

# — WELCOME — BACK TO SCHOOL

## IMPORTANT TIPS AND REMINDERS FOR PARENTS

- School is in session from 8:05 a.m. to 3:10 p.m. Doors to the building will be locked from 8:05 a.m. to 3:10 p.m.
- Breakfast is available in the commons from 7:55 a.m. to 8:15 a.m.
- Family School Nutrition accounts will be charged for breakfast and lunch. See GCSD website (<https://www.gcsd.k12.wi.us/dept/school-nutrition.cfm>) for information on pricing.
- Children should NOT arrive at school before 7:50 a.m. Doors are unlocked from 7:50a.m to 8:05 a.m. GCSD has a before and after school care program, Hilltopper Hangtime. Contact Beth Davis for more information about Hilltopper Hangtime at [beth.davis@gcsd.k12.wi.us](mailto:beth.davis@gcsd.k12.wi.us) or (715) 265-7609.
- All parents and visitors must check in with building administrative assistants and sign in with a valid driver's license or another valid ID using our Raptor School Visitor Check-In process during the school day.
- Parents and guardians are not able to enter the school building during arrival or dismissal. Students should meet parents at their vehicle in the drop off/pick up lane in front of school or in the lower parking lot. Crossing assistance will be present.
- When picking children up during school hours, students should be met in the elementary office for check out.
- The driveway in front of the elementary building is a **ONE-WAY SINGLE LANE** traffic zone.
- Report cards are sent home at the close of each trimester (Trimester end dates: November 22, February 28, and May 29).
- Children are assigned to a specific bus. Children are not to ride any other bus at any time unless specified by a written note from parents or legal guardian to the classroom teacher.
- Children have the opportunity to check out library books during the school year. Please encourage your child to take good care of their library books. Fines will be assessed for books that are lost or damaged.
- A snack time is scheduled daily and milk is provided by the school district. Students will need to bring their own individual snack if they want something with their milk. **See Healthy Snack note.**
- Each child needs a large backpack to take things to and from school. All correspondence from school will be sent home in this backpack. Please let us know if a backpack is needed.
- Children will play outside when weather conditions are suitable. Dress your child accordingly. Please label all clothing (ex: coats, snow pants, boots, etc.).
- Parent volunteers are welcome! If you have a special interest or talent, please tell us! You may also join the GCE PTC (Parent Teacher Connection) to become more involved at GCE.
- Toys from home are **NOT** allowed at school.
- All students shall leave all cell phones and other devices silenced and kept in a locker/backpack.

- The School District of Glenwood City provides student accident insurance for all students in pre-school through grade twelve. This accident insurance is purchased from Student Assurance Service's Inc.(located in Stillwater, Minnesota), and provides coverage for the following activities:
- a. attending regular school sessions,
- b. participating in or attending school-sponsored and supervised extracurricular activities,
- c. participating in school-sponsored and supervised interscholastic sports, and
- d. traveling directly to and from school for regular school session; and while traveling to and from school sponsored and supervised extracurricular activities in school-provided transportation.

Dear Parents,

This is a reminder regarding our Healthy Snack policy in school. We are recommending that your child brings a healthy snack to school, please look at the suggested snack list below. Research shows that these snacks give students energy, where candy and sweets slow children down.



Students are provided milk for their snack breaks. Students are encouraged to bring a water bottle to school. Students are allowed to drink water during school hours. Students may fill water bottles using our bottle fillers on drinking fountains. **NEW: Water flavoring and caffeinated (energy) waters are not allowed.**

Thank you for your support and cooperation. If you have any questions, please call.

Thank you,  
Jamie Shaffer, Principal

### Suggested Snacks

- ❖ Trail mix
- ❖ Dry cereal
- ❖ Animal crackers
- ❖ Graham crackers
- ❖ Crackers with cheese or peanut butter
- ❖ Bagels with cream cheese or peanut butter
- ❖ Popcorn
- ❖ Healthy snack bars-low sugar breakfast/granola bars
- ❖ Mini sandwiches (lunch meat, peanut butter, cheese, etc.)
- ❖ Tortilla sandwiches
- ❖ Pretzels
- ❖ Baked chips
- ❖ Fruit – apples, bananas, orange wedges, watermelon cubes, cantaloupe wedges, pineapple chunks, dried fruit, raisins, etc.
- ❖ Applesauce
- ❖ Raw vegetables with dip – carrots, celery, broccoli, cauliflower, peppers, etc.
- ❖ Celery with soft cheese spread or peanut butter
- ❖ Cottage cheese
- ❖ Cheese cubes or string cheese
- ❖ Yogurt
- ❖ Milk
- ❖ 100% Fruit juice
- ❖ Low fat pudding

### What are Unhealthy Snacks?

Unhealthy snacks are high in sugar, fat and salt. Large amounts of food are not good for you regardless of whether or not they are healthy snack choices. You just want a small snack to hold you over until your next meal. It's OK to have an unhealthy snack once in a while or for a special treat. You don't want to have them on a daily basis. Here are a few examples of unhealthy snacks:

- ❖ Chocolate bars
- ❖ Candy
- ❖ Pop
- ❖ Cookies
- ❖ Cake
- ❖ Popsicle
- ❖ Gum
- ❖ Chips
- ❖ Donuts
- ❖ Toaster Pastry
- ❖ Caffeinated Drinks and products to flavor water