

Education is a Shared Responsibility

WELLNESS

	School	Family	Student
Balanced lifestyle	School provides a balanced coverage of all subject areas and a wide range of extra-curricular activities.	Encourage a healthy balance of activities including outside play, sports, arts, hobbies Limit screen time.	Complete homework. Play. Get outside. Limit screen time. Read. Get involved in school activities.
Nutrition	The curriculum is about healthy lifestyle including nutrition and active living. Staff will model a healthy lifestyle and habits. Our School Nutrition policy supports “everyday” and “sometimes” foods.	Families are encouraged to send only healthy foods to school (whole grains, fruits, vegetables, and proteins, not including sugary foods, unhealthy food or pop, including a re-usable water bottle.	Eat healthy foods at school. Keep water bottle filled for proper hydration. Do not bring unhealthy food or pop to school.
Sleep	The school promotes a healthy sleep regime throughout the curriculum.	Families should encourage a healthy amount of sleep. Bedtime rituals should promote quality sleep.	Students should respect bedtimes and not use electronics for at least one hour before sleeping.

<p>Digital Citizenship</p>	<p>The school curriculum teaches about the healthy and responsible use of electronic media.</p>	<p>Families can set guidelines and boundaries around the type and use of electronic media. Family members should not be communicating with students via electronic means during school hours.</p>	<p>Students should respect the computer use agreement and engage in electronic media only under teacher direction. They should not engage in any negative cyber activities.</p>
<p>Active Participation</p>	<p>The school Health and Physical Education curriculum promotes a healthy active lifestyle.</p>	<p>Families should promote an active lifestyle, even if students are not involved in sports, walking, cycling, playing are all ways that families can instill a love of active pursuits.</p>	<p>Students are expected to participate in physical education classes and DPA. Students should also take responsibility engaging in activity daily for their health and brain development.</p>

COLLABORATION

<p>Attendance and Punctuality</p>	<p>The school starts classes promptly and provides purposeful programming throughout the day until dismissal. All class time is valuable in terms of meeting the curriculum expectations.</p>	<p>Families should ensure arrival on time, by establishing a strong morning routine (call the school if they are absent). Please avoid picking your children up early unless necessary. This disrupts learning and end of day routines in the classroom and in the office.</p>	<p>Follow morning routines established by family. Pack all needed items in the backpack ready for the morning.</p>
<p>Respect</p>	<p>Our School Code of Conduct is based on respect: yourself, each other and the world. We teach about this every day in what we say and do. It also reflects the three pillars in Limestone: Wellness, Collaboration, Innovation.</p>	<p>Please reinforce the idea of respect at home. Talk about how we respect each other, property and the environment.</p>	<p>Students should come to school with a respectful attitude of the school, staff and their peers.</p>

<p>Communication</p>	<p>The school will use the following tools: school messenger, website and twitter to communicate. Teachers will use school messenger, phone calls and the agenda to convey information.</p>	<p>Families are encouraged to check the agenda and the backpack daily. They are also expected to check their Messenger and the school website to keep up-to-date.</p>	<p>Students are expected to be the link between home and school. They take the agenda and any necessary forms back and forth.</p>
<p>Problem solving</p>	<p>The school will teach, model and give students the opportunity to practise peaceful conflict resolution.</p>	<p>Families are expected to model and encourage peaceful conflict resolution and to communicate with the school about issues that need to be addressed.</p>	<p>Students are expected to follow the School Code of Conduct and their WITS: Walk Away Ignore Talk it Out Seek Help</p>
<p>Field Trips</p>	<p>Field trip experiences are built on in class. As a result, we plan field trips that are connected to the learning that happens in the classroom.</p>	<p>We hope that families recognize the importance of field trip. If there is ever any reason that money is an issue, we are happy to try to support.</p>	<p>Students need to attend field trips as an important part of the program at school. They need to take the permission form home and bring it back in a timely manner.</p>

INNOVATION

<p>Enrichment</p>	<p>School will provide rich inquiry-based programming with opportunities for differentiation and enrichment.</p>	<p>Families are encouraged to provide experiences for your children that will help to build up their background knowledge about the world to build their learning on.</p>	<p>Students involve themselves in a variety of opportunities at school. Take advantage of enrichment and leadership activities.</p>
<p>Growth Mindset</p>	<p>The school will always set high expectations for students and encourage them to try their best.</p>	<p>Families should encourage students to work hard and set goals for success and strong citizenship.</p>	<p>Students are expected to work hard and learn from their mistakes.</p>
<p>Learning Skills</p>	<p>The school will explicitly teach students about each of the learning skills: Responsibility Organization Collaboration Independent Work Initiative Self Regulation</p>	<p>Families are encouraged to reinforce the importance of the learning skills as the most important area and have students practice them at home.</p>	<p>Students should learn and practise their learning skills at school and at home. Students need to have a growth mindset and recognize the importance of these skills.</p>