



# 2022-23 SCHOOLHOUSE MT. ZION SCHOOL DISTRICT #3 MMXXII



Jeffrey Sams  
Board President



Nathan Brock  
Board Vice  
President



Michelle Shumaker  
Board Secretary



Matthew Beavers  
Board Member



Kyle Janvrin  
Board Member



Kent Newton  
Board Member



Kristi Niles  
Board Member

**School Start Times:**

Grades 7-12.....7:45 a.m.

Grades K-6.....8:30 a.m.

**Early Dismissal Times:**

Aug 16, Dec 21 & the last day of school

Grades 7-12.....11:05 a.m.

Grades K-6.....11:35 a.m.

**Regular Dismissal Times:**

Aug 17 & each regular school day after that

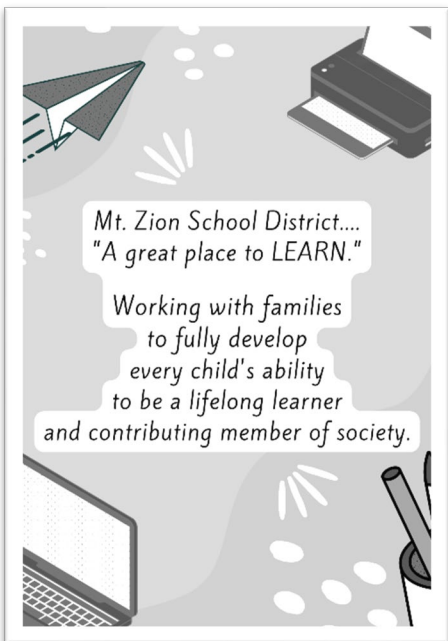
Grades 7-12.....2:30 p.m.

Grades K-6.....3:00 p.m.

**SUPERINTENDENT**



Dr. Travis R. Roundcount



We would like to welcome everyone to the 2022-2023 school year! I've [attached](#) the school calendar so we will all be prepared when that first day of school arrives. All faculty, staff, and administrators of the Mt. Zion School District will start the new school year with a teacher's in-service on August 15<sup>th</sup>. Each school principal has scheduled department/grade level meetings, building meetings, and other organizational meetings for the faculty throughout the day. Students will return to the classroom on Tuesday, August 16<sup>th</sup>, with a half-day dismissal. Regular bus transportation will be available on August 16<sup>th</sup>. Parents with special circumstances or questions regarding any aspect of the educational programs or activities for the 2022-2023 school year are encouraged to contact the building principals or central office administration.

We have a tremendous group of faculty and staff returning for this coming school year. Our teachers have performed at the highest level in addressing our student's needs, and we appreciate all of their talents and efforts. Additionally, we are hiring a few additional positions for next year, including a special education administrator, Renea Smith. Renea has already been working with our district students for 12 years, and she has an article included in this

newsletter if you would like to know more about her and the special education program. We are excited to start a life skills/self-contained classroom at Mt. Zion Grade this coming year, and Mrs. Smith, Mr. Gruen, and the faculty and staff will ensure a successful transition for the students.

We continue to update our security procedures and equipment annually to stay up with the best practices and safety recommendations. While we have about 200 security cameras, they are often used afterward to assess what already took place. Therefore, our district also puts time and resources into prevention. While I would love to share all of our security enhancements, providing that information communitywide could weaken our security plan. I would be happy to talk with parents individually if you have questions, but the general information I can provide is that we have taken great strides to limit the access of intruders, and we are continuing to do more. While limited access to the building is an inconvenience for parents and families, it increases the safety of our kids and everyone in the building. The Mt. Zion Police Department, other local law enforcement agencies, our school police officer, and our school district would like to remind everyone that our emergency response plan includes immediate actions by law enforcement to eliminate any threat. Safety continues to be our top priority.

Regarding facilities, we are busy this summer having a new roof put on the intermediate school. The shingle roof was just over 20 years old and not holding up to heavy rains. The new roof will be multiple layers, and the metal on top comes with a 40-year warranty. We are replacing the asphalt parking lot at the high school and remodeling the girls' sports locker room. The McGaughey playground will be receiving some new equipment for special education students this year. The playground addition is expected to cost over \$116,000. However, Doug and Peg Schmalz and the Andreas Family provided funds through the Community Foundation of Macon County to make this possible. Mt. Zion Grade will have some new carpeting this year and several other improvements in the district will be complete before the school year begins.

One final positive item is that you might notice a service dog in the school buildings this year. We will have a therapy dog at the High School on a regular basis. The current insurance policies allowed this to happen as an additional resource to assist with mental health concerns. I hope everyone is enjoying their summer, and know that we have many great things happening to make this school year a success!

### RESIDENCY REQUIREMENTS

Per the Illinois School Code, permanent records must indicate that the parent/legal guardian resides within the boundaries of

this school district. Families who are new to the District or families enrolling new students in the District must observe the residency requirements [found here](#). The residency documents must be provided to school personnel in the building where the student will attend classes.

### MT. ZION FOUNDATION FOR QUALITY EDUCATION

We are fortunate to have the Mt. Zion Foundation assist our schools with items that fall outside of the school budget. The Mt. Zion Foundation for Quality Education is a non-profit, tax-exempt organization governed by a Board of Trustees whose members are parent volunteers, business leaders, and professionals from the community with a commitment to education. The Foundation operates as an independent entity, established to enrich programs throughout the Mt. Zion Schools. In 2022 the Foundation will again extend its support by allowing teachers to submit mini-grants for various items they want for their students. These items would be valued at or under \$200, and the Foundation covers the cost. To donate please follow this link. If you would like to provide the Foundation an extra hand please email [mzfqe@mtzschoos.org](mailto:mzfqe@mtzschoos.org).

We will have excitement this year as a result of the Foundation's contribution towards the cost of purchasing various items in all grade levels including Interactive and non-interactive flat-panel TVs, Smart Boards, science materials, classroom projectors, books, flexible seating, as well as materials needed to support the TRIBE freshman orientation and special education. During the past 29 years, the Mt. Zion Foundation for Quality Education has provided over 1.8 million dollars for projects including the purchase of items such as: Chromebooks, video equipment, band instruments, classroom audio/visual equipment, Kindles and E-books, science equipment, live streaming equipment, reading software and books, program support, flexible seating, document cameras, and IPADs.

Mt. Zion is fortunate to have the following individuals as Foundation for Quality Education Trustees for the 2022-2023 school year: Zach Anderson, Jessica Allen, Katy Doolin, Lisa Flora, Jamie Foster, Kevin Fritzsche, Steve Grohne, Kelli McInerney, Ross Munsterman, Billy Rockey, Michelle Shumaker, Betsy Tanner, and Kristen Thompson. To continue our success, our schools are staffed with dedicated men and women who are committed to providing our children with an excellent education in a safe and secure environment. Parental involvement also contributes immeasurably to the success of our schools. We encourage our parents to join us and be involved in the many active parent organizations in the District. This combined effort makes Mt. Zion Schools "a great place to learn."

**ASSOCIATE SUPERINTENDENT**

Mr. Brian Rhoades

Welcome to the 2022-2023 school year! For those of you who are new to the District, welcome to Mt. Zion. We look forward to meeting you and helping your child be successful in our schools. For those that are returning, we are glad to have you back. Together, let's make 2022-2023 the best school year yet.

It truly has been an unprecedented last couple of years. Thankfully, the state budget has continued to fund education through the relatively new evidence-based model formula. While maintaining fiscal responsibility, our goal is to continue to provide an exceptional learning experience for your child and continue to offer many opportunities for them to be successful while being fiscally responsible with your tax dollars. You can be sure that our decisions are based on providing what is best and necessary for our students to become productive and successful citizens.

I want to let you know that I am always open to suggestions, questions or comments about our schools, and my office and phone are always available to anyone. We will look to build on all of the successes of the past and continue to look for ways to improve all of our schools. I look forward to working with all of you and together we all can make Mt. Zion schools continue to be a "great place to learn".

**STUDENT ACCIDENT INSURANCE**

All students enrolled at Mt. Zion CUSD #3 are covered under the District's Supplemental Student Accident Insurance. The Student Accident Policy provides coverage for eligible medical expenses as a result of an accident while attending school or participating in school sponsored co-curricular activities. This policy is **secondary coverage** and will pay a **portion** of eligible expenses when no other health insurance is available and/or fill gaps in current health insurance coverage. If the

student and/or parents have any questions regarding this insurance coverage, they may contact the Central Office at 864-2366.

**LUNCH PRICE UPDATE**

The federal government has not extended the waivers for next school year to allow free meals for all students. As a result, schools across the nation will be reverting back to free and reduced-price meals based on income eligibility guidelines set by the US Department of Agriculture. **During the 2022-23 school year, families who do not qualify for free or reduced lunch will have to pay for school meals as they did prior to 21-22.** Please contact Darcie Hayes, our Food Service Director, if you need more information about free and reduced lunches and the documentation needed.

**E-FUNDS AND ELECTRONIC PAYMENTS**

E-funds will once again be available for parents to make many school payments. This system makes payments for school expenses in real time. You must create an account with e-funds using the link provided in the family access food service page or the link on the school web page. Once you create an account with e-funds, you can select your child's name and make the appropriate payment by checking account transfer or credit card. This payment will go directly into the proper account. A convenience fee of \$1.25 per transaction for checking or \$2.85 per \$100 transaction for credit card will be charged by e-funds.

The District will also accept electronic payments for student food service accounts, registration fees, and other payments made to the School District. This system usually takes up to a week to process so it is not intended for lunch balances below \$10.00 or other payments that need to be made immediately. Credit will not be applied to your child's account until the District has actually received the check from the bank. To utilize this free electronic payment system:

1. Go to your local bank's online bill pay system. Enter a school building's name and address from the list below, as the company you wish to pay. For children in different buildings, please make separate entries and the bank will send separate checks. If you are making a payment for Registration and Food Service to the same building we would again ask that you make separate entries and the bank will send separate checks. This will allow the District to better track the payments being made by the bank on your behalf.

2. On your bank's online bill pay system, enter the amount of the payment you wish to make.

3. On your bank's online bill pay system, enter in the memo line/description line the reason for the payment. Please be specific and provide as much information as possible (student's name, student's ID#, reason for payment - food service, registration fee, etc.).

**MT. ZION JR. HIGH SCHOOL**



Principal, Mrs. Julie Marquardt

Greetings from the Mt. Zion Junior High faculty and staff. We are eagerly anticipating the upcoming school year with enthusiasm and a warm welcome awaits all the students as they begin and complete their journey at the Junior High School. It is always apparent to me through observation and discussions with students and parents that Mt. Zion residents desire a quality education for their children and they encourage them to behave in an acceptable manner both academically and socially. The District is large enough to offer challenging programs to all students, yet small enough to maintain a feeling of "togetherness".

**REGISTRATION**

Online registration is available to parents/guardians using Skyward Family Access beginning Friday, July 5th. For those that cannot register online, on-site registration for students is Wednesday, August 3rd from 12:00pm – 6:00pm. The instructional fee is \$100.00 per student and can be paid online by efunds, electronic payments or on registration day.

**ACADEMIC REQUIREMENTS**

Mt. Zion Junior High students are required to take science, math, literature/composition, social studies, physical education, and an elective. The students may choose art, band, orchestra, French, Spanish, home economics, computer concepts, yearbook/ journalism, or study hall as an elective.

**STUDENT SUPPORT SERVICES**

Students and parents are reminded that we have a social worker and student services coordinator on staff at the Junior High School. If you have any questions regarding your child's schedule, please call the office at 864-2369.

**SCHOOL HOURS**

School will start at 7:45 am daily and be dismissed at 2:30 pm  
The schedule is as follows:

1 <sup>st</sup> Period	7:45-8:33
2 <sup>nd</sup> Period	8:37-9:22
3 <sup>rd</sup> Period	9:26-10:11
4 <sup>th</sup> Period	10:15-11:03
5 <sup>th</sup> Period	11:07-11:55
Lunch is served during 5 <sup>th</sup> Period	
6 <sup>th</sup> Period	12:29-1:13
7 <sup>th</sup> Period	1:17-2:01
Focus Period	2:05-2:30

**PHYSICAL EDUCATION**

Physical Education uniforms may be purchased using eFunds or they will be on sale during registration. Cost is \$25.00 per set or \$15 per item. Uniforms are required for participation in physical education classes. The fee can be paid online by efunds, electronic payments or on registration day.

**SPORTS**

Softball, baseball, and cross country will begin in late July or early August. For exact times and dates, please call the Junior High Office, at 864-2369. Please remember that all athletes must have a physical on file to try out and participate. The athletic physical form is available on the school web site. There is a \$40.00 athletic fee per sport, per student for all who participate in Junior High sports. Note: There is \$260.00 cap per family.

**HANDBOOK/CALENDAR & CO-CURRICULAR GUIDE**

As part of the registration process parents will be required to go online and sign off indicating that they have read and agreed to the terms of the documents.

**PICKING UP STUDENTS AFTER SCHOOL**

Parents are asked to leave the circle drive on the east side of the school open for bus pick up before and after school. The suggested place to pick up your children would be in the back parking lot on the west side of the school. The circle drive may be used when buses are not loading and unloading.

### HEALTH INFORMATION

All students who attend Mt. Zion Junior High School must have a parent complete and sign a Health Information form. This form is provided at registration or may be obtained on Family Access. The health information form equips the school nurse, teachers, and coaches to deal with any health problems or emergencies students may experience while at school or participating in a sport. This form should be on file by the first day of school. All students who will use medication of any kind while at school must have the medication authorization form filled out by their doctor and parent. This includes any over the counter medication as well as inhalers. Illinois state laws provides for students who wish to carry their inhaler while at school. However, any student with an inhaler must have the authorization form on file with both doctor and parent signatures. Any form submitted without both signatures cannot be accepted. Forms are provided at registration. If there are any questions pertaining to your student's health, please feel free to call your child's school and speak with the nurse.



Mt. Zion Junior High School:  
*"Home of pride, tradition, and spirit"*

### PICTURE INFORMATION

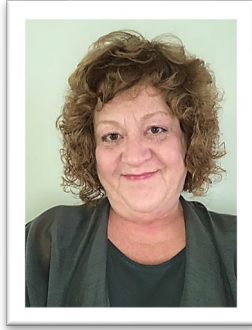
Inter-State Studio will take pictures of junior high school students during the morning of Tuesday, August 18th. Picture packets will be distributed during the first day of school. Students should bring money (payable to Inter-State Studio) that day if they wish to purchase pictures.

### DRESS CODE

As your building administrator in the Mt. Zion School District, I am anticipating a great year! In an effort to provide a wholesome atmosphere at the Junior High School, it is requested that parents again cooperate in monitoring the apparel your children wear to school. Specifically, the following will not be allowed; apparel that doesn't meet the dress code, shirts that have profanity on them or advertise alcohol or tobacco product, and/or shirts having scenes which imply the physical or sexual abuse of people or animals. Your understanding and cooperation with this concern will be appreciated. For additional information, please refer to the District Dress Code. I trust the information in this publication will be helpful. If you have any additional questions, please call me at 864-2369.

**SCHOOL HEALTH**

Alex Smith  
School Nurse  
Grades PreK-3



Jeanne Luckenbill  
School Nurse  
Grades 4-12

Welcome back to the new school year! We hope that your summer was a healthy one!

Physical Examination requirements are due on or before the first day of the school year, but no later than October 12<sup>th</sup>, 2022 for all students entering the following grades for the first time:

- Pre-Kindergarten
- Kindergarten
- 6<sup>th</sup> grade
- 9<sup>th</sup> grade
- Any student who is entering an Illinois school for the first time, regardless of grade level, within 6 weeks of enrollment

Dental Examinations or Waiver are required by May 15<sup>th</sup> 2023 for all students entering:

- Kindergarten
- 2<sup>nd</sup> grade
- 6<sup>th</sup> grade
- 9<sup>th</sup> grade
- Any student new to the District or entering an Illinois school for the first time regardless of grade level, within 6 weeks of enrollment

Eye/Vision Examinations or Waiver are required by October 15<sup>th</sup>, 2022 for students entering:

- Kindergarten
- Any student entering an Illinois school for the first time, within six weeks of enrollment

Immunizations must be up to date and on file by October 12<sup>th</sup>, 2022.

We welcome the opportunity to assist parents and students during the upcoming school year and look forward to seeing all of you soon!

**SPECIAL EDUCATION**

Renea Smith, Administrator

It is with excitement that I write as the new Special Education Administrator. Allow me to introduce myself! My name is Renea Smith, and I am eager to get started as Mt.Zion's Special Education Administrator. My name may sound familiar as I have been serving in this capacity for the past eight years for Mt. Zion as a Special Education Administrator with the Macon Piatt Special Education District Cooperative. Along with Mt. Zion, I have served as the SEA for various county school districts such as Monticello, Meridian, Central A & M along with South Shores Elementary in Decatur. I have been a SEA for the last 11 years. Prior to becoming a SEA I was a high school special education teacher at Mt. Zion for 4 years. I have previously been a special education teacher in the Meridian School District and the Arthur Community School District. I have served in the Mt. Zion District for 12 years and have become quite familiar with the students, staff, families and various programs. I am excited to officially be a part of the excellent Mt. Zion tradition.

Currently, I am from the Moweaqua area. I have a husband and two adult children. My husband is a teacher and coach, while our children have both decided to follow a path in education. One teaches special education while the other is a 4th grade teacher. From our career paths you can see that we highly value the field of education, teaching and striving to make a positive impact in the lives of students. Although my children are grown, we continue to value family time and enjoy going on family vacations together.

I look forward to continuing to develop the services and programs that Mt. Zion is able to offer students with varying disabilities. Currently, Mt. Zion offers special education services from PreK students to students through their 22nd birthday. Services range from speech-language services to self-contained classrooms with related services ranging from

occupational therapy to hearing or vision therapy. I can assure you that I will be dedicated to caring for our students and providing them with a learning environment in which they can be successful.

I truly believe that every child can be challenged to meet their full potential. This can be done with cooperation between home and school. I hope to foster a relationship between home and school that allows for trust and self-esteem building. I am excited to explore new ideas to meet the needs of all students and to interact with parents and community members. You can reach me by email at [smithr@mtzschoools.org](mailto:smithr@mtzschoools.org).

## **CURRICULUM AND TECHNOLOGY**



*Billy Rockey, Director*

Hello, my name is Billy Rockey, and I am entering my ninth year in this position. I have been with Mount Zion Schools for the last fifteen years as a teacher and more recently as the Director of Curriculum and Technology. I am excited to continue serving the teachers, staff, and students of Mount Zion Schools. As the parent of three Mount Zion students, working with our teachers and staff on increasing student achievement through more effective use of educational technology and curricular best practices is my number one priority.

Mount Zion Schools continues to focus on helping our students be 21st century learners. Last year was the 6th year of our 7-12th grade 1:1 initiative where all students are assigned their own Chromebook to take to classes and work with at home. It seems we have reached the stage in our 1:1 initiative where it's hard to picture a time where Chromebooks weren't utilized as an educational tool for our students. GSuite and Google Apps provide pupils in all grade levels avenues through which

to create and explore while learning. Several teachers in our district took part in Google Level 1 and Level 2 cohorts to become Google Certified Educators. We are proud of the efforts our teachers have made to develop their own proficiencies in utilizing technology to develop the young minds of our students.

We continue to increase opportunities for our students at all grade levels with S.T.E.M. initiatives funded by A.D.M. We look forward to continuing our Lego/Robotics program in all buildings this year. In addition, funds from A.D.M, the Foundation has provided funds for classroom technology upgrades, specifically BenQ Interactive Flat Panels and new Smart Boards to replace our aging fleet of Smart Boards. In addition, The Foundation put forth funds to support upgrading many, many classrooms across the district with, among many other items, flexible seating, STEM supplies, and large screen televisions to enhance the classroom experiences of our students. The Foundation has also provided science laboratory equipment, and a variety of other educational supports that enrich the education of Mt. Zion students. Braves TV had another successful year allowing people near and far to witness events involving Mt. Zion students and allowing HS students the opportunity to participate in media of various forms.

Internet safety is a major concern for our district. We are proud of the safeguards we have put in place to allow us to track student activity and filter the content as dictated by Children's Internet Protection Act. Google Chromebooks used at school and home are filtered using both the built-in Google content filter, as well as an additional layer of filtering and reporting software called GoGuardian. Teachers at school will also utilize a new program called GoGuardian Teacher, which allows them to see a student's Chromebook screen while they are at school, in addition to other features used within the educational setting.

We are proud of our achievements in improving our network infrastructure over the last several years. We have wifi in every classroom and continue to expand access in high traffic areas. This additional connectivity will allow us to meet the increasing demand of our district's expanding technological needs. Our district Internet bandwidth is a robust 1,000 mbps to support the continued growth of online educational learning across the district. This summer new network equipment was put in at

each building to provide better performance across the network.

Mt. Zion Schools continues to look for ways to improve communication with parents. All parents have access to Skyward Family Access. Logging into this program will show you a wealth of information including student grades, food service information, discipline, report cards, and more. If you do not currently have this access, you can fill out the Family Access Request Form found under the links section of the district web page. We utilize the Skylert broadcasting system to keep parents informed of emergencies and general information. Our website can be found by going to <http://www.mtzschools.org>. All teachers have email and their addresses can be found on the district web page. We'd also like to encourage parents to follow our district Facebook and Twitter pages on social media.

Julie McNamara, Technology Specialist, continues to play a vital role in keeping our growing resources working efficiently. The assistance she provides to our staff, along with the behind-the-scenes infrastructure maintenance she performs enables our teachers to provide a high quality, technology-rich environment for students.

I am happy to discuss the district's curriculum and technology matters with parents and community members. I can be reached at 217-864-2369 or by email at [rockeyw@mtzschools.org](mailto:rockeyw@mtzschools.org).

*Visit your child's school and see how technology is being used to enhance your child's education!*

## **TRANSPORTATION DEPARTMENT**



*Director, Paul Reeve*

Hello from your transportation office. Summer is ending and it's time to prepare for another school year. As always, the safety of our students is top priority as we continue to look for new and better ways to transport our precious cargo. We are diligent in making sure we do the best job we can. Our drivers are some of the best trained drivers in the country. New drivers have to spend many hours of both classroom and behind the wheel instruction before they can be licensed. We have yearly refresher classes we must also take. Our buses are maintained regularly and must pass regular state bus inspections to ensure they are safe. We have many policies in place to help us maintain a high level of excellence. All of this helps make the school bus the safest mode of transportation to and from school.

Over the summer we saw several changes within our department. We have replaced all of our wheel chair buses and are implementing new routing software that we believe will help us keep our routes running smoothly along with making it easier to notify parents of any last-minute changes or delays in your student's route. We have established many new protocols to help us be prepared for any circumstance that arises. Some of these changes started last year and we will continue to find ways to be more visible and share information throughout the school year. One way is through our Facebook page located at Mt. Zion CUSD 3 Transportation. We will continue to share driver spotlights along with safety messages to help us all be more knowledgeable in the workings of a school district transportation department and promote a positive atmosphere.

Even with all we do, it still takes all of us to ensure our students are safe. I truly believe we are in this together. Here are some of the ways that you can help:

1. Make sure students are at their stop a few minutes before scheduled pickup time. When a student is late, they tend to hurry or run to the bus ignoring the surroundings. This is an accident waiting to happen. It also helps our buses to maintain their schedule. If we wait for a student, it will make us delayed to the stops after.
2. Make sure your student reads the rules for the bus in their school handbook. Excessive noise, standing up, sitting out in the aisle is not just distracting to the driver and other students, it can be quite dangerous should the bus have to stop quickly for any reason. School buses are designed to keep the student safe but will only be effective they are sitting properly in their seat.
3. Please don't use the bus as a taxi service. We understand that there will be times when a student needs to ride to a secondary address other than their appointed stop. We have no problems accommodating these needs but please use



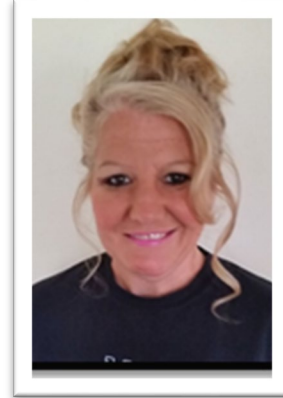
this in an emergency only. Some buses are very crowded and making room for an extra student can be difficult. When it is needed, a parent or guardian must get prior approval from the transportation or school office. If you contact the transportation office, make sure you also contact your students' school so they know as well what bus your child needs to ride. We will not honor text messages on the student's phone. Any student who tries to get on a different bus without proper approval will be sent back into the school office or their assigned bus. This is something we just can't allow.

4. Kindergarten and 1<sup>st</sup> grade students must have an approved adult **present and visible** at the bus stop before we can let their child off the bus. If no one is present, we will continue on the route and the office will try to reach an adult to make arrangements to drop off the student or take them back to the school or transportation office to be picked up.
5. When it is dark at the time of pick up or drop off, be sure to get some reflective tape and put it on your student's back pack so they can be seen by not just the bus driver but other drivers.
6. If for any reason your student, who usually rides a bus, isn't that day, please call us at 217-864-5233 and let us know. This way we could possibly avoid driving well out of the way especially in a rural area.
7. If you drive your student to school instead of busing, remember that the red lights and stop sign apply in the school parking lot as well as the public street. When you are approaching a bus, watch for the flashing yellow lights and slow down. Do not speed up to beat the bus, you never know when a student is running for the bus and could run out in front of you. A bus stop only takes a few seconds to complete, so please be cautious. When stopping for a bus, make sure to stop at least 10 feet behind or in front of the bus.
8. If you have moved over the summer and your address has changed, please call at least 10 days prior to school starting so we can make the necessary changes and be ready on day one. We will have the pick-up times posted on the district web page a few days before school starts so you can see when your student will need to be at the stop. Please understand that the first couple days, times might vary as we all get used to the new schedule.

If you have any questions or concerns, please feel free to contact the transportation office at 217-864-5233 or email to [reevep@mtzschoos.org](mailto:reevep@mtzschoos.org) and we will do our best to answer them for you. Again, remember, we are all in this together and

let's all do our part to make the 2022 - 2023 school year a safe and successful one.

## **FOOD SERVICE**



*Darcie Hayes, CDM, CFPP*  
Director

### **NUTRITION STANDARDS IN NATIONAL SCHOOL LUNCH**

The 2022-23 school year continues following the National School Lunch Program requirements for hot lunch. Our school nutrition services will be participating in the DOD program this 2022-23 school year. The USDA annually allocates money for Illinois to spend with the Department of Defense Fresh Fruit and Vegetable program. Mt. Zion Food & Nutrition Services will be maintaining a healthy balanced nutritious quality meal. Students may purchase a hot nutritious meal and healthy ala carte items.

The focus continues on offering healthier options for students in the Mt. Zion Community Unit School District #3. The District monitors the Local Wellness Policy and makes appropriate changes to improve nutrition and health education in the classroom, PE classes, and class parties. We encourage healthy choices in the breakfast and lunch program in the District. The Wellness committee includes administrators, teachers, PE staff, school nurse, food service, parents and students. Mt. Zion School District will continue to monitor the policy's implementation in the 2022-23 school year. Parents are encouraged to look at their student's food service information on Family Access. Any school organization that requires the kitchen in any of the schools for the 2022-23 should contact Darcie Hayes **four weeks** prior to the event at 217- 864-2114. This allows for plenty of preparation in order to make the fund-raising event successful.

### **FOOD SERVICE PROGRAM DISTRICT #3 OVERVIEW**

The food service program for grades K-12 offers a daily meal consisting of a meat/meat alternative, vegetable, fruit, bread, and milk. A breakfast meal is offered to students in grades K-12 each day before school. A Grab N Go lunch that consists of nutritious items that are approved for the Child and Nutrition Program. The National School lunch program continues to offer nutritious ingredients in all items for the lunch program. We will be decreasing the sodium 10% more for the upcoming school year 2023-24.

**DEBIT ACCOUNT OVERVIEW**

Nutrition and Technology team-up in the Mt. Zion School District with an automated meal purchasing system. This program provides a positive identification process used to access a student debit account and record purchases of food service items. A debit account will be established for each user and sharing of accounts will not be allowed. Students, parents, and staff may deposit advance sums of money to cover food service purchases. Advance deposits allow the user to draw from an individual debit account rather than having to handle cash during the lunch serving time. Payments and purchases are recorded daily. Parents will receive an email when the student's account reaches \$10.00. This is a reminder that will be delivered via email until a deposit is made into the student's account. If the student has a negative balance, an automatic call, email, and texted message through School Messenger will be made to the parents as a reminder. Payments may be made using e-funds through Family Access. Once online payments are made the money is automatically credited to the student account. Online payments can be made anytime. **Parents may also call the Food Service Office at 217-864-2114, by 10:00 a.m. and request a student transfer from one sibling to another.**

**GRADES K-6**

Payments will be accepted each morning school is in session. Payments should be sent in an envelope with the student's name, student's ID number, and teacher's name. Payments should include break-milk money for students in Kindergarten only. Payments will be posted to the student's debit account on the same day if received before 10:00 a.m. The food service office maintains a record of student payments. Payments may also be made using e-funds through Family Access. Once online payments are made, the money automatically is credited to the student account. Online payments can be made anytime.

**GRADES 7-12**

Payments will be accepted **before 10:00 a.m.** each morning that school is in session. Locked drop boxes are available in five locations in the Jr. & Sr. High School buildings. This method of payment collection will ensure posting of deposits and that funds will be available in the student's debit account before lunch serving time (10:10 a.m.), and that funds will be available in the student's debit account before lunch serving time (10:10 a.m.). **Payments made after 10:00 a.m. will be posted the following school day. Students will not be allowed to purchase a la carte items when we return to Phase 5 until payments are posted.**

Payments by check, money order, cash and online e-fund payments are accepted and must contain student name and ID number to ensure proper posting. Payments of cash will be accepted in a sealed envelope, available at drop box locations. The envelope must be labeled with student name, ID number, and amount of cash deposit. No change will be given to students. The school Food Service Administrative Assistant will maintain records of all cash deposits and parents can view these deposits in Family Access.

**FREE/REDUCED MEAL APPLICATIONS**

Free and reduced lunch and breakfast applications, along with letters containing guidelines, are available online throughout the school year and in each school's office. A parent/guardian wishing to apply must complete and return the application to their student's school office. Verification of income, and a letter of approval or denial will be sent by mail to the parent/guardian. **Students with Free/Reduced Status may only purchase A la Carte items if his/her debit account has funds available to cover such items. Kindergarten students with free/reduced status wishing to purchase milk for break time should make payment to cover such (\$ .50 per carton) on a weekly or monthly basis.**

**Students with free/reduced status may only receive one (1) free/reduced lunch and one (1) free/reduced breakfast per day.**

**Meal Pricing**

Breakfast K-12		Lunch K-3		Lunch 4-12	
Full	\$2.05	Full	\$2.75	Full	\$2.95
Reduced	\$0.30	Reduced	\$0.40	Reduced	\$0.40
Adult	\$2.25	Adult	\$3.45	Adult	\$3.45

**Second meal - \$3.45** Second meals are charged at full price; there is no federal support for second meals. Menu items may be purchased separately only in addition to a paid lunch.

K-3 one week of lunch = \$13.75  
4-12 one week of lunch = \$14.75  
K-3 one week of breakfast = \$ 10.25  
4-12 one week of breakfast = \$10.25

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***BEFORE AND AFTER SCHOOL  
ACTIVITIES PROGRAM  
(BASAP)***



*Lori Rutherford, Director*

The Before and After School Activities Program for the 2022-2023 will officially begin on August 16, 2022, the first day of school for students. All children registered in the program should bring a sack lunch on this day since this is an early dismissal day.

Prior to this date, the BASAP staff will be hosting an orientation on Thursday August 11, 2022 at McGaughey Elementary School from 6:30pm-7:00pm. A complete overview of the program will be discussed.

We look forward to another exciting school year. If you have any questions regarding BASAP or the upcoming orientation, contact Lori Rutherford, BASAP Director, at 217-864-2814.