

### COMMIT TO OUR EDUCATION PROGRAM

- Create daily and weekly rhythms for your child at home; share meals together.
- Provide open-ended toys and tasks to allow your child to explore, build, create and imagine.
- Follow and support the policies and procedures of the school.
- Learn more about Journey School and parenting by attending parent enrichment events.

### VOLUNTEER

- Help in classes, such as make/prep materials, classroom cleaning, laundry, bring flowers or food, sew costumes, chaperone trips
- Improve playgrounds, garden and site
- Help with fundraising, festivals, grant writing and more with the Parent Cabinet and School Council.

### SUPPORT OUR SNACK AND LUNCH GUIDELINES

- Send wholesome ingredients, fruits and vegetables, and as little sugar as possible. Pack only water to drink. No gum, candy, soda, juices, unhealthy foods.
- Send snacks and lunches in reusable containers with reusable utensils in lunch baskets or boxes void of media or commercial images.

## THE 5 POINTS OF PARENT PARTICIPATION AT JOURNEY SCHOOL

### SUPPORT ECOLOGICAL AWARENESS

- Become a Garden team volunteer
- Promote recycling, reusing, repairing and sustainability with your child.
- Participate in our recycling program on Thursdays.

### SUPPORT OUR MEDIA EXPECTATION

- Completely eliminate all electronic media from Sunday late afternoon to Friday after school, for grades K-5.
- Dialogue with your children in grades 6-8 about the appropriate use of electronic media, specifically as study aides and for word processing.