



Dress Code

We have a dress code that considers both the inner and outer needs of children. A great deal of care has been taken with the quality of the school environment, both outside and inside and this attention to detail is quite deliberate.

The relative lack of posters and visual information on the walls, the use of clear, clean colours and the interesting lines and surfaces of the architecture all reflect an important underlying educational principle. Namely, that the sensory impressions received by children, particularly visual and auditory impressions, work deeply into them and have a significant influence on the ultimate health of the developing human being. Beauty and the sense of it can only be educated with beauty.

Whilst we do have an official school uniform, we do have an expectation of what children can wear to school and we ask that parents assist us in meeting this expectation.

Please note the following points about clothing:

- A broad brimmed hat with a good level of sun protection is required under State legislation for Term 1 and Term 4. Children without hats will be limited to shaded areas during outdoor times
- Children must wear closed in footwear outside and will require slippers to wear inside all year round. Thongs are not suitable for school.
- The children should be comfortable in all extremes of weather: please provide raincoats, warm hats & gumboots for wet weather and in hot weather, shirts and dresses with sleeves as well as sunhats.
- Clean clothing made of natural fibres without commercial designs, cartoon characters or harsh images are recommended. No images that depict violence, death or skulls or clothing that has offensive or violent slogans, movie images or big logos.
- Colour nourishes soul and spirit. Be conscious of the effect of colour and images and think of the difference they will make to others when your child dresses in the morning. We ask that black be discouraged as the main colour of your child's clothing.
- Older students provide an important role model for younger children and represent the school in the wider community: we expect all clothing to be of a wholesome, acceptable and functional style for all school activities
- To retain childhood qualities - piercings (except for one pair of small plain earrings), make up, nail polish, dyed hair, spray deodorant and perfumes are not permitted. Students are not permitted to wear jewellery, watches and accessories during school sessions, not only to prevent damage and loss, but also for safety reasons.

If children do wear inappropriate clothing, they will be asked to turn it inside out or they may be asked to replace it with something suitable from lost property. It is essential that you name all your child's belongings to ensure that they are returned to you as at the end of each term we do donate all unclaimed items to the local charity shop.

Food

The school, kindergarten and playgroup actively encourage nutritious food for children during their time at school. The effects of foods such as sugar, food colouring and preservatives have been shown to hinder a child's ability to concentrate and focus. This will ultimately affect their performance at school. Food is a shared experience within a school. There are certain foods that can be detrimental to a child's well-being and can create envy within a classroom.

For these reasons the following foods are not permitted at school:

- Lollies of any sort - including sugar free
- Packets of chips of any sort.
- Icing - on any occasion - on/in anything
- Jelly
- Chocolate anything - in any form i.e. bits on muesli bars, or in muffins.
- Any non-water drink - including juice or flavoured milk
- Hazelnut spread
- Sugar added fruit roll ups
- Anything with a high sugar content
- Anything with artificial colouring and/or artificial flavoring content
- Anything with flavor enhancers i.e. 621 or 625

The school realises how hard it can be to continually find nourishing, easy and desirable foods for your children. There are certain foods that the school recommends:

- Fresh fruit
- Sandwiches with a not highly processed grain bread
- Wraps made from mountain bread and filled with tuna, falafel, salad
- Vegetable sticks and dips
- Natural yogurt in reusable containers
- Pasta
- Soup
- Homemade popcorn
- Pizzas pieces, quiche pieces or vegetable slice
- Sushi
- Healthy muesli bars without chocolate or yoghurt topping
- Healthy cake e.g. banana, carrot or apple - icing free.

The kindergarten and prep children are provided with a wholesome morning tea each day and they bring their lunch from home. The school tries to offer school lunches on a Thursday for classes one to six. This is a term commitment and a choice and is dependent on if there enough children to make it viable

We also have a policy of recycling and composting as much as possible, so we ask that rubbish be kept to a minimum.

We thank you for your support with this commitment.