

2024-2025



# BONNEVILLE ELEMENTARY

LEARNING TODAY  
LEADING TOMORROW

# PARENT HANDBOOK

BONNEVILLE ELEMENTARY 1145 S. 1900 E. SLC, UT 84108

# 2024-2025

## Important Dates

First Day of School	Aug. 20, 2024
Back to School Night (5:00pm – 7:00pm)	Aug. 22, 2024
Labor Day (NO SCHOOL)	Sept. 2, 2024
Picture Day	Sept. 19, 2024
Non-Student Day (No SCHOOL)	Sept. 27, 2024
Parent Teacher Conferences	Oct. 9-11, 2024
Fall Break (NO SCHOOL)	Oct. 17-18, 2024
Non-Student Day (NO SCHOOL)	Oct. 21, 2024
Picture Make-Up Day	Oct. 23, 2024
First Quarter Ends	Oct. 25, 2024
Non-Student Day (NO SCHOOL)	Nov. 27, 2024
Thanksgiving Recess (NO SCHOOL)	Nov. 28-29, 2024
Winter Recess (NO SCHOOL)	Dec. 23-Jan. 3
Second Quarter Ends	Jan. 10, 2025
Dr. Martin Luther King Day (NO SCHOOL)	Jan. 20, 2025
Parent Teacher Conference	Feb. 5-7, 2025
President's Day (NO SCHOOL)	Feb. 17, 2025
Third Quarter Ends	March 14, 2025
Spring Recess (NO SCHOOL)	March 31-April 4
Memorial Day (NO SCHOOL)	May 26, 2025
Last Day of School	May 29, 2025
Fourth Quarter Ends	May 29, 2025
Emergency Make Up Day (IF NEEDED)	June 2, 2025

# Bonneville Bell Schedules

8:40 AM First Bell

8:45 AM Tardy Bell

3:15 PM Dismissal Bell (M-TH)

1:15 PM Dismissal (Friday/Early Release Days)

Breakfast Served

8:20-8:40 AM

## Lunch

KDG 11:10-11:45

1st 11:30-12:05

2nd 11:15-11:50

3rd 11:40-12:15

4th 11:25-12:00

5th 12:15-12:50 M-TH,  
12:00-12:35 F/Early Release

6th 12:00-12:35 M-TH,  
11:00-11:35 F/Early Release

# Who can I talk to if I have questions or concerns?

## Start right here:

1

### Teachers

Most questions that you have about your student can be answered by your student's teachers



2

### Principal/Assistant Principal

If you have questions about schoolwide practices, or if you need assistance after talking with your student's teachers



3

### Area Director

If you still need assistance, call 801.578.8599 and ask for the Area Director over Bonneville Elementary School



4

### Superintendent/School Board

At any point you can contact the superintendent or the board member for your area. Visit [slcschools.org](http://slcschools.org) for contact information



# Office Staff

**Karen Holman - Principal**

**[karen.holman6@slcschools.org](mailto:karen.holman6@slcschools.org)**

**Mary Hiebing - Asst. Principal**

**[mary.hiebing@slcschools.org](mailto:mary.hiebing@slcschools.org)**

**Kelly Maveal - Counselor**

**[kelly.maveal@slcschools.org](mailto:kelly.maveal@slcschools.org)**

**Josette Montes- Admin Secretary**

**[josette.montes@slcschools.org](mailto:josette.montes@slcschools.org)**

**Julie Pereira - Secretary**

**[julie.pereira@slcschools.org](mailto:julie.pereira@slcschools.org)**

# FREQUENTLY ASKED QUESTIONS

## How do I contact my student during the school day?

If you need to speak to your student during the school day, please call the office at 801.584.2913 and press 0. A secretary will get your student from class to speak to you. Please do not text or call your student's cell phone/watch as students should not bring those to school.

## How do I excuse an absence?

There are 2 ways to excuse student absences:

1. Email [Julie.pereira@slcschools.org](mailto:Julie.pereira@slcschools.org)
2. Call the office at 801.584.2913

Please let us know your name, the first and last name of your student, and the duration of the absence.

## How do I check my student out of school?

Students can only be released to their parent, guardian, or designee as listed in PowerSchool. Unless prior arrangements have been made, students cannot check themselves out or be checked out over the phone. Please allow about 10 minutes for your student to arrive at the office once you have arrived to pick them up.

## How do I get forgotten items to my student?

Please put the item on the table by the office and we will get it to your student or send a notice for them to come pick it up. Please do not text or call your student's cell phone to come pick up an item as they should not have any devices with them.

## Can my student have medication at school?

Students are allowed to carry with them a one-day supply of over-the-counter medication when they can self-administer independently. Prescribed or OTC medications that need to be administered at specific times should be kept in the office under the direction of the school nurse. Office staff can only administer medications to students under the direction of the school nurse. Parents must submit a completed S-9 form, filled out by the child's physician to the school nurse. Please reach out to the school nurse if you have additional questions.



# Keep in touch!

## School Communication:

Be sure that your contact information is up to date for all households where your student resides. The primary way that we communicate with caregivers is via email and telephone. This is especially important for emergency notifications and updates.

## Social Media:

Connect with Bonneville on our official Facebook and Instagram sites.

## Parent Square:

**Download the ParentSquare app\* or visit [ParentSquare.com](https://www.parentsquare.com) today!**

We're rolling out a new tool that will centralize school-to-home communication. All district schools will use ParentSquare, putting all school updates in one place. ParentSquare is:

- easy to use,
- consistent across all schools,
- able to translate updates into the language of your choice, and
- flexible, because you choose when you want updates delivered.



*\*Find your school and download the app to your phone.*





# PAY ATTENTION TO ATTENDANCE



## Keep Your Child On Track in Middle and High School: Pay Attention to Attendance

*Even as children grow older and more independent, families play a key role in making sure students access learning opportunities and understand why attendance is so important for success in school and on the job. Families can also advocate for resources to help students learn if they cannot attend in-person.*

### DID YOU KNOW?

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.
- Frequent absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10%, or 2 days a month, over the course of the school year, can affect a student's academic success.

### WHAT YOU CAN DO

#### **Make school attendance a priority**

- Talk about the importance of showing up to school every day.
- Help your children maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental and non-Covid-19 related medical appointments during the school day.
- Keep your child healthy, and if you are concerned about Covid-19, call your school for advice.
- If your children must stay home because they are sick or in quarantine, make sure they have asked teachers for resources and materials to make up for the missed learning time in the classroom.

#### **Help your teen stay engaged**

- Find out if your children feel engaged by their classes, and feel safe from bullies and other threats.
- Make sure your children are not missing class because of challenges with behavioral issues or school discipline policies. If any of these are problems, contact the school and work with them to find a solution.
- Monitor your child's academic progress and seek help from teachers or tutors when necessary. Make sure teachers know how to contact you.
- Stay on top of your child's social contacts. Peer pressure can lead to skipping school, while students without many friends can feel isolated.
- Encourage your child to join meaningful after-school activities, including sports and clubs.
- Notice and support your children if they are showing signs of anxiety.

#### **Communicate with the school**

- Know the school's attendance policy – incentives and penalties.
- Check on your child's attendance to be sure absences are not adding up.
- Seek help from school staff, other parents or community agencies if you need support.

Revised October 2021



Visit Attendance Works at [www.attendanceworks.org](http://www.attendanceworks.org) for free downloadable resources and tools!



# ATTENDANCE MATTERS!

Missing school every once in a while may not seem like a big deal, but absences add up:

If your student  
misses just

**2** DAYS A  
MONTH

They will miss

**20** DAYS A  
YEAR

**30** HOURS  
OF MATH

**60** HOURS OF  
READING

By graduation  
They will miss

**365** DAYS OF  
SCHOOL

If your student  
misses just

**4** DAYS A  
MONTH

They will miss

**40** DAYS A  
YEAR

**60** HOURS  
OF MATH

**120** HOURS OF  
READING

By graduation  
They will miss

**2** YEARS OF  
SCHOOL

**Cut out this attendance tracker and hang it where you can see it every day! Each time your student misses a day of school, mark off one of the 9 boxes below. The goal is to miss no more than 9 days of school in a year!**

### **Bonneville Elementary School - Every Day Counts**

Did you know a school year has 180 days? That leaves 185 days in a year to spend on family time, visits, holidays, shopping, powder days, vacations, and other appointments.

<b>0-9 Days Absent</b> 100% - 95% <i>Very Good:</i> Best chance of success! Gets your student off to a good start.	<b>10-16 Day Absent</b> 94% - 92% <i>Worrying:</i> Less chance for school success. Makes it harder for your student to make progress.	<b>17 + Absences</b> Less than 90% <i>Serious Concern:</i> Your student may find it very hard to make progress.
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Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
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Missing more than 10% of school (both unexcused and excused absences) is considered chronically absent. We understand that some absences are unavoidable. You and your student can use this chart to track absences. Please contact your student's teacher if there is a concern about your student's attendance. We are here to help!

# **INCLEMENT** **WEATHER**

**In the morning, if the temperature is below 24 degrees, students will be allowed to wait for school to begin in the front lobby area on the carpet, beginning at 8:25 AM.**

**Indoor Recess will be held:**

- during heavy rain or snow storms**
- temperature is below 24 degrees**
- air quality dictates an inside recess**

# GETTING TO SCHOOL

## Safe Walking Routes

Many students prefer to walk or ride a bike or scooter to school. Students should use crosswalks and obey all traffic laws. Students should not ride their bike or scooter through the parking lot as it is dangerous. Students should not ride their bike or scooter on the sidewalk in front of the school building as it is congested. There are bike racks at the front of the school for student use.

## Student Drop Off & Pick Up

Kindergarten students can be dropped off and picked up on 1900 East and 1<sup>st</sup>-6<sup>th</sup> grade students should be dropped off and picked up along 2000 East. Please be courteous to other drivers and watch for students that are on foot, especially in the crosswalk. Making a U-turn on 1900 East and 2000 East is illegal and dangerous. Students should remain on sidewalks.

Kindergarten – Place placard where it is visible, drive north along 1900 E starting no later than 1300 S., pull into the loading zone, children enter/exit only on the passenger-side. No parking or leaving your vehicle as this is a fast-moving line.

1<sup>st</sup>-6<sup>th</sup> Grade – Drive along 2000 E. starting no later than Herbert Ave., pull up as close to the southeast corner of the field as possible, children may enter/exit cars anywhere along the back fence line, children should enter/exit cars on the passenger side only. No parking or leaving your vehicle as this is a fast-moving line.

Parents/Guardians walking to pick up their children should remain on the sidewalk along 2000 East or on the ramp area by the garden until the dismissal bell rings. This allows our students to have access to the playground without staff worrying about adults.

# SCHOOL-WIDE EXPECTATIONS



EACH TEACHER HAS DEVELOPED A SET OF EXPECTATIONS FOR THEIR CLASSROOM. STUDENTS CHOOSING NOT TO FOLLOW THE CLASSROOM EXPECTATIONS WILL BE SUBJECT TO THINK TIME AND/OR OFFICE REFERRALS. IN CASES OF EXTREME, DANGEROUS, OR REPEATED BEHAVIORS, TEACHERS CAN REFER STUDENTS TO THE OFFICE. REFERRAL TO THE OFFICE WILL RESULT IN MORE SERIOUS CONSEQUENCES, UP TO AND INCLUDING SUSPENSION FROM SCHOOL.



STUDENTS AT BONNEVILLE  
FOLLOW THE GRRS!  
BONNEVILLE'S GUIDELINES FOR  
RESPECTFUL, RESPONSIBLE, AND  
SAFE LEARNING



# STUDENT DRESS CODE

**Basic Principle:** Certain body parts must be covered for all students. Clothes must be worn in a way such that genitals, buttocks, and nipples are covered with opaque material. Cleavage should not have coverage requirements. All items listed in the “must wear” and “may wear” categories below must meet this basic principle.

## Students Must Wear: \*



- Shirt
- Bottom
- Shoes: activity-specific shoes requirements are permitted (for example for sports)

\*Courses that include attire as part of the curriculum (for example, professionalism, public speaking, and job readiness) may include assignment-specific dress but should not focus on covering girls' bodies or promoting culturally specific attire.

## Students Cannot Wear:



- Violent language or images
- Images or language depicting drugs or alcohol (or any illegal item or activity) or the use of same.
- Hate speech, profanity, pornography.
- Images or language that creates a hostile or intimidating environment based on any protected class.
- Visible underwear. Visible waistbands or straps on undergarments worn under other clothing are not a violation.
- Bathing suits
- Helmets or headgear that obscures the face (except as a religious observance).



# TREAT/FOOD POLICY



Bonneville will uphold the district and school wellness initiatives. As such treats will be allowed in school for the Halloween and Valentines Day parties. These treats will not interfere with lunch or breakfast period.

**No treats/food may be provided to celebrate student or staff birthdays in the classroom.**

Teachers may use a treat/food reward one time per quarter.

Accommodations will be made for students with food allergies or restrictions to allow participation.





# CHILD NUTRITION

## WE USE SCHOOLCAFE TO

- Make Payments
- Set up Auto Pay
- Get Low Balance Alerts
- Submit Meal Applications
- View Letters
- View Purchases
- View Menus

Log Onto:

<https://www.schoolcafe.com/SALTLAKECITYSD>



schoolcafé





# LOST & FOUND

If your student has lost any supplies or clothing, please check the lost and found in the lobby. The lost and found will periodically be emptied and clothing will be donated. Please write your child's name on the inside of their jackets to get them back to the correct owner.

# PERSONAL ELECTRONICS AT SCHOOL

Personal electronic devices, including cell phones, smart watches, headphones, and speakers are not allowed during school hours and will be confiscated. The school is not responsible for lost, stole, or damaged devices.

**First Time:** The teacher will remind the student to put the device in their locker and not bring it back.

**Second Time:** The teacher will keep the device for the remainder of the day.

**Third Time:** The teacher will keep the device for the remainder of the day and the student's caregiver will be notified.

**Fourth Time:** The office will keep the phone until a caregiver picks it up or makes other arrangements.



**What if I need to contact my student during the school day?**

**Call the school at 801.584.2913.**

**Please do not text or call your student's cell phone, we have a great system in place for caregivers to send information to students during the day.**



# SCHOOL DEVICES

Each student will be issued a district owned computer (device) when they begin school at Bonneville. Students and their caregivers are responsible for the use, care, and maintenance of the device for the entire school year.

*Students should only use district devices for educational purposes and are expected to follow rules of network etiquette. These include, but are not limited to:*

1. *Be polite*
2. *Do not use abusive or inappropriate language in messages*
3. *If told to stop sending messages, comply with that request*

**Attempting to bypass internet filters or other security, downloading and/or installing unauthorized software (including but not limited to VPN's), adding/modifying hardware, or using a district device for any non-educational purpose may result in disciplinary action by the school. Click on this [link](#) for the entire policy.**

**Scan this code for the entire policy**





# 5 WAYS TO KEEP SAFER WITH TECHNOLOGY

**1** **Talk About It:** keep an open line of communication between you and your child. Set up clear, simple rules for technology use. Adults and youth should show each other their online activities.

**Use Filters and Parental Controls:** install or use built-in software to filter and monitor online content. Use Google's "Safe Search Filter" and set up parental controls on devices wherever possible.

**2**

**3** **Avoid Isolation:** locate the computer in a central location where others can see the screen. Avoid allowing youth to use mobile devices without others present

**Guard Personal Information:** avoid clicking on "pop-ups" or downloading software, music, or video from websites you don't trust. Install anti-virus/spyware software and keep your device updated.

**4**

**5** **Don't Respond, Save the Evidence, and Report** anything that you believe is inappropriate.





# PARENTAL ADVISORY

## Taking Control of Devices

How do you give your child access to the great things the internet offers while limiting access to inappropriate, unsuitable, or illegal content? How can you keep track of screen time and internet use? How do you prevent unwanted access to strangers?

**Some simple restrictions can help ensure your child's device functions how you intend it to:**

### iPhone/iPad/iPod

1. Go to *settings* and tap *Screen Time*
2. Select *Use ScreenTime Passcode* and create a passcode to ensure that the settings can't be changed without your permission
3. Turn on *Content and Privacy Restrictions* and select your preferences
4. Tap *Web Content* to filter allowed websites
5. Tap *Content Restrictions* to filter apps with explicit content ratings

### Android

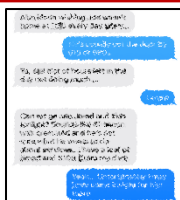
1. Launch the *Play Store* app and tap the 3 horizontal lines at the top left
2. Scroll down and tap *Settings*, then scroll down and tap *Parental controls*
3. Create a PIN code to ensure settings cannot be changed without your permission
4. Tap each *Parental Control* category to determine your preferences



# HOW TO REPORT **ABUSIVE** Social Media Accounts

If the account in question has issued a threat of violence or other criminal act contact the Salt Lake City Police at 801.799.3000

If the perpetrator can be identified or if you know the individual operating an anonymous account that is engaged in cyberbullying or harassment, contact the school at 801.481.4810



**Be sure to document cyberbullying and online abuse with screenshots. This evidence makes investigation much easier**



## REPORTING AN INSTAGRAM PROFILE

- Open the account you would like to report
- Click the 3-dot icon in the upper right corner
- Follow the onscreen instructions
- When prompted, select *Bullying and Harassment*. Instagram will ask who is being targeted, you or someone else
- When you are finished, a message will appear that allows you to block or unfollow the account



## REPORTING A TIK TOK PROFILE

- Go to the person's profile
- Tap the 3-dot icon in the top right
- Select *Report* and follow the onscreen instructions

# Get Involved!

## Parent Teacher Organization (PTO)

As a parent or caregiver of a Bonneville student, you are automatically part of our Bonneville PTO. The PTO organizes volunteer opportunities for parents, fundraises to support school programs and faculty salaries, plans community building events and partners with teachers and administrators to provide feedback and improve the student experience.

Visit the PTO website for information about monthly meetings, ways to get involved, and to access the PTO Handbook. Create your free membership account to access the school directory and calendar (also accessible in the PTO app).

Bonnevillepto.membershiptoolkit.com

App: Membership Toolkit available in Apple Store or Google Play

Instagram: @BonnevillePTO

## School Community Council (SCC)

Each school has a community council that provides input to the school and helps to decide how certain funds are spent on improving academic performance. SCC members meet monthly, and meetings are open to the public. Call 801.584.2913 or email [karen.holman6@slcschools.org](mailto:karen.holman6@slcschools.org) for more information on joining SCC.

## Surveys

The school will send out a few surveys every year. Our goal is to gather information from caregivers and community members. Responding to these surveys can help shape policy and informs us how to make Bonneville a better place.

## Board of Education Meetings

Attending in person or watching school board meetings online will help you stay informed and up to date with Bonneville and the district.

# VOLUNTEERS NEEDED!

**CALLING ALL VOLUNTEERS!  
WE NEED YOUR HELP!**



Our school is looking for dedicated individuals to join us in our mission to make a positive impact in our community. You can share your time and talents helping at school in all kinds of ways. Contact your student's teacher(s) or call 801.584.2913 and ask how you can help.

If you would like to volunteer and chaperone, you need to have a completed their fingerprint/background checks through the district for the upcoming school year. State code requires any adult who has unsupervised access to students must have this fingerprint/background check completed. This process only needs to be completed once, so if you completed the fingerprints last year you are good to go. You can sign up to volunteer and complete the required fingerprint/background check here: <https://www.saltlakeeducationfoundation.org/get-involved/volunteer>.

# Five Roles Families Play to Accelerate Student Learning

At Flamboyant, we have seen - and research shows - that families play five essential roles in their children's education. All families deserve to have access to the information and connections they need to play these roles well. That's why Flamboyant is championing REAL Family Engagement within schools and school systems. Learn about REAL Family Engagement™ at [www.FlamboyantFoundation.org/REAL](http://www.FlamboyantFoundation.org/REAL)



## COMMUNICATE

An important role is to consistently communicate about milestones on the academic path.



## ADVOCATE FOR

Families advocate for necessary support channels of communication, feedback-friendly expanded office hours, and families about school systems.



## TE HIGH EXPECTATIONS

ay families can help their child succeed is to communicate high expectations for student Teachers can help families by sharing information es students should meet to be on a successful

## MONITOR THEIR CHILD'S PERFORMANCE

Families can support their child's success by regularly checking in with them and teachers. Teachers can support families by consistently and proactively engaging with them about student progress and by being available to families in a timely way.



## SUPPORT LEARNING AT HOME

When families support and reinforce learning at home, their children do better in school. Teachers can help families support learning at home through consistent academic partnership and ongoing communication. Helping families create a series of thought-provoking, content-specific questions to ask children at home is just one example.

## GUIDE THEIR CHILD'S EDUCATION

Families play a critical role in navigating their child's educational experience from preschool all the way through college. The school community can support families by connecting them to resources and activities that supports their unique needs.

## OR THEIR CHILD

ate for their children to ensure they get the personal attention and ort they need to be successful in school. Teachers can keep open munication with families while school leadership can create a lly environment. This could include a family feedback system, e hours for family conversations, and proactively seeking input from school policy decisions.





## WHAT IS POWERSCHOOL?

PowerSchool is the web-based student information system (SIS) used by the Salt Lake City School District that allows parents and students to access grades, see attendance, contact teachers, and more.

PowerSchool works with Canvas, the district's learning management system (LMS), to give you a complete picture of how your student is doing in their classes.



**Scan here to log into the  
PowerSchool portal**

**Scan here to create a  
PowerSchool account**





# CANVAS

BY INSTRUCTURE

## WHAT IS CANVAS?

Canvas is a learning management system (LMS) that allows teachers, parents, and students to access and manage learning digitally. It allows educators to create and present online materials and assess student learning, and students to engage in courses and receive feedback about their learning. Canvas works *with* PowerSchool but does not a replace it.

## WHAT CAN I SEE IN CANVAS?

With parent/guardian access in Canvas, you act as an **Observer**. As an observer, you can see what's happening in a course regarding the assignments, announcements, and feedback specific to your student.

### Observers **CAN**:

- View student grades
- View the calendar
- View a list of assignments & due dates
- Read announcements
- Receive email or text notifications for announcements, assignments, and more

### Observers can **NOT**:

- See course rosters
- View other students' work or data
- Submit assignments or take quizzes and assessments.
- View course discussions
- Send messages to students

### LOG INTO CANVAS



### CREATE AN ACCOUNT





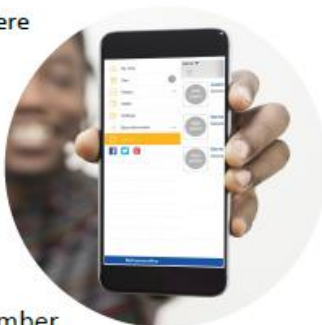
Paying for school meals online helps speed up cafeteria lines and ensures your student will get a hot, healthy meal

Even if you don't make payments online, all parents are encouraged to create a MyPaymentsPlus account in order to:

- View student cafeteria balances anytime, from anywhere
- See what your student is purchasing in the cafeteria
- Set up alerts so you know when the balance is low
- Make payments to your student's cafeteria account

Signing up is free & easy:

- Go to [www.MyPaymentsPlus.com](http://www.MyPaymentsPlus.com)
- Click "Register for a Free Account"
- Add your student(s) by using their student ID number



[www.MyPaymentsPlus.com](http://www.MyPaymentsPlus.com)

Need help setting up an account?

- 1-877-237-0946
- [support@mypaymentsplus.com](mailto:support@mypaymentsplus.com)
- online chat



**Child  
Nutrition**



**My  
Payments  
Plus**

# AFTER-SCHOOL SUPPORTS

## Students' Success



**America's students face many obstacles** that can potentially derail their journey to a healthy, rewarding and productive life. Thankfully, **Community Education After-School Programs (CEASP) across the district are helping students make the right decisions** by inspiring learning, providing safe and supportive environments, and giving students the essential supports they need to succeed in school and beyond.

**The Community Education After-School Programs are:**  
keeping kids **safe and supported...**



Juvenile crime and victimization peaks in the hours after school, **yet 1 in 5 kids are left on their own during these hours.**

**The CEASP provide safety and supervision**, while linking kids with mentors who discourage negative behaviors, such as aggression and drug and alcohol use. **For every dollar invested in after-school programs, \$2.50 is saved in crime-related costs.**

For every dollar invested in the CEASP, it saves \$3.00 by **improving kids' performance at school.**



**Three out of four parents agree** that **after-school programs give them peace of mind** about their children when they are at work.



**...charging up minds and bodies...**

Students in our high-quality after-school programs have **better attendance, behavior, grades and test scores compared to their non-participating peers.**

**Lack of physical activity and an unhealthy diet contribute to the obesity epidemic that affects nearly one in three children and teens in the United States.**



**92%**

of adolescents do not meet their daily requirement for physical activity.



**60%**

of children do not get enough fruit in their diet.



**90%**

of children do not get enough vegetables.

**Our after-school programs play a critical role in keeping kids healthy and active.** Studies show students in after-school programs are **more physically fit** than students not in a program, and parents of students in after-school report that their child's programs are **providing healthy drinks and snacks.**



**Scan this code for more information about Community Education**



# INFORMATION FOR PARENTS



## IF YOUR FAMILY LIVES IN ANY OF THE FOLLOWING SITUATIONS:

In a shelter

In a motel or campground due to the lack of an alternative adequate accommodation

In a car, park, abandoned building, or bus or train station

Doubled up with other people due to loss of housing or economic hardship

*Your school-age children may qualify for certain rights and protections under the federal McKinney-Vento Act.*

### Your eligible children have the right to:

- Receive a free, appropriate public education.
- Enroll in school immediately, even if lacking documents normally required for enrollment.
- Enroll in school and attend classes while the school gathers needed documents.
- Enroll in the local school; or continue attending their school of origin (the school they attended when permanently housed or the school in which they were last enrolled), if that is your preference.
  - \* If the school district believes that the school you select is not in the best interest of your children, then the district must provide you with a written explanation of its position and inform you of your right to appeal its decision.
- Receive transportation to and from the school of origin, if you request this.
- Receive educational services comparable to those provided to other students, according to your children's needs.

*If you believe your children may be eligible, contact the local liaison to find out what services and supports may be available. There also may be supports available for your preschool-age children.*



Local Liaison  
Mike Harman  
801.584.2925

State Coordinator  
Jeff Ojeda  
801.538.7945

If you need further assistance with your children's educational needs,  
contact the National Center for Homeless Education:

1-800-308-2145 • [homeless@serve.org](mailto:homeless@serve.org) • <http://ncche.ed.gov>



# What is Bullying?

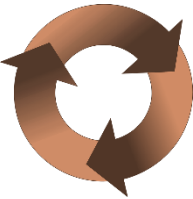
State law (53G-9-601) defines bullying as having ALL THREE characteristics



**An intent to cause harm physically, emotionally, or socially**



**An imbalance of power between the bully (or bullies) and those being bullied**



**The behavior is repeated OR a single egregious event that causes harm**

## **What is NOT bullying**

- A single argument between classmates
- Playful teasing among friends with no intent to cause harm
- A comment made in error or general misunderstanding
- A mutual fight wherein students willingly participate

A clear understanding of what bullying is and is not, helps to keep this important topic from being “watered down” by incorrectly labeling all conduct violations as bullying



**Report it!**

Bullying often goes unreported. If you witness or suspect bullying, talk to a teacher, school administrator, counselor, or use the SafeUT app



Resources for

# Crisis Intervention & Support Services

## What is a mental health crisis?



Experiencing crisis can look different for everyone. Some examples include:

- Mental health emergency
- Feeling overwhelmed
- Anxiety
- Depression
- Loss of a loved one
- Relationship issues
- Intensive stress
- Thoughts of suicide

## Crisis Lines

National Alliance on Mental Illness Helpline .... 800-950-6264

Utah Crisis Line .... 800-273-TALK

Utah Warm Line .... 833-SPEAKUT (toll free) or 801-587-1055

Substance Abuse and Mental Health Services Administration .... 800-662-4357

University Neuropsychiatric Institute's Warm Line .... 800-950-6264

**SafeUT**  
**Chat & Tip Line**  
**833-372-3388**

For **school-aged youth**

- Free, 24/7 access
- Licensed mental health counselors
- Can submit confidential tips



**SafeUT**  
**National Guard**  
**833-3SAFENG**

For active duty **National Guard Members, their family members, and civilian personnel.**

- Free, 24/7 access
- Licensed mental health counselors
- Can submit confidential tips

**University Neuropsychiatric Institute's**  
**Mobile Crisis Outreach Team**  
**800-273-8255**

For **all ages**

UNI MCOT includes licensed counselors and certified peer support specialists. They provide:

- Face-to-face & virtual crisis resolution
- Follow-up services and treatment referral
- Accepts most major health insurance providers

**Helpful option**  
**for mental**  
**health crises or**  
**emergencies**

**Need more information**  
**about crises?**

- [www.nami.org](http://www.nami.org)
- [health.utah.edu/uni/programs/crisis-diversion.php](http://health.utah.edu/uni/programs/crisis-diversion.php)

# PREVENTING YOUTH SUICIDE

## *Tips for parents and educators*

### WARNING SIGNS

- Suicidal threats in the form of direct  
e.g., “I want to die” and indirect  
“I wish I could go to sleep and  
not wake up” statements
- Suicide notes, plans, online postings
- Making final arrangements
- Preoccupation with death
- Giving away prized possessions
- Talking about death
- Sudden unexplained happiness
- Increased risk taking
- Heavy drug/alcohol use

### RISK FACTORS

- Hopelessness
- Non-suicidal self injury (e.g., cutting)
- Mental illness, especially severe depression, but also post traumatic stress, ADHD, and substance abuse
- History of suicidal thinking and behavior
- Prior suicide among peers or family members
- Interpersonal conflict, family stress/dysfunction
- Presence of a firearm in the home

### WHAT TO DO

- Remain calm, nonjudgmental and listen.
- Ask directly about suicide  
e.g., “Are you thinking about suicide.”
- Focus on your concern for their well-being.
- Take all thoughts of suicide seriously  
e.g., don’t say, “You aren’t going to do  
anything stupid are you?”
- Reassure them that there is help; they will not  
feel like this forever.

- Provide constant supervision. Do not leave the youth alone.
- Remove means for self-harm, especially firearms.

**GET HELP!** Never agree to keep suicidal thoughts a secret. Tell an appropriate caregiving adult. Parents should seek help from school or community mental health resources as soon as possible. School staff should take the student to a school-employed mental health professional.

Information Courtesy of the National Association of School Psychologists



Scan here for the complete pamphlet

Scan here for more resources

