

School Board Meeting/Workshop:

August 10, 2020

Subject:

BCMS Handbook

Presenter:

Katie Gohl,
BCMS Asst. Principal

SUGGESTED SCHOOL BOARD ACTION:

Review

DESCRIPTION:

BCMS STUDENT HANDBOOK - 2020-21 Changes

BCMS BISON BINDERS (Pg. 1) – new section

The zipper Bison Binders are required for students as part of our organizational education. It is helpful when we are teaching students how to organize themselves, that they all have the same starting supplies. The Bison Binder and the supplies in it, encompass the majority of our required school supplies. There are a few classes that may require some unique materials, such as calculators in math. Families may choose to purchase a similar zipper binder and the same supplies on their own.

Health Office COVID19 Guidance (Pg. 2) – new section

If your student is experiencing a new onset or worsening cough, or shortness of breath, or multiple symptoms please call your student's school health office to review the COVID19 exclusion guidelines for return to school.

We ask that all parents check student temperatures before the school day; if 100.4 or above your student should stay home. If any other new onset of signs or symptoms of illness are present, please also keep your student at home to monitor for additional symptoms.

If no other symptoms are experienced, your student may return to school following our district guidelines for illness posted on the BHM website under district > department > Health Services > Illness and Injuries Guide.

BHM WELLNESS POLICY SUMMARY (Pg. 3) – new section

The BHM School District has a Wellness Policy that is implemented throughout all BHM schools. The purpose of this policy is to set forth methods that promote student wellness, prevent and reduce childhood obesity, and assure that school meals and other food and beverages sold and otherwise made available on the school campus during the school day are consistent with applicable minimum local, state, and federal.

Here are some important highlights of the policy:

- The school district will encourage and support healthy eating by students and engage in nutrition promotion.
- Students will be provided opportunities for physical activity during the school day.

- Celebrations and parties: The school district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
- Rewards and incentives: Schools will not use foods or beverages as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan or behavior intervention plan) and will not withhold food or beverages as punishment.

Additional highlights for parents:

- Parents are encouraged to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
- Classroom snacks brought by parents. The school district will provide to parents a list of suggested foods and beverages that meet Smart Snacks nutrition standards.

Please reference the full BHM Wellness Policy 533, including additional wellness resources at:

<https://www.bhmschools.org/policies>

HEALTHY SNACK AND BEVERAGE IDEAS (Pg. 4) – new section

- Water, plain or flavored
- 100% fruit juice with no added sugar
- Fat-free or low-fat milk
- Fresh fruit
- Fresh vegetables
- Canned fruit or fruit cup (in water, 100% fruit juice or light syrup)
- Frozen fruit or fruit cup (in water, 100% fruit juice or light syrup)
- Dried fruit with no added sugar
- Nut or seed butter (served with fruit or whole grain crackers)
- Nuts or seeds
- Beef or turkey sticks/jerky
- Trail mix made of nuts or seeds and dried fruit with no added sugar
- Whole grain goldfish/ multigrain crackers
- Low-fat cheese cubes/string cheese (serve with fruit or whole grain crackers)
- Hummus (serve with vegetables or whole grain crackers)
- Graham crackers
- Whole grain cereal bar or granola bar
- Baked chips or Veggie chips/sticks (small portions)
- Whole grain cereal
- Whole grain pretzels (small portions)

Check ingredient statements and nutrition information to ensure items meet the USDA Smart Snacks in School nutrition standards. Ensure food allergies of any participants and school allergen avoidance expectations are known before serving any food item.

LOCKERS (Pg. 4)

Hall lockers and physical education lockers are “on loan” to students for the school year and remain the property of the District 877. Students will be responsible for any damage incurred to lockers during the school year. School locks can be purchased in the front office for \$5.00. For security reasons, all lockers must have a school lock on them. It is

the individual student's responsibility to keep his/her locker clean and neat inside and out. Students are advised not to keep money or other valuables in their lockers. The school will not be responsible for lost, damaged, or stolen property. Students are expected to keep hallway and physical education lockers locked at all times. The school reserves the right to inspect lockers when building administrators deem such action necessary to ensure the safety and welfare of students and staff.

CELL PHONES AND OTHER PERSONAL ELECTRONIC DEVICES (PED's) (Pg. 8)

Handheld devices such as cell phones and other electronic devices, along with headphones may be appropriately used before school until 8:50 AM. By 8:50 AM when the school day begins, all devices & headphones must be turned off and properly stowed away in lockers and students need to be in their first period class ready to begin. Personal devices may be used during passing times, as well as, after 3:25 PM. Teachers may allow students the use of ís during instructional time for instructional purposes only. If students choose to bring a phone to school, the school is not responsible for loss, damage, or theft. If technology misuse is an issue, the student's parent may be required to pick the item up at school and the student may lose the privilege of bringing their device to school. Operation of all electronic devices are prohibited in bathroom and locker room areas.

APPROPRIATE CLOTHING / ACCESSORIES (Pg. 8)

Clothing acceptable for school does not jeopardize anyone's health or safety, does not disrupt the teaching/learning process, does not create school disorder, and is not immodest in any respect. Parents are asked to be observant of what their child wears to school and to assist in selecting appropriate clothing. No short shorts or skirts and low cut blouses or tops will be allowed. There will be no midriffs or undergarments showing. Students are asked to respectfully remove their headwear at the start of the school day. Students may not wear clothing or accessories which display words or images advertising directly or indirectly, alcohol, tobacco, drugs or related products or which promote the use of these products or which are profane, obscene, or sexually suggestive. During physical education swim units, female students are required to wear a one-piece swimsuit or cover up a two-piece suit with a tank top or t-shirt. Students wearing improper attire will be required to correct it at school if possible or be required to call home for a change of clothes.

ATTACHMENTS:

- **BCMS Handbook**