

## COMMIT TO OUR EDUCATION PROGRAM

- Create daily and weekly rhythms for your child at home; share meals together.
- Provide open-ended toys and activities in nature 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/prepare materials, classroom cleaning, laundry, bring flowers or food, sew costumes, chaperone trips
- Get involved in special projects such as improving our playground, etc.
- Volunteer 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.
- When your child brings nuts to school they sit at the nut table to eat them.

# THE 5 POINTS OF PARENT PARTICIPATION AT JOURNEY SCHOOL

## SUPPORT OUR MEDIA POLICY

- Follow our media diet, refraining from consuming 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, guiding them to participate ethically, not passively consume media. Limit passive, one-way media on school nights.
- Only Grades 6-8 students may bring cell phones onto campus. With teacher approval, cell phones may be used for emergency purposes or for arranging transportation after school.

## SUPPORT ECOLOGICAL AWARENESS

- We strive to be a zero waste school! Send snacks and lunches in reusable containers with reusable utensils in lunch baskets or boxes void of media or commercial images.
- Join us in modelling 4 R's - Recycle, reuse, repair and rot - and sustainability with your child.
- Become a Garden team volunteer.
- Participate in our recycling program on Thursdays.