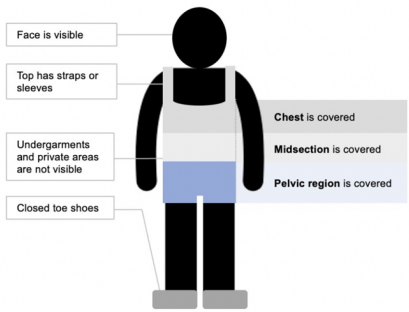




# LA MESA DALE QUICK REFERENCE GUIDE 2024-2025

**Embrace - Educate - Empower**

4251 Olive Ave., La Mesa, CA 91941  
619-668-5740

<b>Attendance</b>	The best gift you can give your child is an exceptional education. Partner with us by making sure your child is at school every day. We understand students do occasionally need to miss school for illness. <b>Call the school office at (619) 668-5740 each day your child is absent.</b> Please ask your child's teacher for make-up work when your child is absent. Ask in advance if it is a planned absence.
<b>After/Before School Care</b>	<b>Extended School Services (ESS)</b> is located in Room 21. Registration information can be found at <a href="http://lmsvschools.org/ESS">lmsvschools.org/ESS</a> . Our site lead can be reached at (619) 668-5844. <b>Boys &amp; Girls Club</b> -is available after school for grades 1-5. A Boys & Girls Club staff member walks students to the Boys & Girls Club after school. Call 619-303-0838.
<b>Announcements</b>	<b>School-Wide information from the principal is emailed/texted every Sunday at 4:00. <u>Please plan to check your messages every Sunday evening to remain well informed.</u></b> Information is also posted on our social media accounts: Instagram/Facebook. A calendar of school events can be found on our school website <a href="http://www.lmsvschools.org/lamesadale">www.lmsvschools.org/lamesadale</a> <b>School-wide and Classroom</b> announcements will be sent using the Class Dojo App.
<b>Birthdays</b>	Birthdays are special! If you want to send something special to class to celebrate your child's birthday, consider non-food items like stickers, pencils, or donating a book to the. <b><u>Food Treats are NOT ALLOWED.</u></b> No exceptions. Thank you for helping us to ensure the safety of our students with food allergies, diabetes, and other health concerns.
<b>Car Drop Off and Pick Up</b>	Use the front parking lot on Olive Ave. for drop off and pick up from a car. <b>NO PARKING in the lot on Parks as it is designated for Community Schools Resource Center Parking effective 2/1/25.</b> Students should not be dropped off in or picked up from the front parking lot at any time. For your safety, use the pedestrian access gates on Olive or on Parks. Watch a video of our drop off/pick up procedures at <a href="https://youtu.be/ovLRBYy0sxE">https://youtu.be/ovLRBYy0sxE</a>
<b>Contact Us</b>	Write a note, send an email, give us a call, or send a message on Class Dojo. Email addresses and phone numbers are listed on the school website: <a href="http://www.lmsvschools.org/lamesadale/staff">www.lmsvschools.org/lamesadale/staff</a> Please do not give a verbal message to your child to deliver to the teacher.
<b>Dress Code</b>	<p>The diagram shows the La Mesa-Spring Valley dress code.</p> <div style="display: flex; align-items: center;"> <div style="margin-right: 20px;"> <p>Face is visible</p> <p>Top has straps or sleeves</p> <p>Undergarments and private areas are not visible</p> <p>Closed toe shoes</p> </div>  <div style="margin-left: 20px;"> <p>Chest is covered</p> <p>Midsection is covered</p> <p>Pelvic region is covered</p> </div> </div> <p><b>Do Not Wear:</b> Open-toed shoes, clothing that shows skin in the areas that are covered in the diagram, clothing with words or pictures that depict or imply illegal, violent or lewd conduct, weapons, or the use of alcohol, tobacco, marijuana or any other controlled substance; Display or imply vulgar, discriminatory or obscene language or images; State, imply or depict hate speech/imagery</p> <p>If your child is not dressed appropriately, you may be called to bring your child a change of clothes.</p> <p>*TK and kindergarten students should keep a fresh set of underwear/pants in their backpack in case of a wet accident. We keep a very limited supply of replacement clothing in the office. Children will need to be picked up for other bathroom accidents.</p>

<b>Early Check-Outs</b>	<p>Be prepared to show your ID upon arrival to sign out your student. Your child will be called to the office after you arrive, so please allow a few minutes for this process. If someone other than a parent or guardian is picking up your child, a signed and dated letter from the parent/guardian must be provided in advance, specifying the emergency contact's name and the scheduled pick-up date and time. An email from the parent/guardian email address or a ClassDojo message from the parent is also acceptable. This person must present their ID at pick-up.</p> <p>Early check out is permitted before 2:00 p.m. on Monday, Wednesday, Thursday, and Friday, and before 12:45 p.m. on Tuesday. If you arrive after these times will be asked to wait 15 minutes until the regulary dismissal time.</p>
<b>Food</b>	<p><b>FREE breakfast</b> is available to students beginning at 7:30 a.m. (7:40 on rainy days)  <b>FREE lunch</b> is available to all students daily. Children have 20 min. to eat &amp; 20 min. to play.  If your child brings food to school, please label your child's lunch box with his/her name and classroom.  <b>Snacks</b> Per the La Mesa-Spring Valley School District Wellness Policy, children may bring healthy, nutritious snacks to school to eat during their morning recess time.  <b>NOT Allowed at School:</b> Gum, candy, soda, energy drinks, caffeine, LARGE bags of chips or cookies.  ***Snacks must be snack size – large/family-size bags/containers of food will be sent home***  <b>Students may <u>NOT</u> share snacks with other children due to allergies.</b>  Office staff does not deliver food to classrooms. Please don't drop off fast food or have Uber Eats (or other delivery services) deliver food to the office for your child.</p>
<b>Medication</b>	<p>All students taking medication (of any kind) must have a doctor authorization (on our specific form) on file in our health office. An adult must bring properly labeled medication to the health office.</p>
<b>Personal Items</b>	<p><b>Electronics.</b> Students may not use personal electronic devices on campus (cell phones, smart watches, audio or video recording devices of any kind, etc.). <b>Students are expected to turn their devices in to their teacher or the office daily.</b> If a student needs to call home, the call will be generated from a school landline. La Mesa Dale is not responsible for lost, stolen, or damaged electronic devices.  <b>Label Everything.</b> Please put your child's name on all clothing, lunch boxes, backpacks, etc. to avoid loss. Found items are placed in our school Lost &amp; Found, located in the lunch area.  Personal items such as toys, jewelry, novelty items, should not be brought to school.</p>
<b>Run Club</b>	<p>Run Club is available every morning at 7:30 am on the upper field. Run Club is cancelled on rainy days and 1-2 days after significant rain as the fields become too muddy. On days that Run Club is canceled, we ask that students arrive at school after 7:40.</p>
<b>School Hours</b>	<p>School begins every day at 7:55 a.m. Dismissal is at 1:00pm on Tuesdays and 2:15p.m. Monday, Wednesday, Thursday, and Friday. Campus opens at 7:40a.m. (7:30 on days we have Run Club). Students may eat breakfast in the lunch area or go to Run Club. If your child arrives after 7:55 he/she must enter through the office. Please ensure your child is picked up within 10 minutes of dismissal.</p>
<b>Volunteers and Visitors</b>	<p>We welcome volunteers. Please make arrangements ahead of time with a staff member. Sign in at the front office with your ID and wear a visitor sticker any time you are on campus. All adult visitors and volunteers must schedule their visit with the classroom teacher ahead of time. Student visitors are not permitted.</p>

updated 2/1/25