MEADOW HEIGHTS
ELEMENTARY SCHOOL
SAN MATEO - FOSTER CITY SCHOOL DISTRICT

HANDBOOK
2026-2027



Meadow Heights Vision Statement

Meadow Heights Elementary School educates and inspires its students to become confident, lifelong learners who positively impact the world we live in by working collaboratively and thoughtfully to solve problems. Our environment promotes compassion, cooperation, and respect for one another so that students can learn how to take risks in a safe environment.

2619 DOLORES STREET l SAN MATEO l CA l 94403 l 650-312-7566 (Attendance 650-312-7568 *3)

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24 Hour Voicemail: (650) 312-7568 (to report an absence)



Artwork provided by Meadow Heights Students, “Art in Action” program.



Letter from the Principal

Dear Meadow Heights Families,

I am delighted to welcome you all to Meadow Heights for the start of a new academic year! As we start on this exciting journey together, I'm pleased to share with you the school handbook, which will serve as a guide to our school's policies, procedures, and expectations.

The school handbook is designed to provide you with essential information about Meadow Heights' vision, core values, as well as the rules and regulations that govern our school community. We believe that all students can achieve at high levels with the right support, and this document outlines our commitment to creating a safe, inclusive learning environment where students can thrive!

Please take time to review the school handbook with your child, discussing its contents together. Should you have questions or need further clarification on any aspect, our administrative team and staff are available to assist you.

I want to express my heart-felt gratitude for entrusting us with your child's education. Together, let's foster a positive and nurturing environment that empowers every student to reach their full potential!

Wishing you all a successful and rewarding year ahead!

Kind regards,

Principal Eilers

2026-2027 CALENDAR (Dates Subject to change, updated 09/10/2026)

***School Gates open @8:15am everyday**

Bell Schedule - Regular Day

TK-K	8:35am - 1:15 pm
1st-3rd	8:35am - 2:55 pm
4th-5th	8:35am - 3:15 pm

Bell Schedule - Minimum Day

TK-3rd	8:35 am-12:45 pm
4th-5th	8:35 am-12:55pm

***ALL Wednesdays are Minimum Days**

July 2026

Sun	M	T	W	TH	F	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August 2026

Sun	M	T	W	TH	F	Sat
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30	31					

September 2026

Sun	M	T	W	TH	F	Sat
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October 2026

Sun	M	T	W	TH	F	Sat
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November 2026

Sun	M	T	W	TH	F	Sat
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29	30					

December 2026

Sun	M	T	W	TH	F	Sat
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27	28	29	30	31		

Aug 4-5: Uprising Kinder Testing 9am-2pm
Aug 11: First Day of School/PTA Coffee 8:35- Minimum Day
Aug 14: Ice Cream Social - 5:30-7:30 pm
Aug 26: TK - 2nd grade Back to School Night 5pm
Aug 26: 3rd -5th grade Back to School Night - 6pm
Sept 4: Mustang Round up 8:35am & General PTA Meeting 9:05am
Sept 7: Labor Day - No School
Sept 15: Principal Coffee Chat - 8:35am
Sept 17: School Site Council - 3:00pm
Sept 17: ELAC Meeting 6:00pm
Sept 21: Yom Kippur - No School
Oct 1: Mustang Round up 8:35am
Oct 1: Fall Pictures
Oct 2: Staff PD Day - No School
Oct 5-9: Fall Break
Oct 15: General PTA Meeting - 6:00-7:30pm
Oct 16 - 20: TK -5th Grade Conferences/Min day
Oct 22-23: TK -5th Grade Conferences/Min day
Oct 30: Harvest Event /Min Day
Nov 6: Mustang Round Up 8:35am
Nov 11: Veterans Day - No School
Nov 18: Ruby Bridges Walk to School Day
Nov 19: School Site Council - 3:00pm
Nov 19: ELAC Meeting 6pm
Nov 20: Fall Picture Retakes
Nov 23-27: Thanksgiving Break - No School
Dec 4: Mustang Roundup 8:35 am & General PTA Meeting 9:05am
Dec 7-11: Scholastic Book Fair
Dec 9: Incoming TK/Kinder Info Meeting 9:00am
Dec 10: Knowledge Fair & Pizza 5:00-7:00 pm
Dec 16: 4th/5th Grade Variety Show
Dec 17- Jan 4: Winter Break - No School
Jan 5: Staff Work Day - No School
Jan 8: Mustang Round Up 8:35am & General PTA Meeting 9:05 am
Jan 12: Principal Coffee Chat -8:35am
Jan 15: Staff PD Day - No School
Jan 18: MLK Jr. Day - No School
Jan 21: School Site Council - 3:00pm
Jan 21: ELAC Meeting 6:00pm
Feb 5: Mustang Roundup 8:35am
Feb 12: Individual Spring Picture Day
Feb 12: Family Dance 5:00 - 7:00pm
Feb 15: President Day - No School
Feb 25: Tk-5th Gr. Conferences/Min. Day
Feb 26: TK-5th Grade Min. Day
Mar 1-5: Literacy Week
Mar 5: Mustang Roundup-8:35 am & General PTA Meeting 9:05am
Mar 9 -12: 5th grade Outdoor Ed
Mar 16: Principal Coffee Chat- 8:35am
Mar 18: School Site Council 3:00pm
Mar 18: ELAC Meeting 6:00-7:00 pm
Mar 19: International Food Fair & Auction 5:30-7:30pm
Mar 26: Staff PD Day - No School
Mar 29 - Apr 2: Spring Break
Apr 9: Mustang Round Up - 8:35am
Apr 21: Stampede
May 3-7: Teacher & Staff Appreciation week
May 7: Mustang Roundup - 8:35 am
May 20: General PTA Meeting. 6-7:30 pm
May 28: Volunteer Appreciation Breakfast 8:15am
May 31: Memorial Day - No School
Jun 1: TK-5th grade Minimum Day
Jun 1: TK & Kinder Open House 1:35-3:15pm
Jun 1: 1st-5th Student - Led conferences 1:35-3:15pm
Jun 1: Art Show 1:35-3:15pm
Jun 4: Mustang Roundup 8:35am
Jun 4: 5th Grade Pool Party & TK-4th Grade Field Day
Jun 10: 5th grade promotion 9am
Jun10: Last day of School - Minimum Day TK-5th grade

- First & Last Day of School
- School Events
- PTA Events
- No School
- Conferences & Minimum Days
- Principal Coffee Chats/School Site Council/ELAC
- Staff Appreciation Week
- Literacy Week
- 5th Grade Outdoor Ed

January 2027

Sun	M	T	W	TH	F	Sat
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February 2027

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28						

March 2027

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April 2027

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May 2027

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June 2027

Sun	M	T	W	TH	F	Sat
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2026-2027
School Year
Daily Schedule

Bell Schedule for REGULAR DAY

PROGRAM	Start Time	1st Recess	2nd Recess	Dismissal
TK	8:35 am	10:00-10:25am	1:00-1:15	1:15 pm
Kindergarten	8:35 am	10:15-10:40am	1:00-1:15	1:15 pm
		Snack/Recess	**Lunch/Recess**	
Grades 1-3	8:35 am	10:20-10:40am	12:25-1:20pm	2:55 pm
Grades 4-5	8:35 am	10:20-10:40am	12:25-1:20pm	3:15 pm

Minimum Day Schedule

Grades TK-3rd	8:35 am - 12:45 pm
Grades 4th - 5th	8:35 am - 12:55 pm

We have a weekly Wednesday Minimum Day with a 12:45 p.m. dismissal for Transitional Kindergarten – 3rd grade & 12:55 pm dismissal for 4th-5th grade. The purpose of the weekly minimum day is to provide time for the staff to work together to plan and collaborate with one another. In order to meet our students' diverse needs, Meadow Heights' teachers are continually striving to acquire the most effective instructional practices. Students may bring or have school lunch on minimum days and eat lunch in a supervised area immediately following dismissal and then will be released. All students must leave campus by 1:00 p.m. on minimum days unless they are registered in an on-site activity (parent permission required) or taking the bus.

School Safety Information - 2026-2027

How can parents help keep our school community safe?

Parents are asked to follow all of the rules in place on campus to ensure student and staff safety. Always check in at the school office as a visitor or volunteer. Volunteers and visitors unknown to our office staff will be asked to present identification and to wear their visitor or volunteer badges while on campus. Please pick up your child on time daily so they are not left after school unsupervised. If you are late for pick up, call the office and we will ask your child to wait for you in the office.

School Gates

The front and side gates on Parkside open daily at 8:15 and are closed until the end of the school day. The gates are closed after dismissal. Never prop open a gate and be sure as you leave campus the gate closes behind you. Our staff monitors the gates throughout the day. Never ask a student to open a gate for you. Students are instructed not to open the gate even for someone they know.

Important Safety Information

We have a comprehensive school-wide safety plan updated at least twice a year and aligned with the San Mateo County Safe Schools Coalition Plan known as "The Big Five". Classrooms are equipped with safe school locks. These locks allow the room to be locked from the inside.

Teachers and staff participate in preparations for all types of drills including fire, earthquake, shelter in place, disaster, and lockdown drills. We hold monthly drills with students so they are familiar with emergency procedures. Lockdown and disaster drills are practiced twice a year.

Communication in an Emergency

The staff has a "panic button" on their classroom phones that when pushed will contact the office. All phones on campus dial 911. Anytime a 911 call is made, the office receives automatic notification, as does the district office. All phones on campus are capable of making a school-wide call or announcement. Physical education teachers, library, Annex, and our custodian have walkie-talkies to communicate with the office throughout the school day. Staff on the morning, recess, and lunch duty have a walkie-talkie as well. Our district office crisis response team assists all sites in disseminating information to families in case of an emergency utilizing our school messenger service via phone, email, and text. Please make sure we have the most up-to-date contact information for you on file.

Meadow Heights School Staff
2026-2027
Dale Eilers, Principal

Faculty	Grade Level / Title	Room	E-mail Address
Corinne Kepp	TK	1	ckepp@smfc.k12.ca.us
Laura Daly	K	2	ldaly@smfc.k12.ca.us
Anabelle Conneely	K/1	4	@smfc.k12.ca.us
Patricia (Patty) Dunhill	1	5	pdunhill@smfc.k12.ca.us
Jen Kawakami	2	11	jkawakami@smfc.k12.ca.us
Alicia Barry	2/3	12	abarry@smfc.k12.ca.us
Rebekkah Scharf	3	18	TBD
Hedeliza Fossaceca	K- 2nd SDC	8	hfossaceca@smfc@k12.ca.us
Carrie Attell	5	16	cattell@smfcs.k12.ca.us
Jacqui Cooper	4	19	jcooper@smfc.k12.ca.us
Kristy LaCarrubba	5	13	klacarrubba@smfc.k12.ca.us
Kristen McCormick	4	14	kemccormick@smfc.k12.ca.us
Matthew Tate	3rd - 5th SDC	20	mtate@smfc.k12.ca.us
Jim Rutter	RSP	17	jrutter@smfc.k12.ca.us
Maurice Stewart	PE Teacher		mstewart@smfc.k12.ca.us
Kelly Westberg	Language & Literacy Specialist	7	kwestberg@smfc.k12.ca.us
Laura Duncan	Art Teacher	21	lduncan@smfc.k12.ca.us
Diana Harris	Engineering Lego Teacher	3	dharris@smfc.k12.ca.us
Office Staff			
Dale Eilers	Principal		deilers@smfc.k12.ca.us
Erica Fowler*	Administrative Asst.		efowler@smfc.k12.ca.us
Alma Bautista*	School Office Asst.		a_bautista@smfc.k12.ca.us
Jeff Becker	School Operation Team Leader		jbecher@smfc.k12.ca.us
Support Staff			
Meliame Halaufia	Para-ed II - P.E.		mhalaufia@smfc.k12.ca.us
Gwen Sanchez*	Para-ed II SPED- RSP/SSA		gsanchez@smfc.k12.ca.us
Brenda Reitano	Para-ed II - SPED	20	breitano@smfc.k12.ca.us
Michelle Michon	Library Media Asst.	10	cmichon@smfc.k12.ca.us
Alma Bautista Renteria*	School Community Worker		a_bautista@smfc.k12.ca.us
Megan Samara	Speech Therapist	26	msamara@smfc.k12.ca.us
Connie Chan	School Psychologist		cchan@smfc.k12.ca.us
Erica Tukeman Gilbert	Student Support	23	egilbert@smfc.k12.ca.us
Carol E. Murphy	Site Kitchen Operator		cemurphy@smfc.k12.ca.us
*denotes this staff member is bilingual in English and Spanish			

PTA MEMBERSHIP



One thing that makes Meadow Heights so special is the support our community receives from the many active families at our school. We would love to have every family at Meadow Heights join and participate in the PTA. Your participation pays dividends not only by helping our school as a whole but also by enhancing your own child's academic success.

Through participation and volunteerism, the PTA successfully fulfills its mission year after year; and we are able to offer activities, events, and programs that benefit both Meadow Heights students and their families.

Participation takes many forms:

- talking to your kids about their school day
- coming to the Back-to-School Coffee on the first day of school
- attending monthly PTA meetings
- supporting your child to participate in the Knowledge Fair
- cheering for the kids during the Mustang Stampede
- or even donating your time or resources to support our activities and fundraising efforts.



Anyone can join the Meadow Heights PTA, and everyone is welcome. PTA Membership Link

Learn more about us here: Meadow Heights PTA Web Page

GENERAL INFORMATION

Absences

If your child is going to be absent or late to school, PLEASE CALL OUR ATTENDANCE VOICE-MAIL 24 HOUR VOICE MESSAGE AT 312-7568 and press 3, or EMAIL meadowheightsattendance@smfcsd.net as soon as possible ON THE MORNING OF THE ABSENCE. If we do not hear from you, we will attempt to call to confirm the absence. If we cannot verify the absence by telephone, a written verification signed by the parent is necessary. This procedure is very important for the safety of children as well as for our district and state accounting purposes. Attendance Line: 650-312-7568 ext. 3 and Attendance email: meadowheightsattendance@smfcsd.net

Illness - **If your child has any of these symptoms, please keep him/her home, or make appropriate childcare arrangements.**

- **Appearance, Behavior** - unusually tired, pale, lack of appetite, difficult to wake, confused, or irritable. This is sufficient reason to exclude a child from school and seek medical advice.
- **Eyes** – thick mucus or pus draining from the eye and "pink eye" (conjunctivitis)
- **Fever** – temperature of 100 degrees Fahrenheit or higher
- **Greenish nose discharge, and /or Chronic Cough** – should be seen by a health care provider. These conditions may be contagious and require treatment
- **Sore throat/coughing** – especially with fever or swollen glands in the neck
- **Diarrhea** – in a 24 hr period, especially if the child acts or looks ill
- **Vomiting** – vomiting within the past 24 hours
- **Rash** – body rash, especially with fever or itching. Diaper rashes, heat rashes, and allergic reactions are not contagious
- **Ear infections without fever** – does not need to be excluded, but the child needs to get medical treatment and follow-up. Untreated ear infections can cause permanent hearing loss
- **Scabies** – Children with scabies can be admitted after treatment

If your child shows any of the above symptoms at school, it will be necessary to pick him/her up from school.

- Bringing a child to school with any of the above symptoms puts other children and staff at risk of getting sick.
- If all parents keep their sick children at home, we will have stronger, healthier, and happier children.
- While we regret any inconvenience this may cause, in the long run, this means fewer lost workdays and less illness for parents, too.
- Hand washing is still the number one way to prevent the spread of germs.

Attendance & Truancy Policy

The San Mateo - Foster City School District has a Pupil Attendance and Truancy Policy. Under the attendance policy, students with excessive absences may be required to provide a doctor's note to verify illness. The policy defines any pupil who is absent from school without a valid excuse three full days in one school year or tardy or absent for more than any 30-minute period during the school day without a valid excuse on three occasions during one school year, or any combination thereof, as a truant. Parents of students who have 3 or more unexcused absences or 30-minute tardies will receive a letter of truancy sent home and placed in the child's cumulative school record.



Tardiness

It is very important that students arrive at school on time. Entering a classroom late is embarrassing for the child, disruptive to the class, and counterproductive to a child's learning. It is also very important for children to learn the good habits of responsibility and promptness. If a child arrives after the bell rings, he or she should report directly to the school office for a late pass and then go to his/her classroom. The child's attendance record will reflect the number of times he/she is late.

Request for Early Dismissal

If a child must be taken out of school during school hours, a note or email should be sent to the office to efowler@smfc.k12.ca.us. When the parent arrives at the office for the early pick-up, the child will be called to report to the office. For the child's safety, he or she must be picked up AT THE OFFICE. A child will be released only to the parent guardian unless the school has been notified by the parent that they have granted permission for someone else to pick up their child. The adult taking the child will be asked for identification if not known to the office staff.



Home-School Communication



We believe that good communication between the school and home is essential. In order to keep you informed about school activities, the Tuesday PTA letter information will be posted every Tuesday via ParentSquare. This will contain school office communications as well as community activities. Teachers will still continue to send home important information via your child every other Thursday, so please check in with your child on Thursdays for teacher communications. In addition, feel free to email or phone staff with any questions or concerns. If you need to update your email address, please contact Erica Fowler at efowler@smfc.k12.ca.us

Mustang Newsletter: A newsletter will be posted on ParentSquare on Friday afternoons. The Newsletter will include important school information, upcoming meetings, and events.

Email messages for Staff: Staff emails are listed on the staff page of this handbook. Teachers can not receive phone calls during the school day. If there is an emergency that requires communication with your child, please call the office.

Parent-Teacher Conferences

Parent-Teacher Conferences are held for all students in Grades TK/K-5—please see the school calendar for specific dates. These days will be scheduled as minimum days. Teachers will be contacting you to set up an appointment. The purpose of the conference is to share your student's strengths, classroom routines, expectations, and student work. In the Spring, we have a Student-Led Conference. The conference is held in the child's classroom; this is an opportunity for the child to share the year's accomplishments with their family.

Report Cards

Meadow Heights School operates on a trimester reporting system. Students receive three report cards throughout the year. The Meadow Heights School Calendar lists the dates that report cards will go home for each trimester. The San Mateo-Foster City School District uses a standards-based report card. Good communication between parents and school professionals is essential to a successful educational program. We encourage you to contact your child's teacher should you wish to have a conference at any time during the school year.

Birthday Celebrations

Meadow Heights recognizes students' birthdays uniquely. Classrooms will allow a student to bring a **non-food item** to celebrate their birthday in TK/K-3rd grades. The 4th and 5th classes do not bring items however they are acknowledged in class. Please work with your child's teacher on a time and appropriate item to bring to celebrate your child's birthday during school hours. Some non-food items can be stickers, pencils, or a special book to read to the class.

Brunch/Lunch Program

The district food services program includes planning, preparation, and serving of nutritious food to district students. The daily brunch and lunch provides two-thirds of a child's recommended daily allowance for eight essential nutrients. Menus are posted a month in advance so the children and parents may decide on what days they wish their child to have school lunch. Children raise their hands at the beginning of the school day so the teacher can take a lunch count each morning. The total lunch count is given to the Central Cafeteria by 8:45 a.m. each day. A child must order lunch in the morning to assure the proper amount of lunches arrives that day. Adult supervision is provided for the entire brunch and lunch periods. The San Mateo-Foster City School District offers healthy meals every school day.

Snack and Lunch Items from Home

Students are encouraged to pack a healthy snack and lunch to bring to school. Candy and soda are not allowed in school for snacks or lunch. If a child brings soda or candy to school, it will be taken and could be thrown away. It is encouraged to send students to school with water rather than juice.

Messages to Children During School Hours

It is not possible to ensure the delivery of personal messages to children during the school day. Each request becomes a classroom disruption and an interruption to the instructional program. All arrangements for the day should be made before your child leaves home. Please call to leave a message only if it is a real emergency.

Office Telephone Usage

The use of the office telephone by students should be kept to a minimum. Students will be permitted to use the phone for emergency calls only.

Cell Phones & Smartwatches at School

Students may have a cell phone or smartwatch at school, but it must be turned off before, during, and after school. If a student needs to make a phone call while they are at school, they need to use the office phone. **Cell phones & smartwatches are not to be visible during school time.** They would be best left at home or in the school office. Students and parents must realize that they bring cellphones or smartwatches to school at their own risk. The school is not responsible for the theft or loss of these items. This is true even if the item is stolen after the item has been confiscated.

- Students whose cell phones or smartwatches are seen on campus will have their cell phones or devices **taken away** and returned at the end of the day.
- After the second violation the parents will need to pick up the cell phone or smart watches at school.
- Under absolutely no circumstances may a student use a camera phone or smartwatch to take a picture or video during school hours.

Personal Property

Students may not bring large sums of money, their own playground equipment, radios, toys, or other items to school. The school cannot be responsible for damage or loss.

Lost and Found

Parents are STRONGLY encouraged to LABEL articles of clothing (particularly coats, sweaters, caps, lunch boxes, etc.). A box of lost/found clothing is kept on a cart in the main hallway. Clothing not claimed is donated to a charitable organization at the end of each month.

Emergency Cards - AERIES Parent Portal

The SMFCSD Parent Portal is our Student Information System (AERIES) and is used to keep student information. Each school year, families need to update their child's information and complete annual forms on the Parent Portal. It is vitally important that the information be kept current. If changes need to be made during the year, please update the information in the Parent Portal or call the school office immediately.

Student and Car Traffic Patterns

For the protection and safety of your child and all the children at Meadow Heights School, we request your cooperation and informing your child of the following:
The city of San Mateo has solid double lines on Parkside Way and Dolores St.
Do not make illegal U-Turns on these streets
Please observe this traffic pattern - Enter on 26th Avenue. Turn left on Ensenada Way. Turn right on Parkside Way and drive near the gate, stop and unload your passengers. DO NOT park or leave your car, and there is no double parking at any time. Cars may be ticketed by the SM Police Department. Children should be unloaded in the white (coned) zone only. If parents must use Sequoia Avenue, please park your car and walk your child (observe the crosswalk). Please respect our neighbors and do not block their driveways at drop-off and pick-up. Please use crosswalks with your child at all times.

Bicycles

If your child rides a bike to school, they must wear a helmet. Students should lock their bikes in the bike racks located near Room 20 or the bike rack in front of the school. There is NO BIKE RIDING ON THE SCHOOL GROUNDS.

Scooters and Skateboards

If a student wants to ride a scooter or skateboard to school, it is requested that the parent accompany the child to provide both supervision and to bring the scooter back home after the child has arrived at school. Students must wear a helmet when riding to school.

Arrival to School

School gates and student supervision on the upper yard begins at 8:15 a.m. Students should not arrive earlier than 8:15 a.m. All students should wait in the upper yard for school to begin. **Families and students should not wait in front of the classroom doors.** When the morning bell rings: K-3rd line up at their designated area while 4th and 5th graders walk to their classrooms. For safety reasons, it is important that only Meadow Heights students play on the yard and play structure prior to school.

Adult Vistations to School

Please make specific arrangements in advance with the teacher or office. In accordance with State law, you must register in the office and receive a visitor's badge, which must be worn by all adults who are not on staff while they are on campus.

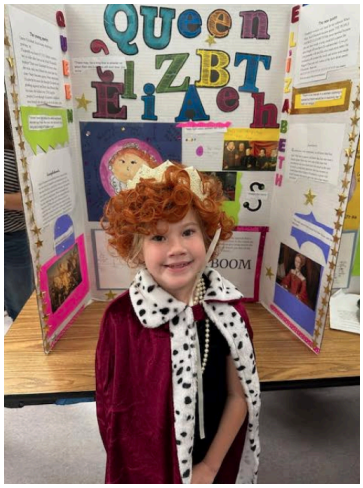


After School Use of the Playground

There is no supervision on the playgrounds after school. We respectfully ask that students do not play on the play structure after school hours. All children are expected to go home or to their daycare provider immediately upon dismissal from class. Parents, please speak to your child about where you would like him or her to wait for you to pick up. If you are driving, please use the loading zone and have your child wait for you on Parkside, so that you can pull up to pick up your child. School grounds are not to be used for bike riding, skateboarding, or scooters during or after school hours.

Meadow Heights Curriculum

Knowledge Rich Standards-Based Curriculum

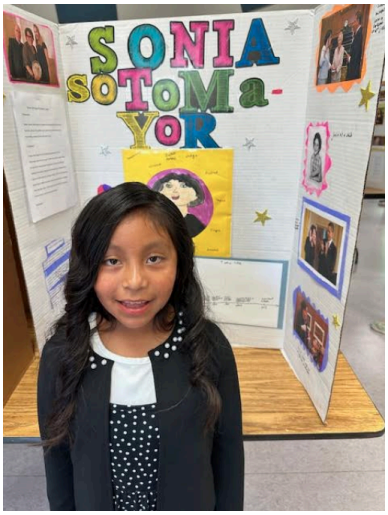


Meadow Heights is excited about the opportunity the Common Core State Standards present for our teachers, staff, and most importantly—our students! The CCSS provides us with a clear and consistent goal to ensure that our students are ready for college and career success in the 21st Century Global economy. Please visit the district website often to stay up-to-date on CCSS news, links, and parent resources.

The standards identify the knowledge, understanding, and skills that students are expected to learn in key subject areas. Information that is gained from the state, district, and classroom assessments are used to inform instruction. Curriculum materials are selected and developed to support each child's learning and attainment of the essential standards at his/her grade level. Instruction in the classroom is differentiated to meet the needs of each individual student. Students who do not yet meet grade-level standards receive targeted interventions that have been designed to ensure they acquire the skills needed to attain the essential academic outcomes. Students who are above grade level are given the opportunity to reach their highest and best as well. By being provided a knowledge rich standards-based education, all students at Meadow Heights School are challenged to perform at their personal best and achieve at their highest level.

Assessments

Classroom, district, and state assessments are aligned to the essential academic standards. The assessment information is used to inform instruction and ensure that all students are progressing to a higher level of learning. A variety of assessments are utilized, including formative (both formal and informal), benchmark, and state-level assessments. Parents have the right to opt out of state testing. If a parent chooses to exercise that right, we do not have the data to support that student's progress and it impacts the school's ranking on the California Dashboard.



Knowledge Building in Reading /Language Arts

Benchmark Advance and Twig Science are used in our integrated language arts program at all grade levels. This ensures that we are utilizing rich, varied literature as the basis for communication through reading, writing, listening, and speaking. Our knowledge building program ensures that students have opportunity for individual expression as well as promoting interaction with complex and compelling texts and tasks. Students are supported to engage with above grade level reading and writing tasks, so that we ensure that they learn the sophisticated language constructions they will need to achieve at high levels. At Meadow Heights, we don't lower the standard for any students, rather we increase the support to ensure all students have access and engagement with the curriculum.

More on TWIG Science

Our Science program is designed to offer students a wide variety of experiences at all levels. Students use the twig science program.

1. A science program that supports learning based on Next Generation Science Standards (NGSS).
2. All students will have interwoven understanding of Science and Engineering Practices (SEPs), Disciplinary Core Ideas (DCIs), and Crosscutting Concepts (CCCs).

PAF Reading Program

The PAF Reading Program provides children with the building blocks they need to develop a solid reading foundation critical for becoming proficient readers. Concepts are taught directly and explicitly in a specific sequence, with immediate teacher feedback. Each lesson offers children with the practice needed to develop word recognition and fluency, while teachers model comprehension strategies to understand fiction text. This teaching technique results in minimum frustration—and maximum success, leading not only to an improvement in reading skills, but a sense of mastery and self-esteem.

Children are taught:

- The sounds letters make and how to write them
- How to use sounds to read and spell words
- How to read and spell multisyllabic words
- How to read accurately and fluently using lists of words, phrases, and sentences, and stories that contain only sounds and words that have been taught (controlled and decodable text)
- How to apply comprehension strategies to understand what they read

English Language Advisory Council



The English Language Advisory Council (ELAC) is a committee of parents whose children are learning English. The committee meets throughout the school year and discusses important issues such as programs and services for students who are learning English and how to help students do well in school. ELAC meetings are held with the school principal and are in Spanish. We can also get translators for other languages if we know in advance that they will be needed. Please refer to the school calendar for ELAC meetings.

Mathematics

Our math curriculum is the Amplify Desmos Math program, which reflects State Standards for mathematics and includes the following important features:

1. Amplify Desmos Math provides grade-aligned hands-on math instruction.
2. Meadow Heights math lessons consist of 3 components: Warm Up (5-10) mins), Lesson Activities (25-35 mins), and Closure/Synthesis (15 mins).
3. Students will engage with the teacher in whole group discussions, partner with classmates, and practice independently throughout the lessons.
4. Each week consists of 4 lessons and a “Flex” day. Flex days are built in to allow for innovative instruction to deepen student understanding. They provide an opportunity to attend to unfinished learning, to accelerate learning, or additional time for challenging topics. Flex days are also used for assessment administration and reengagement with content.
5. Meadow Heights students become enthusiastic and proficient learners of mathematics who are able to share their thinking, use multiple representations, and build on the thinking of others.
6. Meadow Heights math lessons increase meaningful mathematical discourse and sense-making to build fluency, flexibility, and strategic competence in all students.

Physical Education

Students gain proficiency in motor skills through group activities and games. The goals of this program include: recognizing fundamental strategies; manipulating objects with dexterity, accuracy, and speed; enhancing rhythmic activity; learning sportsmanship; and developing strength and flexibility. Activities are based upon the maturity and ability of the child. Generally, students receive P.E. four days/week: Monday, Tuesday, Thursday and Friday. Proper shoes are important to engage in physical fitness.

Music Program

Fifth graders participate in instrumental music or vocal music. Kindergarten through fourth grade participates in Myriad School of Music.



LEGO Engineering Program



Students in kindergarten through fifth grade participate in our LEGO Engineering Program, which includes hands-on engineering challenges and introductory computer programming. Using LEGO engineering kits, Mustangs work collaboratively to design, build, test, and improve creative solutions to real-world problems. Through the engineering design process, students learn to ask questions, brainstorm ideas, create prototypes, evaluate their designs, and make improvements based on testing and reflection.

As students progress through the grades, they develop increasingly sophisticated engineering and coding skills. Younger students build foundational problem-solving and teamwork skills, while older students use motors, sensors, and block-based programming to create moving models and complete complex design challenges. The program encourages creativity, perseverance, critical thinking, and collaboration while helping students develop computational thinking skills that prepare them for future learning in science, technology, engineering, and mathematics (STEM). By engaging in authentic, hands-on experiences, students discover that innovation comes from curiosity, experimentation, and learning from both successes and setbacks.

Art In Action

Again this year, our classes will be participating in ART in ACTION, which will be provided by the Art Teacher with the help of parent volunteers. The Art in Action program is a discipline-based sequential art curriculum designed around the works of the great masters. The Art in Action program is aligned with California and National Visual Arts Standards and integrated with other elements of the core curriculum. Art in Action provides the training for teachers and volunteer docents, ongoing school support, and all the art materials and prints necessary for implementing a year-long program.

Library



Our school library is an important part of Meadow Heights' education program. We continue to supply our school library with the most current children's literature and reference materials. Our collection is selected based upon state and district standards as well as to support the ongoing professional development of teachers in their classroom curriculum. Library skills are introduced by the Library Media Specialist, including the encouragement of book selections, organizational use of the library, and the development and application of study/research skills. Each library book must be returned or before a student can check out a new book. If books are not returned by the end of the school year, please come to the office to resolve them.

Technology

Technology is an important tool that enhances teaching and learning when used thoughtfully and with purpose. Every classroom is equipped with interactive whiteboards, document cameras, and voice amplification systems. In addition, every student in TK–5 has access to a 1:1 Chromebook to support learning, research, communication, creativity, and the development of essential digital literacy skills.

At Meadow Heights, we are intentional about how technology is used in the classroom. While we recognize that students need opportunities to develop the technology skills they will use throughout their education and future careers, we also believe that the best learning includes meaningful interactions with teachers and peers. We strive to provide hands-on learning, discussion, collaboration, reading, writing, and problem-solving experiences that do not require a screen.

Artificial intelligence (AI) is an emerging technology that can be a valuable educational tool when used appropriately. At this time, students should not use AI to complete assignments unless their teacher has specifically directed them to do so as part of a lesson. Our goal is for students to develop strong critical thinking, creativity, and independent learning skills while learning to use technology responsibly and ethically.



Field Trips

Field trips are an extension of the regular school curriculum and are offered to enrich the educational program of the children. Trips are taken only under the direct supervision of the teacher and classroom.

Meadow Heights Positive Behavior Intervention Support (PBIS)

- Be Safe
- Be Respectful
- Be Responsible

Behavior Standards of the Meadow Heights School Community are based on our belief that if children are to acquire self-esteem, achieve academically, and develop good social skills, they must have a sense of community, feel valued, and value others.

LIFE SKILLS

Through the implementation of our Life Skills Program, students build positive character traits, as well as learn and practice positive, socially responsible behavior. Each month, staff and students will be reading literature based on the Life Skill of the month. As a school, we will work together on learning and practicing Life Skills. Students and staff will also participate in assemblies to learn more about certain Life Skills through our partners at Soul Shoppe.

SCHOOL PROCEDURES

Playground

1. Play in supervised areas.
2. Walk on mats that surround each play structure. Walk on the play structure.
3. Play equipment needs to be dry in order to be used.
4. “Two-finger tag.” When playing tag, students can tag a student using two fingers.
5. “Hands off.” Students are not allowed to put their hands on other students (no pretend fighting is allowed).
6. Eat at designated snack areas, and throw away garbage in designated areas.

All of the above should be done while being safe, respectful, and responsible.

Hallways

Hands-off
All eyes forward
Low voice
Low speed
Single file on the sidewalk



Restrooms

1. Use restrooms for intended purposes only.
2. Wash your hands.
3. Leave the restroom clean.

Library

1. Enter the library quietly.
2. Use an inside voice.
3. Walk at all times.
4. Be an active listener when a story is being read.
5. When you have checked out a book, sit and read quietly.
6. Respect the library materials.

School Office

1. Students are to enter and leave the office from the front door or side door during school hours.
2. Children are allowed in the front of the office by the bench only (not behind the desk), unless they have been given permission to stay in the clinic area.

Brunch/Lunch Line Procedures

1. Walk to the brunch/lunch line.
2. Quietly line up, facing forward.
3. Respect each other’s space in line.
4. Use your manners and Life Skills at all times.
5. Select your brunch/lunch card from the rack.
6. Use both hands when carrying your food tray.
7. Walk to the lunch area.

Lunch Court

1. Walk with your lunch
2. Sit at your assigned table
3. Use appropriate table manners
4. Use an appropriate outside voice
5. Walk to the trash can and place the garbage into the can
6. Sit and talk quietly until you are dismissed by an adult
7. Line up when dismissed
8. Walk to the play area or class

Assemblies

1. Sit appropriately throughout the assembly--criss-cross, on your bottom, so those behind you can see
2. Hold questions until requested and raise a hand for questions
3. Clap politely at the conclusion of a performance

Bikes

1. Walk bikes on school grounds
2. Park bikes in racks and lock them
3. Observe traffic safety laws
4. Wear a bike helmet

Arrival

1. Bus riders depart the bus in single file and walk to the upper yard
2. Walkers use crosswalks to enter campus
3. All students walk to the upper yard and remain there until the bell rings
4. Follow all playground procedures

Dismissal

1. Bus riders walk to the bus area and line up in the appropriate line
2. All others wait for parents or daycare providers at the arranged spot
3. If you are not picked up within a few minutes after dismissal, go to the office

Boarding Bus

1. Walk to the proper line.
2. Visit quietly with friends in line.
3. Keep your personal space.
4. Treat students and adults with respect.
5. Wait for the teacher’s OK to board the bus.
6. Stay in line
7. Greet your bus driver.

Bus Riding Procedures

1. Walk quietly to the bus and sit down facing the front.
2. Talk quietly to the person next to you.
3. Remain in your seat at all times.
4. Keep your hands and feet and objects to yourself.
5. Use appropriate language.
6. Listen to the bus driver, and do what you are asked to do.
7. Be respectful of all bus riders.
8. All electronics should be kept in your backpack until you exit the bus.
9. Walk quietly off the bus at your bus stop.

Meadow Heights Dress Requirements

Meadow Heights School recognizes that the type and style of clothing and one's hairstyle are individual and personal choices. Our expectations for what is acceptable and unacceptable are influenced by two factors. We do not want students coming to school dressed in a manner that is distracting to themselves or to others or that is unsafe. We expect our students to accept responsibility as students and to dress in a manner that is befitting the positive image we want to be projected by the students who attend our school.

- All parts of the torso must be covered at all times. This includes low-cut necklines and backlines. Tank tops of less than 2" straps are not allowed. Boys are not permitted to wear just a tank top undershirt without an outer shirt covering their tank top.
- Clothing (shorts, skorts, skirts, etc.) where the entire thigh is exposed is never allowed.
- All hemlines must not be shorter than mid-thigh.
- No exposure of undergarments-No sagging pants.
- Clothing, buttons, jewelry, or school materials, which show obscene, alcohol, drug, or gang-related slogans, words, pictures, or suggestive statements or words, are not allowed.
- Shoes must be worn at all times.
- All students participating in P.E. should wear sneakers.
- Do not wear pajamas.
- Students are asked to remove hats and hoodies upon entering any building. We request that hats and hoodies not be worn during class or assemblies.

HELPFUL LINKS

SMFCSD NUTRITION

SMFCSD WEB PAGE

MEADOW HEIGHTS SCHOOL WEB PAGE

MEADOW HEIGHTS PTA WEB PAGE

updated 07/27/2026