

# Mizel JCDS



## Parent Handbook

Revised 7/2016

**2021 E. 71<sup>st</sup> St., Tulsa, OK 74136**

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**Office Hours: 7:30am-3:30pm**

**Emergencies: CSJCC 918-495-1100**

**Lillian Hellman, Director: [lhellman@mizelschool.org](mailto:lhellman@mizelschool.org)**

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Dear Parents,

I have the great privilege of welcoming you to the Mizel Jewish Community Day School family. Our parents, faculty and staff are true partners, each contributing to the school's goals as they evolve over time, and all the while staying true to the vision and mission of the school.

Mizel JCDS was established in 1975 to provide an outstanding Jewish and secular education to children of the Tulsa area. Its co-educational programs serve students from Pre-Kindergarten through Grade Five in a nurturing and supportive environment. Its curriculum is designed to offer young people a superior education that integrates intellectual and ethical Jewish scholarship and tradition along with the values of our American democratic heritage.

At the core of every great institution of learning is its faculty. We are so fortunate to have assembled an outstanding, experienced and committed staff, whose sole purpose here is to educate and enrich your child's life. We want to work with you in this important endeavor and hope you will become full participants in our school's many programs and activities.

As the world around us changes at a rapid pace, we choose to expose our students to the innovations, philosophies, theories, and evolving best practices in education, yet envelop them in the Jewish traditions and values that have served us through the ages.

This Handbook is designed to give you general information about Mizel and an overview of some of the policies and programs of our school. You should read, understand, and comply with all the provisions of the Handbook. The school reserves the right to revise, supplement, or rescind any policies or portion of the Handbook from time to time, as it deems appropriate. Policies may be changed before the issuance of a new Handbook, but we will inform you of any changes as they occur. If you have any questions or need further clarification please feel free to come and see me directly.

**Again, thank you for sharing your children with us and I look forward to a wonderful year together!**

Sincerely,

*Lillian Hellman*

Director

# **Vision and Mission**

Mizel Jewish Community Day School instills children with the spiritual compass of Torah and a lifelong love of learning. Our mission describes the expected impact, or desired outcome of our performance to accomplish our vision.

Mizel JCDS is a Jewish Community Day School that seeks to provide all students with an outstanding education in both General and Judaic studies. Mizel JCDS maintains a supportive yet challenging atmosphere that fosters a lifelong commitment to learning, to Israel and to the imperative of *Tikkun Olam*, repairing and caring for the world.

## **Core Values and Responsibilities**

Mizel educators are in partnership with and dedicated to our students, their families, our school's curriculum, our colleagues, and our school leaders. We understand that everyone with whom a student interacts serves as a guide and role model.

### **To this end we will:**

#### **Responsibilities To Our Students**

- Offer a stable, non-judgmental environment in which students feel physically and emotionally safe and accepted.
- Provide highly qualified educators who model the ideals and standards we uphold for our children.
- Provide a fun, loving, healthy and orderly learning environment.
- Adjust our teaching styles to the learning styles of our students and their individual needs.
- Foster independence and self-confidence in our students by providing opportunities for them to develop social skills.
- Take advantage of teachable moments and explore a variety of academic possibilities.
- Foster an environment which encourages all students to respect themselves and others, utilizing a strong Character Education program.
- Praise and acknowledge accomplishments.
- Guide our students to love, understand and appreciate Jewish values.
- Infuse our students, whether Jewish or not, with the knowledge, values and ethics of Judaism and prepare them to be self-confident, proud citizens of America and the world.

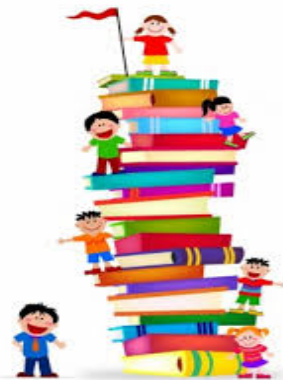
## **To this end we will:**

### **Responsibilities To Our Students' Families**

- View families as partners in their children's education.
- Keep in constant, honest communication with families regarding weekly activities, academics and behavior through emails, classroom newsletters, conferences and articles in the Mizel Newsletter.
- Listen to families' concerns, follow-up, and make our best effort to ensure a positive outcome.
- Be respectful, friendly, and open-minded toward all families.
- Respect the dignity and privacy of students, parents and colleagues.
- Create a home away from home, where students, parents and professionals become one extended family.

### **Responsibilities To Our School's Curriculum**

- Challenge our students with curricula designed to meet the highest educational benchmarks.
- Provide differentiated instruction and individualized attention.
- Create a student-centered environment that promotes out-of-the-box thinking and hands on experiences.
- Continually update lessons and materials so they are age-appropriate and meet the needs of every student.
- Align our curriculum vertically by working with other grade levels.
- Keep current with curriculum trends by attending workshops to improve our knowledge.
- Have the freedom to be creative with the curriculum; accessing information from many sources.
- Foster and value the understanding that students come from different backgrounds.
- Ensure success by using measurable standards and holding students accountable for them.
- Integrate technology in our lessons.
- Integrate Jewish content and values into the secular curriculum when appropriate.



# **Judaic Philosophy**

Mizel JCDS has founded its Judaic program on the following beliefs in order to carry out its objectives and achieve its goals:

1. Belief in one G-d. "Hear O Israel the Lord our G-d the Lord is One."
2. Belief that the Temple/Synagogue is a vital component of the Jewish way of life. "My house shall be called a house of prayer for all people."
3. Belief that the study of Torah in its broadest sense provides an understanding of the history and meaning of the Jewish experience and teaches the basis for Jewish ethics and beliefs. "The study of Torah is equal to all [the other *mitzvot*-commandments]."
4. Belief that the practice of *mitzvot* will lead to a joyous and enriched appreciation of Judaism. "In order that you may remember and do all my *mitzvot* and be holy unto the Lord your G-d."
5. Belief that the observance of the Sabbath and Festivals will enhance appreciation of life. "The Sabbath and the holidays are the primary reason for Jewish endurance..."
6. Belief that the study of Hebrew is a vital element in the Jewish heritage. "Hebrew is our very flesh and blood."
7. Belief that Jews are part of the worldwide community in which the importance of the state of Israel is critical. Judaism requires a sense of community with the responsibility towards fellow Jews on communal, national and world levels. "All 'Israel' (the Jewish people) is responsible one to the other."
8. Belief in the imperative that we must be deeply involved in service for freedom, brotherhood and peace among all peoples. "Do justly, love mercy and walk humbly with your G-d."
9. Belief that the Jewish heritage is an ever growing and developing one whose rich diversity of expression, practice and celebration must be taught with respect and sensitivity.
10. Belief that being made in the image of God means we have the ability to do justly. The role of the school is to nurture that growth. "And God said: "Let us make man in Our Image, after Our Likeness."

Through a strong program based on the foregoing principles, Mizel JCDS will develop in its students an appreciation of, and support for, Judaism, Israel and the Jewish People.



# Jewish Customs

## Kabbalat Shabbat

On Fridays, *Kabbalat Shabbat* (welcoming of the Sabbath) will be held in the Hebrew classroom for students and teachers. One to two Fridays a month, family and friends are invited to join us in the Lecture Hall at 3:00pm for the “Big *Shabbat*.” The school calendar will determine which Fridays will be in the Lecture Hall (subject to change). In addition, the students will share a special *Kabbalat Shabbat* each month with the residents in the Tulsa Jewish Retirement and Health Center on the Zarrow campus.

## Monday and Thursday Morning Tefillah (Prayer Service)

Each Monday and Thursday morning at 8:30 am, *Gan* (Kindergarten) through *Hay* (5<sup>th</sup>) students start the day together for *Tefillah*. Guests and family members are always welcome to join us during these morning prayers. We use a model synagogue on the second floor in the Sherwin Miller Museum of Jewish Art.

## Kippot (Skullcaps)

Boys need to wear their *kippot* during *Tefillah*, *Kabbalat Shabbat*, and Judaic/Hebrew Studies. Each boy should wear only his own *kippah*. All *kippot* should be kept at school. Each class will provide a clean place to keep their *kippot* when not being worn.

## Jewish Value Assemblies

A school assembly will be held at 8:15 am on the first Wednesday of each month to highlight our monthly Jewish Value. These are Free Dress days.

## Tzedakah

One of the important topics that will be discussed at school is “*Tzedakah*.” *Tzedakah* is a life-long responsibility meaning “charity,” “righteousness” or “good deeds.” When learned at an early age, it helps assure commitment into adulthood. At Mizel JCDS, *Tzedakah* is an integral part of the curriculum. *Mitzvah* projects benefiting those in our local, national and/or international communities will be conducted throughout the year. We collect *Tzedakah* contributions each Friday morning so please send some coins in a baggie with your child. We will donate our *Tzedakah* monies to the Tulsa Jewish Federation and other worthy charities, here and in Israel.

## Jewish Holidays

Most Jewish holidays will be taught in the Judaic/Hebrew studies classroom, often accompanied by school-wide assemblies or activities. Teachers and parents will receive, from the Director, information about the customs and meanings of each holiday. Teachers will familiarize themselves with the holidays and incorporate the values and/or themes into their curriculum when appropriate.



## **Other Holidays and Celebrations**

Our school does not celebrate Christmas, Easter, Valentine's Day, Halloween, St. Patrick's Day or other non-national holidays. Consequently, we do not participate in the activities traditionally associated with these holidays.

## **Birthday Celebrations**

Birthday celebrations are a special time for children of any age. In an effort to maintain sensitivity for all children, we ask you to consider the following when making birthday plans:

The teacher should be notified that a child's birthday will be celebrated at school. Parents may provide a treat for each student in the classroom. The treat may be an edible "goodie" such as fruits or nut-free baked goods, or a non-edible treat such as stickers, pencils, note pads, etc. Children with summer birthdays are invited to celebrate their half-birthday, six months from the actual date, in the same manner.

Birthday celebrations may take place during snack time or at the end of the day only. Treats or party favors will be brought to the classroom at the start of the school day or to the office so that they may be distributed in class at the proper time with the least amount of disruption to classroom instruction.

**Invitations may be handed out at school provided that ALL children in the class are included. This is a very small school setting and leaving out a classmate is very hurtful. Please use parties as a learning opportunity for your child to be "inclusive," not "exclusive." Parents are requested to plan birthday parties after school during the week, after sundown on a Saturday or on a Sunday. As a courtesy to more observant Jewish students, we request that parents do not serve bread or leavened foods during the Passover holiday if hosting parties, play dates or sleepovers.**

## **School Closures**

Mizel JCDS will be closed for the following Jewish holidays:

- Two days of *Rosh Hashanah*
- *Yom Kippur*
- The first two and last two days of *Sukkot* and Passover
- One day for *Shemini Atzeret*
- One day for *Simchat Torah*
- Two days of *Shavuot* when the holiday falls during the school year
- The school building is not open these days and **no homework** or any school tasks will be assigned during Jewish holidays.

**The school does not sponsor or support student activities on the above days including *Shabbat*: Friday night and Saturdays before sundown.**





# **The Student At School**

## **Student Behavior**

In order to maintain a proper learning environment within the school community, the school requires certain expectations from students:

- Consistent attendance
- Promptness--Repeated tardiness is not acceptable
- Respectful behavior towards peers and teachers
- Respect for personal and communal property
- Participation in required activities

Staff members evaluate student behavior. Some behaviors can and should be ignored, while others call for intervention. Certain behaviors, however, require intervention regardless of the child's developmental level. These behaviors can be classified into four categories that children seem to understand quite easily:

1. Behavior that hurts anyone, including oneself.
2. Behavior that shows a lack of respect for another individual.
3. Behavior that damages or destroys or causes to be "lost" personal or school property.
4. Interruption of the on-going program for oneself or the group.

Students, parents, teachers, and administrators share the responsibility for encouraging and maintaining a standard of proper behavior within the school. We believe that everyone should enjoy our school and feel safe, secure and accepted.

## **School Rules:**

1. Show respect for your neighbor and yourself in words and actions
2. Show respect for personal and school property
3. Show you are ready to learn and allow others to learn
4. Act responsibly in your school and community
5. Create a safe environment

The teacher is responsible for maintaining discipline as he/she deems appropriate within the overall guidelines established by the school. However, we believe that discipline must always allow both teacher and student to maintain self-respect. Some possible disciplinary methods include a reprimand, discussion, or a brief separation from the group. At the same time, the teacher will use various techniques to reinforce positive behavior through praise, gestures or rewards.

During this phase, the teacher will initiate a dialogue with the parents. When the above protocol has proven ineffective, the teacher will confer with the Director and the parents. At this point, goals will be set, a program to meet those goals will be agreed upon, and a specific time to review and assess the program will be established. If the misbehavior becomes regular and the above procedures have been unsuccessful, testing and consultation with a specialist (counselor, psychologist), secured by the parent, and acceptable to the school, may be required as a condition for continued attendance in the school.

Following the testing and consultation, a conference will be held with the parents to outline specific steps and time frames to achieve the desired behavioral changes. We recognize that our students are individuals with individual needs and every attempt will be made to meet them. The following applies to all stages above and are general guidelines:

1. All conversations and deliberations shall be strictly confidential.
2. The Director will make all final decisions.
3. The purpose of any school action must benefit the development of the child.

## **Bullying Policy**

The Amended Oklahoma Statue Title 70 Section 24-100.2.4 “School Bullying Prevention Act” finds that bullying has a negative effect on the social environment of schools. Specifically prohibited are behaviors involving harassment, intimidation and bullying of others. “Harassment, intimidation and bullying” means any gesture, written or verbal expression, or physical act that a reasonable person should know will harm another student, damage another student’s property, place another student in reasonable fear of harm, or insult or demean any student or group of students in such a way as to disrupt or interfere with the school’s educational mission or the education of any student. Any such behavior will not be tolerated and appropriate consequences will follow. Students will be asked to sign a school pledge to be respectful and kind.

## **Homework Policy**

The purpose of homework is to enrich the school experience at home and is an important resource in helping students learn. It affords opportunities for increasing independence, provides practice for the mastery of skills, trains students to form good work habits, and promotes growth in responsibility. Formal homework assignments begin in the first grade. Homework may be given over the weekend, but should not interfere with *Shabbat* or Jewish holiday observances. The teachers have clear reasons for assigning homework and have established criteria for the evaluation of that work. If parent input is necessary, the teacher will communicate to parents the kind and amount of assistance needed.

A suggested guideline of the amount of homework per day for each grade is as follows:

Grades 1 and 2	15-30 minutes
Grades 3 and 4	30-45 minutes
Grade 5	45-60 minutes

At all grade levels, we expect that in addition to other assignments, students will read (or be read to) a minimum of twenty minutes per night.

## **Report Cards**

Establishing cooperation between school and home is very important to your child’s social and academic growth. You will receive Report Cards four times during the year (October, January, March and May).

## **Parent/Teacher Conferences**

Parent/teacher conferences are scheduled twice during the year, but if you would like a conference with a teacher at any other time please send them a note or call the school office. Teachers will be glad to set up a meeting at a mutually agreeable time.

The staff is always willing to discuss any specific questions you may have regarding your child's progress. We request that you schedule an appointment with the staff member to whom you wish to speak. This will ensure a constructive conference without interfering with the teacher's other responsibilities, particularly when the school day begins. Please respect teachers' privacy and do not call them at home (unless they have told you otherwise).

A "Back to School Night" is held in the Fall for PARENTS ONLY, (childcare will be available on the premises). At "Back to School Night," teachers are able to explain in more detail the class curriculum and their goals for the year. An Open House is held in Spring for parents and students to visit the classrooms and see examples of children's work. We will combine the Open House with an Academic/Science Fair.

## **Newsletter**

The Mizel Newsletter is sent electronically at the beginning of each month, starting in September. The Newsletter is intended to keep you aware of Mizel activities, so please make reading it a habit! Be sure that the office has your most current email address, since most correspondence will be sent by email. In addition, we will be happy to send the newsletter to relatives and family friends, just let the office know their email or home address. A hard copy of the Newsletter is always available in the school office. A Mizel letter describing weekly events and important dates will be sent by email on Fridays. In addition, important information will be sent via text message throughout the year. **PLEASE READ ALL CORRESPONDENCE TO BE AWARE OF SCHEDULE CHANGES, UPCOMING EVENTS, ASSEMBLIES, ETC.**

## **Contacting the School**

If you wish to contact any staff member, type: their first initial last name @mizelschool.org. For example, Lillian Hellman's is [lhellman@mizelschool.org](mailto:lhellman@mizelschool.org). When you contact a teacher by email, please identify yourself or your child in the subject line (teachers often do not know who you are by your email name) and please do not send them any junk mail or add their names to any lists. Finally, if you have sent a teacher an email but have not heard back from them, please follow-up with a phone call.

## **Tuition**

Pre-Kindergarten through Fifth Grade Tuition---\$8066.00 for the 2016-2017 school year.

There is a \$300.00 non-refundable registration fee for all students, which covers textbooks, materials, special programs, celebrations, field trips and all school supplies for the year.

All invoices are due within 15 days of the date of issuance. There will be a \$25 late fee for any payment received after the 16<sup>th</sup> of the month unless you notify the school of extenuating circumstances. A \$25 charge will be assessed for each returned check. Should accounts become 60 days past due, the child(ren) will be subject to withdrawal unless a payment plan is implemented and adhered to for the remainder of the school year. If tuition is not paid in full by the close of the second semester, the student may not re-enroll or receive school records or report cards, unless other arrangements have been made with the school Director.



# **School Procedures**

## **Attendance**

“Do not say, ‘when I have time I will learn,’ for perhaps you will never have time.” Pirkei Avot 2:5

School begins promptly at 8:00 A.M. and students should be in their classrooms by 7:50 A.M. so that they have time to organize themselves for the school day. Students who are more than 10 minutes late will be marked tardy and must be accompanied by a parent to the school office to sign in and receive a pass.

**Parents and visitors are asked to always check-in at the school office, with no exceptions.**

Dismissal will take place at 3:30 P.M. and students will wait with the teachers in the front foyer for pick up. You may drive up and we will release your child to you or you may park in the parking lot and walk in. Students may not remain on campus after dismissal unless they are participating in a supervised activity. Students who have not been picked up by 3:40 P.M. will be sent to join the Aftercare and parents will be responsible for payment.

A child will not be released from the premises to anyone but the parent(s) or adults authorized by the parent(s) on the Emergency Contacts and Authorized Pick-Up Form submitted to the school office upon enrollment. We must have written authorization for any changes in pick-up instructions.

**THE JEWISH FEDERATION DICTATES THAT NO CARS MAY BE LEFT UNATTENDED IN FRONT OF THE BUILDING AT ANY TIME.**

Students are expected to remain in school for the full day, and we encourage parents to schedule medical, dental and other appointments after school hours. In the event of an appointment during school hours, the school must be notified in advance. Parents may not pick up their children directly from the classroom. Good school attendance reflects a commitment to education, and we strongly advise that family trips be taken during scheduled school vacations.

**Absences and tardies are taken seriously and must, by law, appear on a student’s permanent record. We do not differentiate between excused or unexcused absences. Excessive tardies compromise a student’s ability to organize for the day and make a smooth transition from home to school. Parents will be contacted if a student has more than eight absences or tardies in a particular quarter. Failure to improve and correct a persistent pattern of absences or tardies may result in probationary status for the next school year.**

## **School Matters!**



## **Before School Care and After School Care**

Before School Care is available from 7:30am until 7:45am, but **you must notify the office in advance, if you need this service.** Children who are brought to school before 7:45am **MUST** go to the school office for supervision and parents will be charged \$1.75.

We are pleased to offer an **Enriched Aftercare** program with specialists conducting workshops Tuesdays through Thursdays from 4:00-5:00 pm. A low fee of only \$7.00 per day covers 3:30 snack time, 4:00-5:00 enrichment time and our regular Aftercare program: Monday-Thursday until 6:00pm and Friday until 5:00pm. You may enroll your child on an ongoing basis or use the service as needed. Parents must notify the school if your child will need to attend Aftercare on a “drop-in” basis.

We will charge a late fee of \$5.00 for every 15 minutes a parent is late after 6:00pm on Monday through Thursday and after 5:00pm on Fridays, when the entire building is closed for *Shabbat*. This late fee will be charged per occurrence. If a parent is repeatedly late, Aftercare may be denied the family, at the discretion of the Director.

## **Illness Policy**

Children, who become ill during school with an above normal (98.6) temperature, a chest cough, runny nose, vomiting, diarrhea, and the like, will be sent home. Parents are asked to keep a child home until he/she is fever-free for 24 hours. If a parent notices any symptoms of illness, the child should be kept home.

## **Phone Use During the School Day**

Student usage of the office phone is limited to emergencies only. Cell phones are not allowed at school.

## **Toys from Home**

Students should not bring toys, cell phones or electronic equipment to school unless for “show and tell.” Pre-K and Kindergarten students may bring a stuffed animal for rest time.

## **Emergency Plans**

Mizel JCDS has a comprehensive, written plan for building emergencies located in the school office. All plans are developed and updated by the Tulsa Jewish Federation “Safe & Secure” committee and are followed by everyone in the building. Fire, tornado and lock down drills are conducted by the Federation on a regular basis.

## **Weapons Policy**

Possession of weapons will result in IMMEDIATE suspension from Mizel JCDS. Guns and knives are banned from the school grounds. Items not listed, that may be deemed as dangerous or inappropriate for a school setting, can be confiscated at the discretion of the Director. Items will be turned over to a parent or proper agency at the discretion of the Director. Please inform the Director if you become aware of a weapon at school.



## Weather (Outdoor/Indoor Play)

Whenever possible, we will take the children outside for recess. We go outdoors when the temperature is comfortable without a severe wind chill factor and there is no precipitation. When the heat index is excessive and uncomfortable we will take students to the gym. Please be sure your children are dressed appropriately for any weather condition.

## Snow Days

During inclement weather or a natural disaster, Channels 6 or 8 are the most reliable stations to watch for school closings and are the stations we recommend. However, if it is determined that the roads are safe to drive, we may open school when others are still not in session or start later that morning. **NOTE: We do not automatically follow Tulsa Public, Jenks or Union school districts in their decisions to close school.**

**Parents will receive a phone text the evening before, or the morning of, a school closure or late start. You may also call the CSJCC at 918-495-1100 to find out if school is in session or if the building is closed.**



## Parent Participation

Parent involvement is an integral part of Mizel JCDS as you are important partners in the education of your children. There is often no greater delight for a child than to see his/her parent come to school as a full participant in some form of classroom life. Below are examples of how parents can be involved during the course of the year:

1. Parents are encouraged to attend *Kabbalat Shabbat* on designated Fridays in the Lecture Hall at 3:00pm.
2. PTO Planning: The parents of Mizel JCDS are encouraged to participate in the Parent Teacher Organization (PTO), which consists of the parent body and the faculty.
3. From time to time parents may be asked to assist as drivers and/or chaperones for class field trips. **All drivers must submit a copy of their driver's license and proof of insurance to the school office before driving students on a field trip.**
4. Each class will have a Room Parent to assist the teacher in contacting parents, collecting necessary materials for events or projects and to work with the PTO President. Please consider volunteering for this position.
5. "Chat over Coffee" will be held occasionally, from 8:00-8:30 am, between teachers and parents in the school foyer, while students "buddy-read" in the hallway. This is a special time to converse informally with the staff and other parents.

In addition, parents are encouraged to share hobbies, professions and expertise with your child's classes. You may also be asked to assist teachers with special class projects.

# School Clothing

## BOYS' DRESS REQUIREMENTS

SHIRTS	SLACKS	SWEATERS	SOCKS
White, light blue or yellow Oxford cloth, button down collar polo: short or long-sleeved or turtleneck. <b>(no logos except the school logo)</b>	Navy or khaki corduroy or poplin pants (traditional cut); navy or khaki walking shorts may be worn on warm days.	Navy blue vest, V-neck pullovers or cardigans	Solid color, <u>no patterns</u>

## GIRLS' DRESS REQUIREMENTS

SHIRTS	PANTS	SKIRTS	SWEATERS	SOCKS/TIGHTS
White, light blue or yellow Oxford cloth, button down collar, Peter Pan collar blouse or polo: short or long-sleeved or turtleneck. <b>(no logos except the school logo)</b>	Navy or khaki corduroy or poplin (traditional cut). Navy or khaki walking shorts may be worn on warm days. Navy, khaki or white <b>leggings-<u>no patterns</u></b>	Navy or khaki skirt or jumper.  <u>Gym shorts should be worn under skirts, jumpers or dresses.</u>	Navy blue vest, V-neck, pullovers or cardigans	Knee socks, anklets, or tights in solid white, navy, or yellow only – <b><u>no patterns</u></b>

All students are expected to wear the school uniform except on these days:

- **Spirit Day:** Every Monday is designated as Spirit Day. The children may wear their blue Mizel T-shirt or sweatshirt with unfrayed jeans.
- **Free Dress Day:** The first Wednesday of the month. The children may wear whatever they want as long as it is neat, and appropriate for a day school.
- **Field Trip Day:** The children wear their blue Mizel T-shirt unless otherwise specified. Wearing an easily identifiable uniform will help us to locate children readily as well as help us to keep everyone together.

**Appropriate Footwear:** Due to safety issues, all children need to wear shoes with back straps. Our playground has a mulch surface, so **NO CLOGS, FLIP-FLOPS, HIGH HEELS, WEDGE OR OPEN-TOED SHOES ARE ALLOWED.** All shoes should be able to stay on the feet when running or kicking a ball. Boots or hard-soled shoes cannot be worn in the gym for PE or indoor recess. Sneakers or soft-soled shoes are required for students to participate.

# **Food at School**

Your cooperation in complying with the traditions of *kashrut* (keeping kosher) is expected and appreciated. In keeping with the traditional nature of Mizel JCDS and by arrangement with the JCC, it has been agreed that staff and children may bring only dairy or *pareve*- “neutral foods:” fish, non-meat, fruits & vegetables- for lunch and snacks. **No outside meat or chicken/turkey products of any kind will be permitted. If your child participates in the hot lunch program and is having a meat hot lunch meal on a particular day, please do not send dairy sides. Our dietary laws do not allow meat and dairy foods to be combined in the same meal.**

## **Snack and Lunch Procedure**

Traditionally, all meals begin and end with the appropriate blessing. In this way we elevate this basic necessity into a sacred act. *Ha Motzi* (the blessing for bread), helps us to be aware of the elaborate chain of events that puts bread on the table. *Birkat HaMazon* (the blessing after the meal) extends that awareness and reminds us of our link to our ancestors.

**Pre-K, Kindergarten and 1<sup>st</sup> grades will have lunch from 11:30am-12:00pm; 2<sup>nd</sup> through 5th grades will have recess from 11:30-12:00 and eat from 12:00pm-12:30pm. Please let the office know if you plan to have lunch with your child on a special occasion and check in at the office when you arrive. Parents will also need to comply with the *kashrut* rules.**



## **Hot Lunch**

Mazzio's cheese pizza, cheese bread sticks and dessert will be served every Monday. An OPTIONAL kosher hot lunch will be served Tuesday through Friday. Pizza and hot lunches will be billed at \$4.50 per day on a prepaid basis beginning with your August 1 invoice. The monthly hot lunch menu consists of a rotating 2-3 week schedule and will be emailed in advance to each family and will also be posted on our website at [www.mizelschool.org](http://www.mizelschool.org).

**Passover Meals and Snacks Are Served By the School.** Because of the religious observance of Passover, no outside foods will be permitted on those days (please see school calendar). All families will be billed the regular hot lunch rate for Passover lunches and the school will provide snacks. If your child has any dietary restrictions, please let us know.

**A hot lunch enrollment form needs to be on file for each student.**

## **School Lunches and Snacks**

Proper eating habits are developed when we are young. Your child should eat a healthy breakfast BEFORE coming to school. Please pack nourishing lunches and snacks that include protein, fruits and vegetables. **Sweets should be kept to a minimum. PLEASE DO NOT SEND DONUTS OR TREATS FOR THE ENTIRE CLASS UNLESS IT IS FOR A BIRTHDAY OR A VERY SPECIAL OCCASION.**

Please send lunches in containers clearly marked with your child's name. Lunches may not be traded or shared.

We do have a microwave available for heating up food items, but please remember that the children have a short time to eat. If your child's lunch must be heated, please make certain that it will take no more than one minute. Do not send microwavable lunches on field trip days.

We do not have the capacity to refrigerate lunches brought from home. We recommend that parents place a small cold pack in their child's lunch and use an insulated container.



## **Lunch and Snack Ideas**

**No outside meat/chicken/turkey products of any kind will be permitted.**



**Look for these symbols on packaged foods:**

### **Lunches:**

Cheese or vegetable pizza, Frito Chile Pie, cheese enchiladas, Mexicorn, Fettuccini Alfredo, cheese tortellini, cheese ravioli, Manicotti- stuffed with cheese, quiche- made with veggies, bite size cheese bagels, vegetarian lasagna, cheese tacos, tuna noodle casserole, bean burritos, Spanish Rice, vegetarian soups, cottage cheese, vegetarian chili (beans only), baked potato.

**Sandwiches:** grilled cheese, bagel and cream cheese, peanut butter and jelly, peanut butter and honey, cheese with lettuce & tomato, tuna or egg salad. Bread Products: Pepperidge Farm, Oroweat, Thomas or other brands made with pure vegetable shortening (**NO LARD**).

**Sides:** Hardboiled egg, whole-wheat crackers & cheese, French onion dip or cheese dip with fresh veggies, tossed salad with cherry tomatoes & grated cheese, potato salad, vegetarian baked beans, pasta salad.

**Desserts:** Fresh fruit kabobs, fruit salad, fruit naturals, canned fruit, yogurt, Jell-O, pudding, applesauce. Cookies/crackers: Pepperidge Farm, Hydrox, Sunshine, Sara Lee, Nabisco or other brands made with pure vegetable shortening (**NO LARD**).

### **Snacks:**

Chips, pretzels, popcorn, nuts, fresh or dried fruit, dry cereal, vegetables, Goldfish/Cheez-its, string cheese, granola/cereal bars.

**Vending machines on the premises are OFF LIMITS to Mizel students during school hours.**

