reinforce our District's Wellness Policy. In the spring of 2010 the Fremont Intermediate School Policy and Procedures Committee approved the following handbook language regarding birthday treats beginning with the 2010-2011 school year.

In order to promote healthy choices and support a culture of wellness in our school, along with our concern for food allergies and childhood obesity, birthday treats **will not be allowed**. If food items are sent, they will not be served and will be sent home.

As an alternative, students may come to the office on their birthday or half birthday to recite the Pledge of Allegiance during the morning announcements. Parents may also purchase a book for the media center through the Birthday Book Club program.

We would like to encourage healthy snacks as well. Please send a nutritious, healthy snack to school with your student each day. This would include fruits, vegetables, low sugar snacks, and a variety of other healthy choices. Please see the list developed by the District Health/Wellness Committee on the back of this note for healthy food options. **Please also keep in mind specific allergies in classrooms for which you received a note about earlier in the school year.** Healthy snacks keep our students energized and ready to learn.

We wanted to share this change with parents early so you can plan accordingly. Thank you again for your help in keeping our students healthy each day.

Sincerely,

Rebecca Dahn

Rebecca Dahn
Principal

Attachment B

Healthful Food and Beverage Options for School Functions

At any school function (parties, celebrations, meetings, etc.) healthful food options should be made available to promote student, staff and community wellness. Examples of nutritious foods and beverages that are consistent with the Dietary Guidelines for Americans are listed below.

- Raw vegetable sticks/slices with low-fat* dressing or yogurt dip (non-fat, unsweetened)
- Fresh fruit wedges – apples, oranges, melon, etc.
- Sliced fresh fruit – peaches, kiwi, plums, pears, apples, mangos, etc.
- Fruit salad (if canned, in-juice only)
- Cereal (not highly sugared) and low-fat milk
- 100% fruit or vegetable juice
- Dried fruits with no added sugar – raisins, apricots, cranberries, etc.
- Single serving applesauce or canned fruit in juice
- Peanut butter (with no added sweeteners) with apple wedges or celery sticks
- 100% fruit smoothies made with fat-free or low-fat milk
- Trail mix (dried fruit and nuts) with no added sugar or sulfurdioxide
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts) with no trans fats or fully hydrogenated fats
- Lean meats and reduced fat cheese sandwiches with light or reduced fat mayonnaise
- Party mix (variety of cereals, nuts, pretzels, etc.) with low or no sugar
- Pretzels or reduced fat crackers
- Baked chips with salsa
- Low-fat muffins (small or mini), or granola bars
- Mini bagels with fat-free cream cheese
- Fat-free or low-fat yogurt and fruit parfaits with no added sugars or artificial sweeteners
- Fat-free or low-fat milk or milk products (string cheese, cheese cubes, cottage cheese) made with real cheese
- Flavored soy milk fortified with calcium
- Pure ice cold water

*Low-fat products should only be ones that are not produced with added sugars or sweeteners, or added chemicals.

This list is not all-inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices. Not all food and beverage items on this list will necessarily meet district nutrient standards listed in Attachment A as times vary in sugar, fat and calorie content from brand to brand. However, all of the items in the list are believed to be consistent with the intent of the wellness policy to promote student health and reduce childhood obesity.



FREMONT INTERMEDIATE SCHOOL DISTRICT 79

August 24, 2011

Dear Parents,

As you are all aware, safety for all of our students is our top priority. Due to this, we wanted to review drop-off and pick up procedures for students.

The Elementary School pick up and drop off zone for parents is in front of the Elementary School. The Intermediate School pick up and drop off zone for parents is in front of the Intermediate School.

Parents may drop off their child along the front curb in the morning. If parents desire to walk their child to the building, please park your vehicle in a designated parking space and walk your child to the front of the building. This leaves the curb free for drop-off vehicles only.

At the end of the day, parents may meet their child in the front rotunda or wait along the curb so that a student may enter a vehicle from the right side at the end of the school day. If a parent desires to meet their child, please park your vehicle in a designated parking space. Early pick up of students is discouraged.

Parking is allowed in designated parking spaces only. Parking along the curb of the school blocks the emergency fire lane. Please park in a designated parking space in the Elementary or Intermediate parking lot.

Due to the safety concerns for our students, parking is not allowed at any time for the bus lot. This is the lot located between the Elementary and Intermediate Parking Lots. This lot needs to be kept clear for busses during various times during the day. Additional parking is always available in the Intermediate parking lot.

Along with parking reminder, we also wanted to remind parents that all staff annually review the Crisis Plan that includes fire, tornado, and in-house safety plans at the beginning of each year.

Please know that our exterior doors are locked before, during, and after school hours. During school hours, all visitors must enter through our front office, speak with our receptionist, and sign in before visiting the school. Visitor badges must be visible and worn by parents and all other visitors at all times during their times in the building.

As always, please do not hesitate to contact either of us via email at sladenburger@fsd79.org/rdahn@fsd79.org or by phone with questions or concerns.

Sincerely,

Stefan Ladenburger
Elementary Principal

Rebecca Dahn
Intermediate Principal

Jennifer Haack
Assistant Principal

Michael McDonnell
Assistant Principal

2011/2012 SCHOOL YEAR CALENDAR

Monday, August 22	Teacher Institute Day
Tuesday, August 23	Teacher Institute Day
Wednesday, August 24	First Day of School for Grades 1-8 (Half Day)
Monday, August 29	First Day of School for Grades PK-KG
Monday, September 5	No School - Labor Day
Friday, September 16	Half- Day of School - School Improvement Day
Thursday, September 29	No School - Nonattendance Day
Thursday, October 6	Half-Day of School - School Improvement Day
Friday, October 7	No School - Nonattendance Day
Monday, October 10	No School - Columbus Day
Tuesday, October 11	No School – Teacher Institute Day
Wednesday, November 9	End of Trimester
Thursday, November 10	Early Release
Friday, November 11	No School - Veterans Day
Thursday, November 17	Pre-K and K Parent/Teacher Evening Conferences
Friday, November 18	Report Cards Home
Friday, November 18	No School - Pre-K-K Only - Parent/Teacher Morning/Afternoon Conferences
Monday, November 21	No School - Parent/Teacher Conferences 11 a.m – 7 p.m. (All Grades)
Tuesday, November 22	No School - Nonattendance Day
Wednesday, November 23	No School - Nonattendance Day
Thursday, November 24	No School - Thanksgiving Day
Friday, November 25	No School - Nonattendance Day
Mon., Dec.19-Fri. Dec. 30	No School - Winter Break
Monday, January 2	No School - New Year's Day (Celebrated)
Tuesday, January 3	No School - Teacher Institute Day
Wednesday, January 4	Classes Resume
Monday, January 16	No School - Martin Luther King Day
Monday, February 13	End of Trimester
Friday, February 17	Early Release
Monday, February 20	No School - Nonattendance Day
Wednesday, February 22	No School - Pre-K and K Only – 11 a.m.-7 p.m. Conferences (Pre-K & K only)
Friday, February 24	Report Cards Home
Monday, February 27	No School - Parent/Teacher Conferences – 11 a.m –7 p.m. (All Grades)
Monday, March 5	No School - Casimir Pulaski Day
Monday, March 26 -30	No School - Spring Break
Monday, April 2	Classes Resume
Friday, April 6	No School - Nonattendance Day
Friday, May 4	Half-Day of School - School Improvement Day
Monday, May 28	No School - Memorial Day
Friday, June 1	Early Release
Thursday, June 7	Last Day of School for PK-Kindergarten <u>If No Snow Days Are Used</u>
Friday, June 8	Last Day of School <u>If No Snow Days Are Used (Grades 1-7)</u>
Friday, June 15	Last Day of School <u>If All 5 Snow Days Are Used</u>

Half-Day Dismissal Times:

Grades 6, 7 & 8: 10:55 a.m.

Grades Pre-K, through 5: 11:50 a.m.

Early Release Dismissal Times:

Grades 6, 7 & 8: 1:13 p.m.

Grades Pre-K, through 5: 2:08 p.m.

Revised May 2, 2011



FREMONT SCHOOL DISTRICT 79

Office of the Assistant Superintendent for Curriculum, Instruction, and Assessment

August 2011

Dear Parents / Guardians of District 79 students:

Our district is making sure that we communicate with our non-English speaking parents / guardians. If you would like the district to communicate in a language **other than English**, please fill in the bottom portion of this letter and return it to the school office.

Ademas de Ingles, que idioma prefiere usted para la comunicacion escrita y verbal con el distrito escolar?

Sincerely,

Kara Coglianese

Assistant Superintendent for Curriculum, Instruction, and Assessment

KC:dd

Please return to the school office

Family Name: _____

Child's Name: _____

Grade Level: _____

Language requested:

Spanish _____

Korean _____

Punjabi _____

Romanian _____

Polish _____

German _____

Other _____