



PARENT/STUDENT
HANDBOOK



Mission Statement

Supported By An Involved Community, An Outstanding Staff And A Shared Vision For Academic Excellence, The Del Mar Union School District Is Committed To Providing A Rigorous, Inspiring And Nurturing Educational Program That Is Continually Evolving To Develop Well-Rounded Individuals Who Embrace Learning For Life And Who Are Prepared To Meet The Challenges Of The Future.

Core Beliefs | *We believe that...*

- Every Individual Has Worth
- Individuals Deserve The Opportunity To Reach Their Potential
- Learning Is A Life-Long Process
- Everyone Has The Right To Be Safe
- Individuals And Communities Have Responsibilities To Each Other
- The Uniqueness Of Individuals Enriches The Community

School Mission and Vision

The mission of Ashley Falls School is to provide each child with a nurturing environment and an academically challenging curriculum that promotes:

- **Life-long learners**
- **Creative and critical thinking**
- **Personal academic achievement**
- **Appreciation for individual differences**
- **Responsible citizenship in a democratic society**

Ashley Falls Vision

Ashley Falls School is a nurturing, cooperative, learning environment that promotes responsible citizenship. In alliance with parents, community members, organizations and businesses we provide opportunities for learning and service in a setting that is a meaningful engaging setting for all learners. The Ashley Falls community embodies shared decision-making and creates a sense of belonging and ownership in our school. This foundation empowers children to become self-confident, intrinsically motivated, and successful life-long learners.

As a school community, we come together to provide an intellectually challenging, standards-based, integrated curriculum built on a solid foundation of fundamental skills, enrichment, and a broad base of knowledge. Students meet or exceed rigorous State Standards. Through a commitment to social, emotional and physical well being there exists an environment that maximizes the development of each child. Each individual's strengths are nurtured and valued as a contributing member of the community.

The Ashley Falls staff is committed to working as a professional learning community to build a school of high achieving learners that fosters independence in a supportive environment. The staff members are knowledgeable, life-long learners who model creative problem solving through an interactive approach to curriculum development, student grouping, and instructional design. By providing access to and experience with state of the art resources, the staff and students develop strong skills in the utilization of technology as a tool to acquire, understand, and disseminate information.

The Ashley Falls School, united in a shared responsibility, ensures the success of every child. Every Ashley Falls Eagle will *Soar to Success!*

SCHOOL HOURS

FRONT OFFICE HOURS.....7:30 a.m. – 3:00 p.m. (Monday – Friday)

Daily Schedules

Monday, Tuesday, Thursday, Friday

Students may enter campus 7:45 a.m.
Line-up Bell 7:57 a.m.
School Begins (K-6) 8:00 a.m.
Morning Recess (K-6) 10:00 – 10:15 a.m.
Lunch (K-6) 12:00 - 12:45 p.m.
Kindergarten Dismissal 12:45 p.m.
Extended Day Kindergarten Dismissal..... 1:45 p.m.
Dismissal (1-6) 2:30 p.m.

WEDNESDAY and everyday during CONFERENCE WEEK

Students may enter campus 7:45 a.m.
Line-up Bell 7:57 a.m.
School Begins (K-6) 8:00 a.m.
Morning Recess (K-6) 10:00 – 10:15 a.m.
Lunch (K-6) 11:20-11:50 a.m.
Dismissal (K-6) 12:30 p.m.

DROP-OFF AND PICK UP PROCEDURES

Before School: (7:45 a.m. – 8:00 a.m.)

- **Drivers may not use a hand-held cell phone at anytime while driving in the Ashley Falls parking lot.**
- Playground supervision begins at 7:45 a.m. Students should not arrive before that time.
- Have your child's backpack next to them so that they can exit the car quickly. Do not place materials in the trunk.
- Drivers should remain in the car, even for kindergartners. If drivers plan to get out, cars must be parked in a marked stall or on the street. Do not park at the red curb.
- Remain in one lane, single-file at the curb when unloading in the drop-off areas.
- Students are not allowed to be unsupervised in the Ashley Falls Neighborhood Park before school.
- **Dogs of any size are not allowed on campus.** Please do not bring them any further than the sidewalk off Ashley Falls Drive.

Afternoon Pick-up:

- All **kindergarten** students are to be picked up outside their classrooms. Teachers will keep students until 12:45. After 12:45, remaining students will be brought to the office. **After kindergarten pick-up, parents of kindergarten students MAY NOT wander through campus to check on siblings. Parents volunteering for another teacher must check in at the office. Parents without a visitor's badge will be asked to sign-in at the office.**
- 1st-6th grade students will be dismissed according to parent request. Parents may request that their child remain at the classroom until picked up OR parents may request that their child be dismissed from the classroom to walk to the front of the school where pick-up is supervised.
- Dismissal is at 2:30 p.m. If parents have requested that their child wait at the classroom, **drivers must park in a marked stall or on the street** before leaving the car to get a student. Parents **MAY NOT** enter campus until the final bell at 2:30 pm. Students must be picked up from classrooms by 2:35 p.m. After 2:35, remaining students will be brought to the office.

Bicycle & Scooters:

- Bicycle & scooters riding is only allowed for 4th, 5th, and 6th grade students, unless parents ride with their student(s) and are with them at all times when riding to and from school.
- Riders are required to wear safety helmets.
- Bicycles and scooters are to be walked on to school grounds. Bicycles must be kept at the designated area outside the Kindergarten playground and locked to the bike racks. Razors may be stored outside the classroom.

SCHOOL RULES

Students are expected to:

- Be kind, courteous, and respectful to students and adults.
- Follow directions the first time.
- Use appropriate language.
- Keep hands and feet to yourself.
- Bring only items needed for school, to school.

ASHLEY FALLS DISCIPLINE PLAN

The Ashley Falls school-wide discipline plan provides a structure to support a calm and safe school environment while helping children develop self-discipline, strong character, and a sense of responsibility.

The primary goals of the plan are to:

- Establish a calm, orderly, safe, and fun environment for learning
- Help children develop self-control and self-discipline
- Teach children to think and act in socially responsible ways
- Promote respectful, kind and healthy teacher-student and student-student interactions
- Foster an appreciation for the role of social standards in a school environment

Our approach is to help children become aware of how their actions can bring positive and negative consequences to themselves and others. Students behave very well because we emphasize and praise positive behavior. Students will receive positive rewards for appropriate behavior. Some examples include: verbal praise, parent communication, good egg certificates, Praise Notes and special privileges.

We know and recognize everyone makes mistakes from time to time, and it is how we fix and learn from our mistakes, which is most important.

At Ashley Falls, we utilize four types of logical consequences:

- **Reminder or redirection** - If a child is acting inappropriately, staff will give a verbal reminder or redirection.
- **“Take a break”** - If a child is losing self-control; s/he goes to a designated spot to cool off. These spots are called ‘alone zones’. A staff member will direct the child to “take a break” or the child may voluntarily “take a break”.
- **Loss of privilege** - If a child does not abide by classroom expectations and playground standards, s/he may lose a privilege. Loss of privilege could include removal from class, playground activities, and/or special events. Depending on the severity of the behavior the Ashley Falls staff and administration may determine an alternative yet appropriate and logical consequence.

- ***You break it, you fix it*** - If a child continues to be disruptive, hurts another's feelings, or damages something, she/he will be expected to repair the damage. Some examples of reparative action include; sincere written and verbal apologies, helping with an activity, working to replace damaged items, or an alternative apology of action as determined by the student and staff.

While we hope all problems can be resolved using the logical consequences, there are some behaviors that may require immediate referral to administration. Examples include:

- Harassment and bullying
- Physical/ Verbal aggression
- Dangerous defiance
- Possession of drugs, alcohol, cigarettes or weapons

Our ultimate goal is to provide a safe, nurturing environment where students learn and grow into responsible members of the Ashley Falls Community.

GENERAL SCHOOL GUIDELINES

- It is important to us to have close communication with our parents. If you have any questions, contact your child's classroom teacher through our voice mail system or by email.
- Homework should be completed as assigned by the classroom teacher. If a child is absent for more than one day, you may request homework by calling the school office before morning recess.
- Students will not be able to make phone calls during the school day with the exception of emergencies. The best way for parents to communicate with their children during the school day is through the school's telephone system. We prefer that students do not carry cell phones. However, we realize that some parents may choose to have their child carry a cell phone for before/ after school communication. If you feel it is necessary for your child to carry a cell phone, please be aware that cell phones must be turned off and in backpacks at all times while on campus.
- Because they may be lost or damaged, non-school sports equipment, iPods, electronic equipment, and toys are not permitted.
- We prefer that students do not bring soda, gum, or candy to school. Instead we recommend nutritious snacks and lunches. The sharing of food is not permitted.
- Skateboards, motorized scooters, roller blades and other shoes with wheels may not be used on campus.

STUDENT PLAYGROUND CONDUCT STANDARDS

The purpose of the playground standards is to create an environment that encourages students to interact in a respectful and positive manner. The parameters of all activities chosen by students must support this positive environment. These standards will provide the guidelines for students to resolve their own conflicts, to support one another, and assist in creating their own physically and emotionally safe environment.

- **I will wait patiently before going to the playground areas until adult supervision is visible.** I understand that without adult supervision there will be nobody there to help me if I am injured.
- **I will walk to and from the playground.** I understand that if I run in these areas I may accidentally hurt others or myself.
- **I will participate in all activities in a respectful and safe manner, while keeping in mind the consequences of inappropriate behaviors.** Following the standards shows good citizenship, respect for fellow students and allows all students to have a fun and enjoyable recess.
- **I will use respectful language.** Swearing, profanity, and “put-downs” are very disrespectful and can hurt the feelings of others.
- **I will resolve my problems using PeaceBuilders guidelines.** Fighting, verbally or physically, causes emotional and physical harm to others.
- **I will only use equipment provided by the school.** School equipment has been approved for student safety and provides equal opportunities for everyone.
- **I will use all playground equipment and materials appropriately.** Throwing sand, wood chips, rocks, sticks or other objects is dangerous to yourself and those around you. Misuse of equipment can cause physical injuries as well as damage the equipment.
- **I will include all students in playground games and activities.** This shows respect to my fellow students and helps to create a positive Ashley Falls community. ***When the number of players is more than the established limit additional games will be added to safely accommodate all students.*
- **I will only eat food in the designated areas and I will be responsible for throwing away trash even if it is not mine.** Keeping the playground and school clear of trash and food shows good citizenship. ***Designated areas include the lunch tables and the snack areas.*
- **One of my responsibilities during recess time is to use the bathroom and get a drink.** When I am out of class it takes away time from my own and other students’ learning.

PLAYGROUND EQUIPMENT USE STANDARDS

Playstacks:

- There are three playstacks on the campus and they are assigned by grade level. I will use the appropriate playstack.
- I will walk on or in the playstack area. Running can be dangerous and cause injury to yourself or others.
- I will use the playstack appropriately.
- Climbing on top of the playstack or monkey bars, or jumping off the playstack or slide can result in serious injuries.
Slide down the slide one at a time, feet first in a seated position, and make sure that the bottom of the slide area is clear.
- Only one person at a time may be on the monkey bars or rings, traveling in the designated direction.
- The supervising adult to maintain safety may limit the number of students on the playstack.

Horizontal Bars:

- I will take turns on the bars and be respectful to those who are waiting.
- I understand that these bars are not designed for gymnastics practices. Some maneuvers can cause serious injury.
- I will not use jackets or clothing to protect my hands because this may cause me to lose my grip.

Field Rules:

- I understand that tumbling and gymnastics are usually done in a controlled environment with padding and instructors. Doing these activities at school can cause injury to others or myself.
- I will play in the designated areas without climbing on the backstops or fences.
- I will only play tag on the field in an appropriate manner, while respecting other games being played on the field.
- I understand that tackling does not follow the Ashley Falls Playground Standards. Tackling is the leading cause of injuries and disputes.

Established maximum player limits for team sports and games:

- I understand that in order to keep students safe and games enjoyable, there must be a player limit on certain team sports and games.
- The recommended maximum for team sports is about 10 players per team.
- The recommended maximum for handball and other court sports is about 10 players per game.

Equipment Basket:

- I understand that the equipment is there for all students and I will be respectful and show good citizenship while using the equipment.
- I am responsible for returning playground equipment at the end of the recess period.

DRESS CODE

We believe that appropriate dress and grooming contribute to a productive learning environment. Clothes worn to school should be appropriate for elementary school activities. Students wearing inappropriate clothing will be asked to have alternate clothing brought from home, and will sit in the office until appropriately dressed.

The following items of clothing/ accessories are considered inappropriate and/or disruptive to the educational process, and are therefore not allowed:

- Clothing that is frayed, torn or has holes
- Clothing advertising alcohol or containing disrespectful words, signs, or symbols, Midriff tops, halter tops, tube tops or any attire which exposes the midriff when arms are lifted
- Pants must be secure at the waist and not hanging below the waist
- Undergarments may not be visible
- Shorts, skirts, skorts and dresses must not be shorter than mid thigh
- Make-up, false nails, colored hair gel or spray

In order to participate in sports and recess activities, footwear that provides adequate protection is to be worn at all times. Tennis shoes or sneakers are recommended. Sandals must have heel straps. Flip-flops or shoes with wheels are not acceptable. The wearing of hats is encouraged for sun protection, but hats may not be worn inside or during class. Baseball hats must be worn forward.

HOMEWORK POLICY

Rationale:

The purpose of homework is to strengthen academic skills, reinforce concepts taught by teachers, develop student responsibility and accountability, and promote parent awareness. Positive results of homework include better retention of factual knowledge, increased understanding of material, better critical thinking, concept formation and information processing skills as well as enrichment of the core curriculum. Our goal is to create assignments that promote one or more of these outcomes. We recognize that homework is not the only circumstance under which after school learning takes place. Many leisure-time activities teach important academic and life skills. We believe in the importance of balancing leisure, learning and family time.

Definition:

Homework may be an independent activity, or may require parental help, to be accomplished outside of the school day and without benefit of teacher assistance, to reinforce previously learned ideas. Unfinished class work or work missed due to absences, although accomplished outside of the school day, is not included in the school's definition of homework. Homework will generally fall into one or more of these different categories and may include, but is not limited to, the following examples:

1. *Practice* – This includes activities to reinforce skills such as studying spelling words and practicing math facts.

2. *Preparation* – these are assignments designed to provide background information and focus on future class activities. Studying for test and reading supplementary materials are examples of such homework assignments.
3. *Extension/Creative* – Activities such as book reports, science projects, and research for social studies reports are examples of such homework.
4. *Leisure reading* expands vocabulary, improves writing quality, and promotes life-long learning.

Be advised that students may spend more than one hour daily completing schoolwork, as time at home may be spent doing assigned homework, long-term projects, and the amount of time spent on homework varies from one child to another. If homework seems excessive contact the teacher.

Student's Responsibility:

It is the responsibility of the student to note and understand the homework assignment, complete it, and return it to school on the required day. Teachers may use homework assignments to help determine a student's grade.

Parent's Responsibility:

It is the responsibility of the parent to set a specific time and place for doing homework and to monitor the student's homework. Parents who have concerns about homework should contact their child's teacher.

Teacher's Responsibility:

Teachers will be responsible for assigning homework to students and for providing the necessary explanation and direction required to ensure that the students can accomplish the work with reasonable success. The teacher will also monitor, assess, and acknowledge homework results for parents and students. Specific classroom homework guidelines will be established by each teacher as well as this school policy and may differ from room to room depending upon the needs and abilities of the students. Teachers will share their homework guidelines with parents at Back-to-School Night.

- The length and frequency of homework assignments will take into account the developmental level of students in the class as well as the resources available at home.
- Topics will appear in assignments before and after they are covered in class, not just on the day they are discussed. Students can expect assignments that help them practice skills already learned, prepare them to learn new skills in class, and require them to apply learned skills to new situations outside of school.
- Homework will not be used to teach complex skills. It will generally focus on skills and material already learned, on extending these skills, or on the integration of skills already possessed by the student.
- Parents will rarely be asked to play a formal instructional role in homework. Instead, they will be asked to create a home environment that facilitates student self-study.
- Not all homework assignments will be formally evaluated. They will be used to locate problems in student progress and to individualize instruction.

Homework Tips For Parents:

1. **Be a stage manager.** Make sure your child has a quiet, well-lit place to do homework. Make sure the needed materials are available.
2. **Be a motivator.** Homework provides a great opportunity for you to tell your child how important school is. Be positive about homework. The attitude you express about homework will be the attitude your child acquires.
3. **Be a role model.** When your child does homework, don't sit and watch TV. If your child is reading, you read too. Help your child see that the skills he or she is practicing are related to the things you do as an adult.
4. **Be a monitor.** Watch your child for signs of failure and frustration. If your child asks for help, provide guidance, not answers. If frustration sets in, suggest a short break.
5. **Be a mentor.** When the teacher asks that you play a role in homework, do it. If homework is meant to be done alone, stay away. Homework is one way for children to develop independent, life-long learning skills.

ATTENDANCE

If your child is absent from school, a phone call is required to the office via the absence line (858-259-7812, press 2). Leave your child's name, teacher's name, your relationship to the child, and reason for the absence. This is one of the ways we can insure that your child is safe and that attendance does not become a problem. If the absence is for five (5) days or more, a doctor's statement, in addition to the parent's note, is required.

It is against state law for students to leave campus, on their own during school hours. If a student needs to leave the grounds for an appointment, a parent or guardian must meet him/her in the office and sign the student out. We encourage parents to utilize the minimum day, Wednesday, to make doctor and dental appointments. We cannot release students to anyone not listed on the registration card, so please make sure that your cards are complete and current with the names of those you might call on in an emergency. Please make sure we have your current daytime phone number as well.

Arriving at school on time plays an integral part in student learning. Please help your child start their day on a positive note by being on time for class. The first bell to line up at the classroom door rings at 7:57 a.m. At this time parents should exit the campus so instruction may begin promptly at 8:00 a.m. If your child arrives after 8:00 a.m. he or she is required to check in at the office before proceeding to class.

VACATION/TRAVEL ABSENCES

It is important to note that vacation/travel absences are unexcused absences. In the event that a parent decides to require a child be absent from school for travel purposes, teachers and the school office need to be notified of the proposed travel absence five days prior to the first day of the travel absence. It is the Del Mar Union School Board policy (# 5006) that missed schoolwork and homework will not be provided before an unexcused absence. During the absence the teacher will keep a folder with all assignments. Upon returning from vacation, the student has a predetermined amount of time to complete the missed work. For example, if a student is absent for 10 days, the student has 10 days to complete and return that work.

DISTRICT VISITATION POLICY

The safety of all children is of paramount importance. All visitors, including volunteers, are required to register with the school office and obtain a badge. **All adults on campus during school hours must have a staff, visitors, or volunteer badge.** Visitors may be accompanied by school officials while on campus, and may be denied permission to enter classrooms while in session. Visitors may be asked to leave the premises if school officials determine that there is a substantial likelihood of interference with classrooms or recess.

HEALTH AND MEDICATIONS

There is a first aid kit in each classroom. Students may use it under adult supervision to take care of small cuts and scrapes. Students may also receive care at the Health office if he or she is hurt or sick during class or on the playground. Students must get permission from an adult to go to the Health Office.

Students may not have any medications (i.e. cough drops, Tylenol, Motrin, etc.) in class. **All medications must be turned into the school health office.** All medication, **including over-the-counter medications**, which are to be given at school, must be accompanied by a Physician's Statement form with directions for the administration of the medication. These forms are available in the Health Office.

If the use of crutches is required, or limited activity is recommended during the school day, a physician's note is needed. The note must indicate the period for which crutches are to be used as well as any other requirements pertaining to the school setting.

LOST AND FOUND

The lost and found cart is located outside the Multipurpose Room. If something is found with no name on it, it will be placed in the lost and found cart. Periodically, the unclaimed items are donated to a local charity.

Please remember to:

- WRITE YOUR NAME ON **ALL** BELONGINGS.
- If you find something without a name on it, put it in the lost and found cart.
- If you find something with a name on it, return it to that person or the office.
- If you find a small or valuable item, turn it into the office.

PROGRAMS

Extended Studies Curriculum (ESC):

The Extended Studies Curriculum classes focus on nurturing the whole child through an active and personal involvement in the learning process. Throughout the year, every student participates in art, music, physical education, science and technology classes. A credentialed teacher, many of who left the elementary classroom to pursue the specialty they are now involved with, teaches each of these classes.

Every school in the Del Mar Union School District is fortunate to have this program as a result of donations made to the Del Mar Schools Education Foundation.

Technology:

Ashley Falls School is a state of the art facility with many opportunities for students to use computers, both in the computer lab, classrooms, and in learning hallways. All students must follow district guidelines while using computers through the campus. Violations may result in a loss of privileges for the remainder of the school year. For students' safety, parents are encouraged to monitor student computer use at home.

PeaceBuilders:

PeaceBuilders is a research-validated anti-youth violence program approved for the federally funded Safe and Drug-Free Schools Act. It is a comprehensive program that shifts the entire school climate to a peaceful, productive and safe place for children, parents, and staff. Created for the young child, child, pre-teen and teen, participation in PeaceBuilders reduces aggression, promotes language development, teaches pro-social skills, creates inclusion for special needs children and fosters safer communities. Children are encouraged to live by the PeaceBuilders pledge:

*I AM A PEACEBUILDER
I pledge:
To praise people,
To give up put-downs.
To notice and speak up about hurts I have caused.
To right wrongs.
I will build peace at home, at school,
and in my community each day.*

When children encounter disagreements on the playground, they are encouraged to use the *Rock, Talk, or Walk* approach.

- Use **Rock**, paper, scissors game.
- **Talk** together with whom they are having a problem until an agreement is reached.
- **Walk** away from the problem and get an adult, if necessary.

Lunch Clubs:

Lunchtime isn't what it used to be. It's better! After the Ashley Falls' students have finished with the contents of their brown bags, they can head off to one of the activities offered during the lunch hour. Students have the opportunity to go out to the playground where they can participate in free play activities, play a Peaceful Playgrounds game, or they can choose one of the lunch clubs which are in session. Lunch clubs are small student groups led by an Ashley Falls' staff member or an adult volunteer. Lunch clubs encompass a variety of grade levels and interests and have included cheerleading, chess, running, jump roping, painting, drawing, problem solving, and reading. Lunch clubs rotate three times each year. Students can also participate in Open Mic, which is a lunchtime talent show. All talents are welcome including joke telling, dancing, singing, acting, and playing an instrument.

Safety Patrol:

The Safety Patrol program consists of students trained to provide a safe environment for students and parents crossing at the lower crosswalk. Please respect these students and the Safety Patrol rules by using the crosswalk, parking where permitted, and avoiding making illegal U-turns near school grounds. The Safety Patrol works with our local police department to enforce these rules and keep everyone safe.

Students Success Team (SST):

Students are most successful when there is a cooperative effort between parents and school personnel. In a spirit of shared responsibility, the Student Success Team (SST) meets at school, exploring and problem solving in order to help students. A SST meeting is a process of regular education. The team will always include parents, the current teacher, and an administrator to review the individual student's learning and/or emotional needs to ensure they are being adequately met under existing circumstances. The Team may also include additional teachers, including the previous teacher, School Psychologist, Speech and Language specialist, Resource specialist, and other staff sufficient to review the student's needs.

Hot Lunch/Milk Program:

The Del Mar Union School District is committed to providing students quality, nutritious meals. The district has entered into an agreement with the San Dieguito Union High School District and lunches are prepared in their main kitchen facility. Additionally, the district participates in the National School Lunch Program.

Hot Lunch Menus and order forms are sent home with each child around the beginning of each month, for the following month. This allows parents and children to make lunch selections together. Meals are provided for \$4.25 each, and payment is required in advance.

Parents also have the option of participating in the milk program. A participation form is sent home in advance and parents are able to pre-pay for milk at the start of each semester. Children participating in the program receive milk each day at the beginning of their lunch period.

Milk and meals may not be purchased on a day-to-day basis.

District Wellness Policy:

Recognizing the link between student health and learning, the Governing Board on July 24, 2006 passed Student Wellness Policy 5030 with the following legally required components.

- Students will be seated for a minimum of 15 minutes to eat lunch.
- Students will be asked not to share food/beverages.
- All food made available by the district will follow **all** nutritional guidelines outlined in Board Policy 3550.
- School fundraising activities either will **not** involve food **or** will use **only** foods that meet the nutrition and portion size outlined in Board Policy 3550.
- Snacks served during the school day or in after school care or enrichment will emphasize fruits, vegetables and water.
- Rewards for academic performance and good behavior will discourage the use of foods or beverages.
- **Celebrations that involve food (including student birthdays) during the school day are limited to no more than one per class, per month. Each occasion may include no more than one food or beverage that does not meet nutrition standards. A list of Wellness policy snacks and beverages can be viewed on the DMUSD website under Child Nutrition Services.**
- Food served as part of instructional activities (science, cooking class, math activities) will offer healthy choices.
- All students will receive 200 minutes of vigorous physical activities every two weeks.