





GALS 5 Expectations 2023/2024 (G5)

Middle School	High School
1: Keep cell phones off and put away during class 	
Cell phones can get in the way of learning, being present, and participating in class.	
Phones and headphones must be off and put away during class time.	Phones and headphones must be off and put away during class time. Exceptions are made if a teacher asks or allows you to use your phone for a lesson.
2: Dress to move 	
The GALS dress code is designed for you to be ready to move and exercise.	
Middle School <ul style="list-style-type: none"> ★ GALS shirt ★ If you wear a top layer, the GALS logo must be visible ★ Movement bottoms designed for exercise (no jeans, pajamas, or loose metal hardware) ★ Athletic shoes with a closed toe and closed heel <p><i>Wednesdays are Athletic Dress Down Day</i></p>	High School <ul style="list-style-type: none"> ★ Movement tops with words and images that are appropriate for a school setting - GALS T-shirts highly encouraged! (not just a bra) ★ Movement bottoms designed for exercise (no jeans, pajamas, or loose metal hardware) ★ Athletic shoes with a closed toe and closed heel <p><i>Wednesdays are Dress In Your Own Unique Way Day</i></p>
3: Eat food that nourishes your body and mind	
Food is fuel for our brains and bodies. We encourage you to drink lots of water and eat fruit, vegetables, popped popcorn, crackers, granola bars, sports drinks, etc. throughout the day. Gum is permitted.	
Foods that are not permitted in class: <ul style="list-style-type: none"> <input type="checkbox"/> Candy <input type="checkbox"/> Soda/sugary drinks (including energy drinks) <input type="checkbox"/> Nuts and sunflower seeds (to protect those with allergies) <input type="checkbox"/> Unpopped popcorn 	 
4: Be in the right place at the right time	
Students must hold or wear a standard, visible pass when in the hallway during class time. Hallways should be clear of students for the first five minutes and the last five minutes of class. Teachers must know where students are at all times. One student may be out of each class at a time with the standard pass, and must sign in and out of class.	
5: Use language that is appropriate for a school setting	
The way we talk to each other matters. Some words are not a match for a school environment, and should not be used at school. These include but are not limited to: <ul style="list-style-type: none"> <input type="checkbox"/> Identity-based slurs <input type="checkbox"/> Hate speech <input type="checkbox"/> Swear/curse/cuss words directed at someone 