

Student Health and Wellness

Little Lake City School District has a board approved wellness policy that encourages healthy habits that include eating nutritious food, getting sufficient sleep, and participating in regular exercise. I'm sure you are aware of the growing concern about the abundance of high sugar, high calorie foods and their impact upon the health and development of our children. In addition, we have a number of students with food allergies that can cause serious, even life-threatening reactions. Therefore, we encourage you to send healthy snacks and lunches to school with your children, rather than candy, chips, sodas and other high calorie, low nutrition foods, and make sure that they do not share food or drink items with other children.

Birthdays are special occasions that we enjoy sharing with others. However, for the nutrition and safety concerns mentioned above, as well as the disruption to instruction, please do not send food items (cupcakes, cookies, etc.) to class to celebrate your child's birthday. If you wish to honor the occasion with a treat, please send a special book to add to the classroom library, stickers, pencils, erasers, or some other non-food item. These are things that students can continue to enjoy day after day as a reminder of your child's special day.

From LLCSD Administrative Regulation 5132 – Student Dress and Grooming

Local law enforcement officials indicate that certain types of dress contribute to gang association and violence. Students wearing gang attire become targets for violence even though they are not gang members. In addition, the baggy, oversized clothing now identified as gang related, presents a safety hazard since it allows students to more readily conceal dangerous objects such as knives, and other weapons or provide hiding places for drugs and drug paraphernalia. Accordingly, the following types of clothing have been identified as gang related:

- Oversized, baggy pants
- Excessively large shirts and jackets
- Military style and/or steel-toed boots
- Oversized belts and/or initial on buckles
- Caps/hats
- Shirts depicting or promoting violence towards police and/or others and/or graffiti or “tagging”
- Clothing which features lewd or obscene language

Uniforms

As gang attire changes, the Superintendent or designee is authorized to delete and add items as deemed appropriate by the school staff and law enforcement agencies.

In schools where a school wide uniform is required, the principal, staff and parents/guardians of the individual school shall jointly select the specific uniform to be worn.

The principal or designee shall give parents/guardians at least six month notice before a school uniform policy is implemented.

Students who participate in a nationally recognized youth organization shall be allowed to wear organization uniforms on days when the organization has a scheduled meeting.

The Superintendent or designee shall establish criteria for determining student eligibility for financial assistance when purchasing uniforms.

Cresson Elementary Dress Code

Area	Limited	Prohibited
Top	<p>Caps and hats may be worn outdoors for sun-protection purposes only. They must be worn correctly.</p> <p>Students' hairstyles should be simple and kept out of students' eyes.</p> <p>Simple, small earrings and plain watches are allowed. Medical ID bracelets are allowed.</p> <p>Shirts/tops should fit appropriately. Students will be directed to tuck in or remove oversize shirts.</p> <p>Shirts must be buttoned.</p>	<p>No caps, hats, bandanas, or other head covering may be worn indoors (except religious head covering).</p> <p>No hairstyles that are distracting or attention-drawing (Mohawks, hair that covers face, etc.) are permitted.</p> <p>Any type of jewelry other than what is specified is not allowed because it can present a safety hazard on the playground.</p> <p>Tops/dresses may not be low cut, show bare midriff, be too tight or revealing, or show underwear. No spaghetti straps, halter tops, tank tops, or strapless tops may be worn.</p> <p>Makeup and fake nails are not allowed. Perfume is strongly discouraged due to allergies and asthma.</p>
Middle		<p>No military, oversized belts or buckles, no initials or logos on buckles are allowed.</p> <p>No chains attached to clothing, belts, etc.</p> <p>No suspenders that hang down from clothing.</p>
Bottom	<p>Pants/skirts/shorts must fit so that private body parts and underwear are not visible when the wearer is sitting, standing, or moving.</p> <p>Shorts should reach mid-thigh when the wearer is standing.</p> <p>Shoes should be safe for the playground and fit properly. Shoes must be fastened appropriately.</p>	<p>No oversized, ripped, or baggy pants are allowed. Pants should not be more than one size larger than the waist of the student. They may not sag or drag the ground. No rubber bands, etc. are to be worn at the ankles.</p> <p>No pajama bottoms are allowed.</p> <p>No short shorts or cut-off shorts allowed. Shorts must reach the student's fingertips when hands are by his/her side.</p> <p>No military-style and/or steel-toed boots or shoes, or "heelies" are allowed.</p> <p>No flip-flops, slippers, high heels, soft-soled moccasins, open-toed shoes, or backless/strapless shoes are permitted for safety reasons.</p>
General	<p>Clothing, jewelry, and personal items (backpacks, purses, fanny packs, gym bags, water bottles, binders, etc.) shall be free of writing, pictures, or any other insignia which are crude, violent, vulgar, profane, sexually suggestive, discriminatory, or gang-related, or which bear drug, alcohol, or tobacco promotions, or which advocate racial, ethnic, gender, or religious prejudice.</p>	

		Cresson Champion Behavior Expectations				
		C ooperate	H elp Others	A ccept Responsibility	M odel Respect	P ractise Safety
Classroom	Work together. Wait for your turn to speak. Listen when others are speaking.	Share materials. Encourage your classmates. Include everyone.	Complete assignments. Participate in discussions and activities. Keep trying, even when it's hard. Do your best.	Use good manners, even if you disagree. Leave the property of others alone.	Be aware of others' space. Push in your chair when you leave it.	
Cafeteria /MPR	Wait your turn. Talk quietly to friends near you.	Pick up trash, even if it is not yours. Make room for others at the table.	Take only the food you will eat. Keep your area clean. Throw away all trash.	Wait for permission to get up.	Walk. Eat only your own food.	
Library	Wait your turn.	Assist friends in finding books.	Return books when they are due. Take good care of books.	Talk in very quiet voices.	Walk. Push in your chair when you leave it.	
Hallways	Remain in an orderly line when going from place to place.	Assist students who are lost or need help.	Go directly to your destination. Pick up and throw away trash.	Be quiet when walking by other classrooms.	Walk.	
Playground	Share all equipment. Return all equipment to bins at the end of recess.	Invite others to play. Include everyone. Use kind language.	Follow the rules for games and activities. Stop when the bell rings.	Wait your turn. Be a good sport, whether you win or lose.	Keep hand and feet to yourself. Eat snacks at the tables.	
Office	Use quiet voice when in the office.	Inform an adult if another child needs help.	Acknowledge your own choices.	Check in with the secretary. Use good manners.	Remain in the appropriate area.	
Computer Lab	Wait your turn. Ask for help when you need it.	Share a computer when necessary. Share your computer skills with others.	Take care of the equipment. Wash hands before using equipment.	Use district-approved websites.	Use equipment appropriately. Walk.	
Restroom	Wait your turn. Use your time appropriately.	Inform an adult if there is a problem.	Flush the toilet. Keep area clean. Pick up trash.	Respect the privacy of others.	Walk. Wash your hands.	
Community	Share the sidewalks with others.	Inform an adult if someone needs help.	Pick up and throw trash away in the appropriate place.	Use good manners with everyone.	Inform an adult if you see any problem or danger on campus or in the neighborhood.	

In order to provide a positive and safe learning environment for students, Cresson staff has created school wide expectations by implementing the Positive Behavior and Intervention Support (PBIS) System, as well as a bully prevention component (No Bully). Every Cresson employee has received extensive training in bully prevention through the “No Bully” program. The system has been put in place, not only to comply with state and federal laws on student bullying and harassment, but more importantly to promote the safety of our students and to create a bully-free school. Below is the Cresson anti-bullying policy. The policy includes our social vision, the purpose of the policy, definitions, and a four tiered response should bullying occur. We recognize that at the elementary level, most incidents of bullying start with bothering. To address this, we plan to prevent bothering by building skills against bothering and bullying. The anti-bullying policy is aimed at training students how to avoid bothering behaviors and how to respond if they are being bothered, or bullied.

CRESSON ELEMENTARY SCHOOL ANTI-BULLYING POLICY

Our School’s Social Vision

At Cresson Elementary School, we believe that every person matters and should be treated with respect and kindness in a positive school environment.

Purpose of this policy

Bullying and harassment stand in the way of our social vision. This policy prohibits harassment and bullying at Cresson Elementary School during the school and after-school program, at school field trips, school sponsored events, and when students are traveling to and from school. It describes our school’s procedures to prevent and stop bullying and prohibits reprisal or retaliation against any person who reports bullying. This policy applies to all students, teachers, staff, specialists, and anyone who works on our campus, whether employed by the school or district, working as contractors, or volunteers.

Definitions

Bullying is different from conflict. It occurs when a student, or group of students, repeatedly try to hurt, humiliate or get power over another less powerful student in any of the following ways.

- **Physical bullying** is when a student uses physical force to hurt another student e.g. by hitting, pushing, shoving, kicking, taking a student’s belongings or stealing their money.
- **Verbal bullying** is when a student uses words, images or gestures to intimidate or humiliate another student e.g. by taunting, name-calling, teasing, put-downs, insults, threats and blackmail.
- **Relational bullying** is when a student excludes or isolates another student e.g. through leaving them out, manipulating others against them, or spreading gossip or rumors.
- **Cyberbullying** is when a student uses their cell-phone, text messages, e-mails, instant messaging, chats and websites (such as Facebook, Twitter, You Tube or Instagram) to bully another student in any of the ways described above.

Bullying may at times amount to **harassment**. It is harassment to target a student online or face to face because of their actual or perceived disability, gender, gender identity, gender expression, nationality, race or ethnicity, religion, sexual orientation, or because they are associating with a student or group of students with one or more of these actual or perceived characteristics.

It is **sexual harassment** to target a student with unwanted sexual comments, gestures, attention, stalking and physical contact that cause a student to feel uncomfortable or unsafe at school, or interferes with schoolwork. This is dealt with further in the school's sexual harassment policy.

Our school does not tolerate bullying or harassment for any reason. You are breaking the law if you harass anyone at our school. It is a serious breach of the school rules if a student takes revenge or asks someone to threaten or hurt a student that has reported bullying or harassment.

How students can end bullying

Bullying and harassment cause pain and stress to students and are never justified or excusable as "just teasing" or "just playing." When a student stands by doing nothing, or laughs or posts comments online when others bully, they are participating in bullying.

The students at Cresson have agreed to join together to treat others with respect both online and face-to-face so that we keep our campus bully-free.

All students agree to:

- Value student differences and treat others with respect both online and face-to-face.
- Use Stop, Walk or Talk when I or others around me are the target of bullying
- If I cannot safely stop the bullying, to walk away and seek help from any teacher or trusted adult on campus.
- Never take revenge or ask someone to hurt a student that has reported bullying.

Our school takes a problem-solving approach to bullying. We have staff members trained as **Solution Coaches** to bring together a Solution Team of students and ask them to end bullying situations. Most Solution Teams successfully end bullying situations after one or two meetings without using punishment.

Staff, Teacher and Parent Response to Student Harassment and Bullying

Our school follows a four-level system for preventing and responding to bullying and harassment:

Level 1 – Prevent & Interrupt

- All teachers, staff, students and volunteers support a campus-wide system for preventing and stopping harassment and bullying.

- If any teacher or staff member witnesses an act of harassment or bullying, he or she shall take immediate steps to intervene and redirect students provided it is safe to do so.
- If a parent or guardian knows or suspects that their child is being harassed or bullied, encourage your student to use the stop, walk or talk method or to seek help from any trusted adult on campus. If this does not solve the situation, inform your student's classroom teacher. The school can only help you if you trust us with the problem and tell us what is happening.

Level 2 – Check in with target of bullying and notify a Solution Coach or the Principal

- All members of school staff are encouraged to watch out for students who appear to be isolated from other students, who are put down by other students behind their back, or who show signs of being bullied.
- If any staff member knows or suspects that a student is the target of ongoing bullying or harassment (i.e. it has happened more than once and is likely to continue), he or she shall check in with the student as soon as reasonably possible. If this appears to be ongoing bullying or harassment, he or she shall complete a Solution Team Referral Form and provide it to the Lead Solution Coach

Level 3 – Solution Team, Progressive Discipline and other responses

Our school uses a variety of methods to prevent and end harassment and bullying. We may use Solution Teams®, progressive discipline with increased consequences if behavior continues, and suspension or expulsion.

- If a Solution Team is appropriate, a Solution Coach will meet with target of bullying and offer to convene a Solution Team to bring the bullying to an end. The Solution Team is a team of 6-8 students that includes the bullying students, bystanders, and students who are positive role models. The Solution Coach records progress using a Solution Team Log and shall report progress to the principal.
- If progressive discipline, suspension, or expulsion is appropriate, the principal will meet with the bullying student, and involve their parents and teachers when determining consequences.
- *In all cases of bullying, the principal will document and retain all the information of the incidents of bullying.*

Level 4 – Implement an Empathy-Building Action Plan

If a pattern of harassment or prejudice is apparent across an entire class or grade, the Solution Coach and other relevant school staff implement a plan to teach respect for differences and create a supportive peer culture.

If the school's intervention does not resolve the bullying, the student or their parent/guardian should inform the Principal. If the student or parent/guardian disagrees with how the school has responded to their complaint of discrimination, harassment, intimidation, or bullying, he or she may appeal to the Director of Pupil Services at the District office, at (562) 868-8241.