

IMPORTANT SCHOOL INFORMATION

ABSENCES - Excuse slips written by the parent to cover an absence from school must contain the date of the absence(s). The notes are put on file, which keeps attendance accurate. Parents are asked to call the building principal's office if your child is absent from school.

APPOINTMENTS - Students are asked to make arrangements in advance for any appointments. A note (signed by the parent) needs to be on file before the student leaves the school for the appointment. **Please do not call the school to notify the student of an appointment**, as messages that need to be delivered during the school day takes away from teaching/learning time.

ATHLETICS - All students who plan to participate in any athletic activities are required to have a physical examination. The physical form must be filed in the building office and will cover the student's participation in all activities for a twelve month time period. Varsity football, cross country and volleyball practices begin on August 10. Any student out for these sports must have a physical exam form turned in before he/she may practice. Proof that the student is covered by insurance must also be on file. A completed concussion form is also required. These forms are available on the website or in the Jr/Sr HS office.

Middle school practices will not begin until after school starts. Middle school students will also need a physical exam, concussion form, and proof of insurance on file before they may participate in any practices. Physical forms and concussion forms are available either in the Jr./Sr. High office or on our website.

Students and their parents must sign a statement that they have read the TRAINING RULES. This must be returned on the second day of practice or before.

The school does not provide towel service. Students will be expected to bring their own towels for P.E. and athletics, starting with practices.

BUS NOTES - Students are permitted to ride a school bus to a different destination but it is very important that a signed note be sent to give to the bus driver.

DISCIPLINE POLICIES - The North Cedar Board affirms its support of the school's student responsibility and discipline policies, its intent to support school staff that enforces these policies, and its intent to hold school staff accountable for implementing the policies.

MEAL PROGRAMS - A computerized software program called School Dining will be utilized again this year at all three centers for the breakfast and lunch programs.

Families who meet the eligibility guidelines will still be able to receive their first breakfast or lunch for free or at the reduced price of 30¢ for breakfast and 40¢ for lunch. However, second meals are always charged at full price. Therefore, the school recommends that students maintain a minimum of \$5 in their account, even those who do not plan to eat very often, who just want a milk to go with a cold lunch, as well as free or reduced-price students.

Breakfast is available daily at each center to all students and staff. Students may purchase a breakfast either by using their lunch account or paying cash each morning as they participate in the program.

WEATHER RELATED CANCELLATIONS/DELAYS/EARLY DISMISSALS Announcements involving unscheduled cancellation, late start, or early dismissal of school because of weather conditions will be made on each of the following radio/television stations along with the School Messenger automatic information system.

Radio: WMT (AM 600/FM 96.5), KMAQ (AM 1320/FM 95.3), KHAK (AM 1360/FM 98.1)

TV : KGAN (Channel 2), KWQC (Channel 6), KWVL (Channel 7), KCRG (Channel 9)

Parents should have plans for their children involving early dismissal of school as to where the child would go in case no one is home. When school is canceled or dismissed early because of bad weather, all athletic practices or events for that evening will also be canceled.