Garrett Uniform Requirements

The adoption of the policy has several goals:

- Focus student attention on schoolwork and alleviate the peer pressure students feel to compare with those who wear the latest cool clothing.
- Create an orderly uniform environment where all children are perceived on an equal plane.
- Reduce conflict among students & reduce disciplinary actions that need to be taken by administrators and teacher.
- Provide parents the opportunity to save money on purchasing clothes and more easily plan their “child” selection of clothing for the week.

1) Pants and Slacks
   - Khaki or navy in color
   - No more than one size larger than the actual waist size
   - Fitted leg and hemmed; length is to the top of the shoe, not dragging on the floor.
   - Worn at the waist
   - No excessive pockets

2) Shorts/Capri’s
   - Khaki or navy in color
   - May not be worn shorter than 3” above the knee
   - No longer than mid-calf
   - Worn at the waist

3) Skirts, Skorts and Jumpers
   - Khaki or navy in color
   - May not be worn shorter than 3” above the knee
   - No longer than mid-calf
   - Worn at the waist

4) Tops
   - Solid (no print allowed) navy blue, light/powder blue, white or grey
   - Garrett Spirit wear “POLO” shirts ONLY are allowed to be worn anytime (these will not be provided by the PTA)
   - COLLARED shirts or blouses or turtleneck
   - All shirts must be long enough to be tucked in & stay tucked in
   - No sleeveless shirts or T-shirt style undershirts

5) Vests and Sweaters
   - Solid (no print allowed) navy blue, light/powder blue, white or grey
   - Long or short sleeve sweaters
   - Pullover, zippered or buttoned cardigan sweaters or vests are acceptable
   - Uniform tops must be worn underneath and tucked at the waist

6) Sweatshirts
   - NO HOODED, sleeveless or pocketed sweaters allowed. Sweatshirts must be the same colors, solid colors, as the Tops indicated above (navy blue, light/powder blue, white or grey)
   - Uniform tops must be worn underneath and tucked at the waist

7) Belts (Optional, but if worn must fit guidelines below)
   - Solid color belts-black, brown, navy blue or white with regular, non decorative buckles
   - Belts should fit, with the end only a few inches past the buckles
8) **Shoes, Socks and Shoelaces**
   - Athletic/tennis shoes or other sturdy, leather type shoes with skid free soles are acceptable
   - Shoelaces must be tied and match shoes (solid in color); Velcro is acceptable
   - Socks are to be solid white, black, grey, navy or powder blue
   - Girls may wear skin tone pantyhose, tights or knee highs in white, black, grey, navy or powder blue
   - No Heeleys
   - No lights or decorative ornaments

9) **Jewelry**
   - Minimal, simple in nature and non-disruptive
Missouri Eat Smart Advanced Guidelines

A Guide to Promoting a Healthy School Environment

Acceptable Foods for Candy Cart, Vending, School Stores and Snack Lines

- Fifty percent of foods sold for fundraisers from candy carts, school stores and snack lines must meet the Eat Smart Advanced Guidelines. (This also includes vending machines)
- Fat - Not more than 35 percent of weight may come from fat except for nuts, seeds and nut butters
- Sugar - Not more than 35 percent of weight may come from sugar except for fruit with added sugar.
- Calories - Not more than 200 calories per selling unit

Healthy Food Ideas:

- Pretzels
- Dried fruits
- Fresh fruit
- Fruit smoothies
- String cheese
- Cheese and whole grain crackers
- Granola bars
- Cereal bars
- Breadsticks
- Graham crackers
- Animal crackers
- Lowfat pudding
- Lowfat yogurt
- Go-gurt pops
- Yogurt whips
- Baked chips
- Trail mix
- Cereal mix
- Sunflower seeds
- Fruit cookies
- Lowfat low-calorie cookies
- 100-calorie snack packs
- Fruit by the Foot - Ingredient statement will specify grapes, orange juice or pears from concentrate
- Fruit Roll-Ups - Ingredient statement will specify grapes or orange juice or pears from concentrate
- Fruit Cushers - Ingredient statement will specify grapes or orange juice or pears from concentrate
- Fruit Snacks - Ingredient statement will specify grapes, or orange juice or pears from concentrate

Classroom Parties, “A Healthy Celebration”

Create a healthy celebration for students by focusing the party on activities and games instead of food. Make the food count at your party by providing healthy choices.

- Plan special party games and activities.
- Create a healthy party idea book. Ask school staff and parents to send in healthy recipes and ideas for activities, games and crafts. Compile these ideas into a book that staff and parents can use.
- Instead of a party, organize a special community service project. Involve parents in planning the project.
- For birthdays, let the birthday child choose and lead an active game for everyone.
- Create a “Celebrate Me” book. Have classmates write or draw a picture to describe what is special about the birthday child.
- Make the birthday child the teacher’s assistant for the day and let him or her do special tasks like make deliveries to the office, lead the line, start an activity and choose a game or story.
- Make a healthy snack with the students.
- Introduce students to fruits they may have never tried before such as star fruit, kiwi, mangos and papaya.

Healthy food ideas for classroom parties**:

- Thin crust pizza with low-fat toppings (ham, Canadian bacon or just cheese)
- Fruit or grain muffins
- Bagel slices with jam
- Hot pretzels
- Popcorn (no butter added)
- Sandwiches or wraps with turkey or ham
- Yogurt parfaits
- Yogurt topped with granola
- Yogurt whips
- Go-gurt
- Ice cream cups (Example: Blue Bunny’s 80 calorie cup)
- Fruit by the Foot - Ingredient statement will specify grapes, orange juice or pears from concentrate
- Fruit Roll-Ups - Ingredient statement will specify grapes, orange juice or pears from concentrate
- Fruit Cushers - Ingredient statement will specify grapes, orange juice or pears from concentrate
- Fruit Snacks - Ingredient statement will specify grapes, orange juice or pears from concentrate
- Fresh fruit and cheese kabobs
- Cheese cubes or string cheese
- Angel food cake, plain or topped with fruits
- Fruit pizza
- 100 percent juice products

**Remember, in accordance with sanitation standards, all food brought to school from home for classroom parties must be store-bought!

Food not allowed: most cookies, cakes, candies and cupcakes.
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ARRIVAL

For arrival, please enter in the bus line, and exit through the car & bus line. Please do not drive through or park in the middle (car lines). The traffic flow for arrival should be circular in nature.

See diagram below.

DISMISSAL

See diagram below.
Dear Garrett Parents and Guardians,

Due to our heavy bus and car volume, we must strictly adhere to the following arrival and dismissal procedures.

- Students are not allowed to be on campus before 8:15. If you need to leave your child before 8:15, please make arrangements with our YMCA before care.
- Please pull all the way around the parking lot to allow for smooth and safe traffic flow. If possible, your children should only be let out on the sidewalk side of the parking lot.
- Please do not cut in front of other vehicles or let your children out in the middle of the circle area.
- All students will be dismissed at 3:50 PM.
- Please do not come to the office to pick up children after 3:30 unless there is an after school appointment for the child. You will need to park in a parking spot or the street if you need to come into the building at this time. No cars will be permitted to park in the circle area after 3:00.
- If you are picking up students for a daycare, please wait in your van/bus and the students will be walked to you by a Garrett staff member. Please do not leave your vehicle unattended.
- The Hazelwood Police Department is assisting with this process. Please do not park in the No Parking zones as the Hazelwood Police Department may ticket.
- Please follow the directions of the adults in the street and parking lot as they are doing what they can to keep our arrival and dismissal as safe and smooth as possible.

On the back of this paper, you will find a diagram of where to pick up your children.

We appreciate your cooperation. Dismissal is a busy time and we want to ensure the safety of all of our children.

*Please keep in mind that the first week of school always takes a bit longer but know that it always gets better by week two.

Sincerely,

[Signature]

Dr. Erik Melton
Principal