The Handbook is a living document. Therefore during the school year, memorandums, weekly reminders sent DOE emails, calendars, schedules, bulletins, reminders, Chancellor’s Memorandums, messages via email, etc. will have an impact on the contents of this handbook.

The most current information will apply as it is received. Please retain this book.

Thank you.

281 Ninth Avenue
New York, NY 10001
Main # (212) 266-5800
Fax # (212) 629-6893
www.PS33ChelseaPrep.org
Welcome PS 33 Families:

The purpose of this handbook is to provide a ready reference to the policies and procedures for your family as you join the PS 33 community.

We invite you to use the information and resources in the following pages as your guide to become familiar with the policies, programs and procedures of the school. Your child’s classroom teacher is the primary link between school and home should any questions or concerns come up, yet there are numerous other people on staff who can support you and your child whenever possible. We place a high value on strong home and school communication.

In addition to this handbook, you will be receiving an information booklet from the yearly elected Executive Board of the PTA with an updated list of events, committees and schedules each new school year. All families are encouraged to take advantage of the many valuable experiences that PS 33 has to offer by being an active participant within the school. Whether you have a little time or a lot, every minute you share getting involved is extremely appreciated and will only enhance our school’s community spirit.

Many of our PS 33 children and adults form friendships and bonds with each other that may be strong for years to come. As parents are the first teachers, we continue to encourage you to remain an active, supportive participant in your child’s development. PS 33 is the beginning of their educational journey and we are pleased to be a part of it. I wish you all a very successful and happy year.

Sincerely,

Cindy Wang
Principal
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As of July 17, 2018
PS 33 Chelsea Prep Vision & Mission

Chelsea Prep is dedicated to providing a healthy and nurturing community where there is physical, emotional, and educational excellence for every child. We are a family where diversity is celebrated, kindness is spotlighted. We are a place where our young minds develop the confidence to be inquisitive explorers, analytical and strategic thinkers, creative and persistent problem solvers while cultivating talents and passions in all fields of academics, arts, and sciences.

Chelsea Prep Community Values and Expectations

PS 33 is committed to providing a safe and respectful learning environment for students and staff, where students have opportunities to engage in quality learning experiences and acquire values supportive of their lifelong social, emotional academic and physical wellbeing.

<table>
<thead>
<tr>
<th>Our Community Values</th>
</tr>
</thead>
<tbody>
<tr>
<td>We are kind.</td>
</tr>
<tr>
<td>We are safe.</td>
</tr>
<tr>
<td>We are responsible.</td>
</tr>
<tr>
<td>We are respectful.</td>
</tr>
</tbody>
</table>

Maintain Safety, Take Ownership, Achieve, and Be Respectful

When our community values and behavior expectations are not met, students are asked to take a proactive role in solving the problems they created so that they take ownership and begin to develop pro-social behaviors.
GENERAL PROCEDURES FOR OUR SCHOOL

Entering the Building
The main entrance to the school is on Ninth Avenue, between 26th and 27th Street. Upon entering the building, all visitors (including parent volunteers) must stop at the security desk and sign in. Picture ID is required. No exceptions. From there, all adults and visitors must proceed to the Main Office. As a Department of Education safety rule, baby strollers and bicycles are not permitted past the security desk. Bicycles, scooters or wheeled shoes should not be ridden on or around school property during or after school hours. Also, bicycles or scooters are not allowed to be tied or chained to the school gates during school hours and will be removed if the school cannot locate the owner.

Parents / Guardians may not escort children beyond the security desk or Main Office during school hours.

To protect the safety of the children, any adult authorized to pick up a PS 33 student will be asked to present a picture I.D. and must know the child’s first and last names and classroom number. Children will only be released to adults listed on the blue card.

Arrival
For your child’s safety, no PS 33 student is allowed to enter the building until the designated time. Doors open at 8:00 AM for breakfast and it is free. School begins at 8:20 AM.

Students who arrive after teachers pick up their classes and doors have been closed, are late. If your child is late to school, please bring students to the main entrance of the school. There is a “Late Table” in the lobby where students will sign the late log and receive a late pass. Students in the lower grades will be escorted to the classroom. This period is a very busy time of day. Because the disruptions can upset normal routines and learning of all students, it is important that you help your child be on time each day. Establishing good attendance habits right from the start is very helpful.
**Arrival Procedure**

- Pre-K: Students will be dropped off in the classroom (first two weeks of school).
- Kindergarten, Grades 1 & 2: Enter through the yard to the cafeteria. Go to cafeteria for teacher pick-up.
- Grades 3, 4, and 5: Enter through entrance on 27th and 9th Ave. Students are to report to the gymnasium for teacher pick-up. Doors will open for students at 8:10AM.
- Children must enter school by themselves and parents say good bye outside. This will make traffic more manageable.

**School Bus Arrival:** Children are escorted off the buses by the school aides and walked into the school. Upon entering the school, they are then directed to the gym or cafeteria. At all arrivals, (school bus, main entrance and schoolyard) students are met and supervised by PS 33 school personnel.

**Dismissal**

- Pre-K students are dismissed at 2:30PM from the classroom.
- Students in grades K-3 are dismissed from the school yard regardless of weather conditions, unless in extreme weather conditions. Children are to be picked up from their posted designated area determined by grade and class. Kindergarten and grade 1 students are dismissed at 2:35PM and students in grades 2-3 are dismissed beginning at 2:40PM.
- Students in grades 4-5 are dismissed from the exit on the corner of 26th Street and 9th Ave, beginning at 2:40PM.

Children who are not picked up on time are brought to the Main Office where parents/guardians are contacted by phone. If it becomes too late in the evening and no one on the blue emergency card can be reached, the child can be taken to the police precinct. Please make sure your emergency contact information is up to date. Late pick-ups are extremely upsetting to the child.

**We ask that you do not schedule routine doctor or dental appointments during school hours.** Children should not be picked up early from school except when parents are contacted by the school nurse for medical, dental or family emergencies. Early pickups are extremely disruptive to the educational process of the entire class.

**All public school arrival and departure times are set by the Department of Education and can change from year to year. You will be notified each summer as to the arrival and dismissal schedule for the upcoming school year. Please note these hours to ensure on-time arrivals and departures.**
**Saying Goodbye to the Teacher:** For your child’s safety, before leaving the school area at dismissal, please make sure that the child shakes hands with his or her teacher and informs the teacher of the name of the adult picking them up. The person picking up the student should be acknowledged by the teacher.

**School Bus Dismissal:** Children are escorted from their class to the auditorium. There they are arranged by bus group and escorted directly to their bus. Because of insurance regulations, only children scheduled for a particular bus are allowed to ride. Visitors, play dates, etc. are not permitted on the bus. Please be on time to meet the bus. Make an attempt to meet other parents/caregivers/guardians at your child’s stop and exchange numbers. If no one is at the stop for pick-up, the child will remain on the bus until the driver can return the child to school. If it is too late in the evening and no one on the blue emergency card can be reached and if there are no personnel at the school to meet the student, the child can be taken to the police precinct at 212-741-8211.

**PLEASE NOTE:** If any changes occur in your child’s pick-up routine, you must send a note to the teacher. **If you forget to send a note, please email ChelseaPrepMainOffice@gmail.com or fax a note to (212)629-6893 or call the main office.** Please call the office to confirm the note was received. The student will not be released to any person not named on the blue emergency card without prior notification. To ensure smooth and proper dismissal for all of our students, please communicate changes in pick-up routines in advance. Last minute communication can cause confusion to students and disruptions to school routines. If you have an emergency or will be delayed in your schedule, please contact the Main Office prior to dismissal time and note the child’s name and classroom number. The main office number is (212)244-6426. Please make sure you have spoken to someone at the office to ensure the change request has been received.

**Attendance**

Each student’s attendance is extremely important at PS 33 and adds to the success of the school year. Please make sure to have your child at school on time. Beginning on time promotes good habits, while lateness disrupts classmates and teachers. **Children who arrive late will sign in a late book and issued a late pass. The Chancellor’s regulations require each student have 90% attendance in a school year.** Children who are registered in the public school system are mandated to attend school daily. **Ten absences and lateness is considered excessive.** Attendance is one of the measures used to determine grade promotions.
Absences & Lateness

Please email ChelseaPrepMainOffice@gmail.com every day, to notify that the student will be absent. We ask all parents/guardians to keep children at home during the early infectious period of a cold, illness or communicable disease. All students who have been absent from school (regardless of number of days) must bring a note to the classroom teacher from their parent(s)/guardian or doctor stating the reason for their absence. The teacher forwards the note to the Main Office where it is kept on file. All absences must be explained with a note. Please check the school calendar carefully so that you can plan your family vacations and appointments during school breaks. Taking your child out of school for family trips is against New York City regulations and strongly discouraged; more importantly it is academically and socially disruptive to your child’s learning.

If your family needs to travel for an emergency, please go to the Main Office and fill out the required forms which include providing the school with travel itinerary, address and valid phone number where you can be reached. You can receive these forms from our parent coordinator, Hanne Kjeldgaard HKjeldgaard@schools.nyc.gov. Also, send a note to the classroom teacher. Attendance is carefully documented in the Main Office and any extended period of absence from school can result in a parent/teacher conference or notification to the Administration for Children’s Services (ACS).

Teachers should not be asked to prepare vacation homework for children. If your child is sick, you can ask that a classmate bring home the homework but often without the lesson, the homework is confusing. We recommend using the time to practice basic math facts and read.

Student Dress Codes *NEW*

It is important that our students are dressed for successful learning. We recommend clothing and footwear suitable for a working learning atmosphere and appropriate weather. In order to achieve this goal, the following guidelines are in place:

General
- Hats, caps, hoods, and other headwear may not be worn during the school day unless for school-sponsored activities. Headwear is allowed for religious purposes.
- Jackets and coats (outerwear) may not be worn indoors during the school day.

Shoes
- Sneakers or form-fitting shoes are recommended for the school day.
- No backless or high-heeled shoes are permitted. (Flip flops are not permitted; sandals with back straps can be worn.)
• No shoes with wheels (can be worn if wheels are removed.)

Pants, shorts, skirts
• Pants and shorts need to fit snugly at the waist.
• Sagging clothing is not acceptable.
• Extremely brief shorts and short skirts are not appropriate for school. Mid-thigh length or longer is appropriate.

Shirts
• Shirts with sleeves are recommended.
• Halter, tank, and thin-strapped tops are not permitted. Sleeveless athletic jerseys without a t-shirt underneath are not permitted.

The following items are inappropriate for school and therefore not permitted:
• Make-up
• Anything that may cause a distraction to the educational process or is deemed inappropriate or unsafe

Emergency at School
Should your child become ill during the school day, the school nurse will call you and ask that you pick up your child as soon as possible. In case we are not able to reach a parent/guardian or caregiver, we will contact the numbers on the blue emergency card as a backup. The back-up emergency contact should also come to school with a picture ID.

If a serious emergency occurs at school, we first contact the parent/guardian, caregiver and emergency contacts from the blue card. If the school is unable to reach any of the above-mentioned people, the child will be taken by ambulance to the emergency room. In the meantime, all attempts will be made to continue contacting all the names on the blue emergency card. In the event that the school needs to be evacuated, PS 33 students will be escorted to a nearby evacuation site. If there is a matter of concern that causes all PS 33 students and staff to be removed from the premises, please call 311 for information and updates. If you would like further information, a copy of the school safety evacuation plan is available for viewing in the Main Office.

Holidays and Days Off
There are holidays and staff development sessions that are designated by the Department of Education as non-attendance days for students. Please keep
track of these days and mark your calendar in advance. Use the following resources for a list of holidays when school will be closed:

- PS 33 Bulletin Board-located at the main entrance
- PS 33 website ► www.ps33chelseaprep.org
- School Handouts
- NYC Department of Education Website► http://schools.nyc.gov

Weather Information / School Closings

By 6 a.m. on days with severe or unusual weather conditions, the Chancellor will decide to close or delay the opening of New York City public schools. School information will be announced on the following radio stations: WINS (1010 AM), WCBS (880 AM), as well as television --NY 1 (Channel 1 on Time Warner Cable). In the case of a two-hour opening delay, all students who arrive at the two hour delay time will be considered punctual and will not be marked late. On delayed days, regular school buses will run delayed two hours in the a.m. Regular dismissal times will be the same. Neither individual schools nor school districts can independently dismiss students early. Only the Chancellor can make that decision through radio and television announcements.

In the event of extremely severe weather conditions (blizzard, torrential rain, etc.),

- Pre-K children will be picked up from the classrooms.
- Grades K-2 students will be picked up in the auditorium.
- Grades 3-5 students will be picked up in the gymnasium.

Please note these procedures may be subject to change. Advance notification will be provided to families when possible. Thank you in advance for your patience and flexibility as we work together to ensure safety for our school community.

Breakfast / Lunch Program

The New York City Department of Education provides a healthy breakfast for students each morning at no charge.

Lunch in the cafeteria is available for everyone. Check the DOE monthly calendar or http://www.opt-osfns.org/osfns/ for school lunch information. The lunch schedule changes every year. Students eat lunch with their classmates at their assigned lunchroom table. There is an outdoor play period before or after lunch depending on the schedule (weather permitting). During inclement weather (rain, ice, snow, etc.) students may watch a video being shown in the
auditorium or read or play quiet games. Children are supervised by school aides and teacher assistants.

**School Trips**

PS 33 students enjoy numerous field trips. Make sure to send in the required permission slip prior to the day of your child's class trip. Please check the permission slip if your child will need to bring a bag lunch and beverage *(no glass bottles)* from home that day.

Parents are frequently invited to accompany their children's classes on trips as chaperones. The teacher and class parent will coordinate the specific number of chaperones needed for each trip and will rotate parent requests to give everyone an opportunity.

Please remember—you are coming as a teacher’s helper and will be assisting with the whole class. A parent or relative may not take the child's sibling out of another class to attend the trip with the student. **Persons under the age of 18, whether or not related to the child, are not allowed to accompany any child's class on a trip in any capacity.**
HOME & SCHOOL COMMUNICATIONS

School-Wide Communication

Our school uses Blackboard Connect as the primary platform for school-wide communications. Messages will be sent via emails and text alerts. If your contact information changes, please be sure to update it in the main office. Thank you in advance for your cooperation.

Parent Coordinator

The Parent Coordinator is the parents' first step in their search for information about PS 33: the New York City school system in general; or for issues or concerns which need to be addressed at the school. She is available during school hours. The Parent Coordinator is a professional who works with her colleagues to solve problems within the school.

IMPORTANT NUMBERS

| New York City Information (schools, parking, weather) | 311 |
| PS 33 Main Office (between 11am-2 pm for non-emergencies) | (212) 244-6426 |
| PS 33 FAX Number | (212) 629-6893 |
| Afterschool Program | |
| • YMCA | (917) 275-4125 |
| • Serious Fun | (917) 346-2617 |
| • Hudson Guild | (212) 760-9800 |
| • Chess NYC (Mondays & Wednesdays Only) | (212) 475-8130 |
| Custodian’s Office | Call Main Office |
| Department of Education Website | http://schools.nyc.gov |
| PS 33 Website | www.ps33ChelseaPrep.org |
| Guidance Counselor | (212) 244-6426, Ext. 1022 |
| School Nurse | (212) 244-6426, Ext. 1060 |
| PTA Website | www.ps33PTA.org |
| PTA E-mail | ps33pta@gmail.com |
| Parent Coordinator | (212) 244-6426 Ext. 1021 |
| Office of Pupil Transportation (OPT) | 718-784-3313 |
| School Psychologist | 212-244-6426 Ext. 2463 |
| Social Worker | 212-244-6426 Ext. 2464 |
| Dismissal Changes | ps33chelseaprep@gmail.com |
Parent Involvement

Along with all the essential components that make a public school successful, it is extremely important to have a motivated and involved parent body. Parent involvement at PS 33 is a key to its success. The parents in our school realize the importance of making a contribution that not only benefits their individual child, but all the students. Our students come from all over the city and from different parts of the world, with parents that work in a variety of occupations. Each experience that is brought forth is a wonderful and unique contribution to our community. They are many opportunities for parents to become involved in the fabric of PS 33:

**Parent Teacher Association** - Every PS 33 parent is automatically a member of the PS 33 PTA. But other opportunities exist to become involved in PTA activities. The Executive Board is elected in for a one-year term from July 1st – June 30th. The officers of the PTA include: Co-Presidents, Vice Presidents, Recording/Corresponding Secretaries, and Treasurers. In addition, there are various Committees such as Membership and Parent Involvement, Budget, Fundraising, Hospitality, Communications, Class Parent Liaison, Grants, and Political Action. Our PTA also provides Third Street Music, Recess Coaches from Asphalt Green, Technology Supports, TAs, and other valuable school-wide resources. For more information, please visit us at www.ps33PTA.org.

**The School Leadership Team** consists of parents, PS 33 staff and administrators who formulate a Comprehensive Educational Plan (CEP) as well as a budget for our school. School Leadership Teams are mandated by the Department of Education. This group is responsible for developing school-based educational strategies and ensuring that resources are available for implementing those strategies. SLT members serve as the communication link within the school and to the greater school community. They evaluate the school’s educational program, focusing on the goal of continuous student achievement and improvement to reach the school-stated mission. The PS 33 School Leadership Team meets one to two times each month.

**Class Parents** – These parents are the first level of support in the school. Class Parents work closely with the teacher to communicate information to the parents in their classrooms, and organize events involving the students and teachers. These positions (usually 1-2 per class) are selected early fall of the school year.

**Become certified to be a Parent Volunteer** – “Learning Leaders” is a Department of Education-recognized volunteer training and certifying group for PS 33. The three 2-hour training sessions can qualify parents to volunteer within the building
during the school day, i.e. helping out in the library. The training sessions are available on-site in the fall.

**Accompanying class trips** - PS 33 students go on many interesting class trips during the school year, and parents are invited to go along as a teacher’s helper. It is a great way to share an event with your child, as well as a good opportunity to get to know his/her classmates and teacher better.

**Communication with the Faculty**
PS 33 takes great pride in the quality of its teachers and staff and the level of commitment they offer the students of the school. Setting up a good line of communication between parents and teachers helps make for a successful school year.

If you have questions/concerns/suggestions about a school-related issue, the following steps may be taken:

<table>
<thead>
<tr>
<th>Matters</th>
<th>Contacts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Matters related to your child’s academics and grades, as well as behavioral, social, and emotional growth. The teacher is a family’s first and primary point of contact. Parents/guardians should check in with your children’s teachers regularly.</td>
<td>Classroom Teachers/Specialty Teachers</td>
</tr>
<tr>
<td>Lunch/Recess</td>
<td>Student Support Specialist, Gloria Mance <a href="mailto:GMance@schools.nyc.gov">GMance@schools.nyc.gov</a></td>
</tr>
<tr>
<td>Information about school services and programs All information about parent-based activities and opportunities The Parent Coordinator will help address any questions or concerns.</td>
<td>Parent Coordinator, Hanne Kjeldgaard <a href="mailto:Ps33chelseaprep@gmail.com">Ps33chelseaprep@gmail.com</a></td>
</tr>
<tr>
<td>Busing</td>
<td>Parent Coordinator, Hanne Kjeldgaard <a href="mailto:Ps33chelseaprep@gmail.com">Ps33chelseaprep@gmail.com</a></td>
</tr>
<tr>
<td>Questions relating to student social and emotional supports as well as academic guidance. The guidance counselor also assists with middle school applications/admissions.</td>
<td>Guidance Counselor, Melaine Lawrence <a href="mailto:MLawren22@schools.nyc.gov">MLawren22@schools.nyc.gov</a></td>
</tr>
<tr>
<td>First level of administrative contact. The assistant principal works in collaboration with the principal to oversee school programs, academics, student support, and discipline.</td>
<td>Assistant Principal, Danielle Remsen <a href="mailto:DRemsen@schools.nyc.gov">DRemsen@schools.nyc.gov</a></td>
</tr>
</tbody>
</table>
Contact the Principal for concerns that cannot be resolved through the teacher, Parent Coordinator, Assistant Principal, or other school staff member.

Principal, Cindy Wang
 cwang@schools.nyc.gov

After contacting any of the above school personnel, you will receive a response within 48-72 hours.

Please keep your communications with school staff respectful. All personnel are here to assist in ways that benefit the students. If you have a positive remark about a teacher, staff member, activity or event, please tell us. We like to hear good news.

Parent / Teacher Meetings and Conferences

Parent - Teacher conferences occur in late fall and early spring. At these conferences, report cards will be discussed and distributed. Parents must sign and return them to the teacher within one week. The class parents will contact the parents about setting up a conference time. Scheduled times will either be in the afternoon or evening. Tuesday afternoon (2:40PM-3:20PM) has been identified as PS33’s Parent Engagement meeting time as per the last UFT contract.

If more time is necessary, parents may contact the teacher for a meeting or telephone conference to discuss a particular issue by sending a note in your child’s backpack or leaving a message in the Main Office.

TRANSPORTATION

If you live within the school zone and walk to school, you are not eligible for school transportation. Only students in the G&T program or coming to school through School Choice may be eligible for public school transportation. The New York City Department of Education has established rules and regulations regarding school transportation. Your child may receive one type of service only for round-trip transportation to and from school. Also, please note transportation eligibility and changes can be reviewed after Grade 2.

If your child is in grades K, 1 or 2 and resides less than ½ miles from school, he or she is eligible for half fare on Public Transportation.

If your child is in grades K, 1 or 2 and resides ½ mile or more from school, he or she is eligible for a Yellow School Bus or free fare on Public Transportation.

If your child is in grades 3, 4 or 5 and resides at least ½ mile and less than one mile from school, he or she is eligible for half fare on Public Transportation.
If your child is in grades 3, 4 or 5 and resides 1 mile or more from school, he or she is eligible for a Yellow School Bus or free fare on Public Transportation.

Check the Office of Pupil Transportation (OPT) at www.opt-osfns.org for further information.

**METROCARD**

Student Metrocards are valid on NYC buses and subways between 5:30 am and 8:30 pm, Monday thru Friday only on days when school is in session. Students are issued either a full- or a half-fare Metrocard, which is determined by the Office of Pupil Transportation computer system and based on your home address and grade level. Half-fare Metrocards are good on buses only and must provide the remaining balance in change.

Metrocards are sent to classroom teachers for distribution and are backpacked home. Eligible students receive two Metrocards a year—the first in September is valid for the first half of the school year. The second card will be issued in February. Students must always print their name on the white strip on the back before they use it. Also, please make a note of the card’s number and keep it in a safe place.

If the Metrocard is lost or stolen, please send a note to the PS 33 Main Office as soon as possible so the student can get a replacement. Getting a new card may take some time, so make sure the student has another way of getting to and from school until the replacement card arrives. Do not allow anyone else to use the card.
SOCIAL MATTERS

Birthday
Classroom birthday celebrations are limited to one treat (cupcake, fruit, pretzels) per child. Please check with the classroom teacher for the class routines and policies regarding birthday celebrations.

Please be advised that many of our students have allergies. Treats with nut products, or made in a factory with nuts, are not permitted. Check with your child’s teacher about additional food allergies you may need to be mindful of.

Holiday Parties --- Because PS 33 has such a diverse student body, religious and other holiday parties are not celebrated in school and we feel these joyous occasions are best celebrated with family and close friends.

OTHER SCHOOL POLICIES

Cell Phone & Electronic Devices Policy
http://www.ps33chelseaprep.org/cell-phone-policy.html

We recognize that parents provide their children with cell phones for safety reasons. Therefore, we understand that students will bring their cell phones to schools. Cell phones must remain turned off and stowed away during the school day, including breakfast and lunch. Cell phones that are being used to make calls, texts, or play games during the day will be confiscated. Parents will need to come to school to pick them up.

Unfortunately, at times, cell phones go missing during the school day. While we try to help the child recover the missing phone, the school is not responsible for any lost or stolen items. Students are responsible for the safe-keeping of all their personal belonging.

Students are not allowed to use personal electronic devices such as electronic games, iPods, and iPads at school. Any items brought to school must be put away for the day. Use of the devices during the day will result in them being confiscated. Parents will need to come to school to pick them up. Additionally, the school cannot guarantee the safety of these items during the school day.
Health & Wellness Policy

PS 33 is believes in providing a safe and healthy learning environment to all our students. Our school is partnered with Wellness in the School and City Bees and Peas to promote heath, wellness, and sustainability. In order to achieve our goal, the following guidelines are in place:

- Limit unhealthy food/snack intake—candy, gum, chips or any beverage other than water are prohibited in the school.
- Glass bottles without a silicone sleeve are not permitted.

Below is a list of healthy recommended snack list for students:

### Recommended Snack List

<table>
<thead>
<tr>
<th>Healthier Food Options</th>
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</thead>
<tbody>
<tr>
<td>Fresh fruit</td>
</tr>
<tr>
<td>Raw vegetables</td>
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<tr>
<td>Yogurt dipping sauce for fruit and vegetables</td>
</tr>
<tr>
<td>Low fat cheese</td>
</tr>
<tr>
<td>Dried fruit or nuts</td>
</tr>
<tr>
<td>Plain yogurt (provide fresh fruit topping)</td>
</tr>
<tr>
<td>Air popped popcorn</td>
</tr>
<tr>
<td>Pretzels</td>
</tr>
<tr>
<td>Hummus</td>
</tr>
<tr>
<td>Explore healthy snacks from around the world</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Healthy Beverages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low-fat or skim (fat free) milk</td>
</tr>
<tr>
<td>Tap water (add fruit slices for added flavor and fun)</td>
</tr>
<tr>
<td>100% fruit juice (6oz recommended limit)</td>
</tr>
</tbody>
</table>

Food Allergies

Managing food allergies in schools is a team effort; SchoolFood staff works collaboratively with school administration and the onsite health care professional to ensure that the needs of students with food allergies are addressed. On a daily basis, our menus offer more than one option for students.
to enjoy. Providing students with menu choices allows each child to select food items that meet their taste preference and allergy needs.

Unfortunately, it is not possible to establish and maintain a “peanut-free environment” in school cafeterias. Prohibiting foods containing a specific ingredient, such as peanuts, does not eliminate the possibility of a student’s exposure to that ingredient. Food items that do not contain peanuts may be produced in manufacturing plants that make peanut products, often times using the same production line. In addition, students and school staff may bring peanut-containing foods from home.

Parents and guardians with concerns regarding food allergies are advised to consult with their medical professionals, the school administration, and the on-site health care professional. These supports will aide in determining the best course of action for the child concerning a food allergy, assist the child in mitigating against the risk of exposure, and assist him or her in selecting appropriate meals, snacks, and beverages while at school. Please view our Allergy FAQ document.

We ask parents and guardians to support us by discussing with your child/ren the importance of being allergen-aware and sensitive by discouraging sharing and/or trading of food and drinks.