

Meridian School Parent Handbook

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Academic Policies

Homework

Homework is a viable extension of concepts presented in class. We encourage families to reinforce homework assignments that will enhance quality of education and help ensure success. All parents and student should expect homework to be given every night except holidays.

- **Lower School:** No homework is assigned over long weekends or vacations. General homework assignment guidelines are as follows:

Kindergarten	15 minutes/day	M-Th
Class 1	30 minutes/day	M-Th
Class 2	30 minutes/day	M-Th
Class 3	30-45 minutes/day	M-Th
Class 4	45 minutes/day	M-Th
Class 5	45-60 minutes/day	M-F
- **Middle School:** No homework is assigned over long weekends or vacations. General homework assignment guidelines are as follows:
Approximately 30 minutes/day for each core class M-F
- **Upper School:** No homework is assigned over long weekends or vacations. General homework assignment guidelines are as follows:
Approximately 45 minutes/day for each core class M-F
Advanced Placement classes not to exceed 1.5 hours/day

Math and Language Labs are offered during the lunch period for middle and upper school student requiring additional assistance to complete assignments in these areas. Students who are struggling may be assigned by their teachers to attend these labs.

Grading Policy

Lower School: No letter grades are given for Lower School. Evaluations and reports are issued twice a year through the main office. Parent-Teacher conferences are held twice a year to discuss student progress.

Middle/Upper School: Letter grades are given out three times a year. Credit is given for each hour of class during the term in which the student earns a passing grade. Parent-Teacher conferences are held twice a year.

Letter Grade	Numerical Value	Percentage
A	4.0	94% - 100%
A-	3.7	90% - 93%
B+	3.4	87% - 89%
B	3.0	84% - 86%
B-	2.7	80% - 83%
C+	2.4	77% - 79%
C	2.0	74% - 76%
C-	1.7	70% - 73%
D+	1.4	67% - 69%
D	1.0	64% - 66%
D-	0.7	60% - 63%
F	0	59% - 0%
P	0	Non-graded pass
I	0	incomplete

- **I:** An incomplete may be given for a student who has not completed the term's work. If the work is not completed within the period of the following term, the incomplete will become an "F".
- **P:** A non-graded pass is given for students entering late in a semester who do not do enough work to receive a grade. The next term's grade will establish a grade for the work done in a short semester.
- Any student receiving a C- or below in **Math only** will be required to retake the class.
- **The grade point average (GPA) is achieved by dividing the total numerical value of the courses by the value of the courses taken.**
- Core subjects are weighted by the full numerical value. Elective subjects are weighted by half of their numerical value.

Honors: Students achieve “honors” distinction for each grading term their GPA is at least 3.4 and no course grade is below a C. “High Honors” distinction requires a term GPA of 3.7 or higher and no course grade below a C. “Meridian Scholar” is an honor given to students who achieve Honors in all three terms of the school year. “Meridian Scholar with Distinction” is awarded to students who earn High Honors all three terms of the school year.

Academic Probation: A middle or upper school student is placed on academic probation at mid-term or the end of the grading period for one or more of the following reasons:

- GPA below 1.75

- D or F in any academic core classes

- C- or lower in half of core classes

Lower School students may be placed on academic probation at the teacher's recommendation. Students and parents are notified of probationary standing when progress reports are distributed. Parents receive regular reports on students' academic progress. Students remain on academic probation until grades improve and rise above C-. Students are not allowed to participate in sports or other extracurricular activities during academic probation. After-school study halls and weekly class performance reports may be required for student on probation. If a student is on probation for two consecutive terms, it may jeopardize contract renewal and the student's continuance at Meridian School. **The student's effort, behavior, and overall academic performances all influence the contract renewal decision.** Supervisors track the academic progress of students on academic probation (see Tracking Grades).

After-Hours Child Care

Meridian School does not provide after hours childcare. The school day ends at 3:10pm and it is expected that all students (Lower, Middle, and Upper School) will be picked up at this time.

Because we recognize there may be extenuating circumstances that delay a parent picking up a child, Meridian School provides teacher supervision until 4:00pm at no additional cost to parents.

Many of our faculty remain at school after 4:00 to prepare for the next day, and there are extra-curricular activities taking place after school as well. Parents should not expect that their children may remain in the building under the care of these teachers, nor should parents expect that younger siblings may wait with older siblings who are practicing for sports, drama, etc. Faculty and coaches are only responsible for those students enrolled in their programs.

School hours end at 4:00pm and the building is locked. All students who have not been picked up at this time will be required to exit the building. No students who are not specifically involved in an extra-curricular activity will be allowed to wait for a parent inside the building. Please pick your students up by 4:00pm. It is frustrating and distressing to our administration and faculty and your student to remove the children from the building or to wait with them at the sacrifice of their own families and schedules.

We are appreciative of the many parents who consistently retrieve their children promptly at the end of the school day. Please be respectful of the demands already placed on our faculty and staff by ensuring that your children are picked up by 4:00pm.

Attendance

The first bell of the school day rings at 8:15. First period and lower school classes begin promptly at 8:20. All students are expected to be on time to each class. Failure to be on time will result in a loss of lunch and extracurricular activity privileges. A student's success in any subject is dependent upon regular attendance and participation in class. Excessive absences and tardiness negatively affect their ability to do well in school. It will also limit the student's ability to participate in extra-curricular activities such as sports or drama.

Parent & Student Responsibility

Absences should be avoided as much as possible. Regular attendance is necessary for the student to be successful in school. A student will be given an unexcused absence if there is no contact from their parent/guardian within 24 hours. Please follow these guidelines:

- Absences due to illness, funerals, and other emergencies deemed appropriate by the administration, should be excused within the day of the absence.
- Parents should contact the school before 9:00 am to excuse their child for illness. If a student is not excused for this absence within the current school day, the absence will be considered unexcused
- Prolonged absences must be excused with a note from the parent.
- Travel and vacations during the semester are expected to be planned during school holidays.
- Doctor, dentist and other appointments should be scheduled before or after school hours.
- **Students who are unexcused absent from school during the day, or excused absent for more than one class, are not eligible to participate in school activities that are held on the same day (games, performances, etc.)**

Unexcused Absences

A student is considered unexcused if an absence is not cleared with the attendance clerk within 24 hours of the absence. **A student is also considered unexcused for arriving more than 5 minutes late to class without an appropriate note from their parent or an administrator.** Unexcused absences will be dealt with as soon as possible and the parent will be contacted. Any unexcused absence may result in a meeting with the Headmaster and/or suspension.

- **Drivers:** Students who drive themselves may not be excused to leave campus at any time during the day without prior written permission and approval from the administration before leaving the school. Any student who leaves during the school day will automatically be given an unexcused absence and will be suspended. Parents may not excuse this type of absence after the fact. **All students must have permission to leave campus beforehand!**

Tardiness

Classes begin at 8:20. Students should be at school no later than 8:15 to be on time for class. All students tardy to school must check in at the front office.

A class tardy is issued to any student arriving up to 5 minutes late to their class. Any student arriving later than 5 minutes to class without an approved note from a parent or administrator is considered to have an unexcused absence.

Lower School students:

Parents are entirely responsible for their student being at school on time. LS students need to get a

tardy slip from the front office if they arrive after 8:20. The student's teacher will meet with parents if attendance and tardiness becomes a problem. Parents and teachers are expected to resolve the problem.

All students are responsible to obtain missed assignments or make-up work from their teacher due to absence and tardiness. Students must make up the work, where allowed by the teacher in a timely manner. If a student is absent on a test day, the teacher is not obligated to allow the student to make up the test. Prior arrangements with the teacher should be made for planned absences.

School and Teacher's Responsibility

- The attendance clerk will call the parent of a student marked absent from first period class by 9:30 am. If the clerk is unable to reach a parent, the student will be marked unexcused absent, until the parent is reached.
- Teachers will provide a disclosure document stating expectations of each student in their class (i.e. grading, attendance, participation, etc.)
- Weekly tracking reports are to be completed for any student missing assignments, who is regularly tardy or missing class, or receiving a C or below in the course.
- Participation points will be deducted from the student's grade for absences and tardies. Points will not be deducted from test or assignment grades, but the student's overall grade can be affected.

Emergency Preparedness

Meridian School recognizes that it has a responsibility to take all reasonably practical steps to secure the health and safety of staff, students and others using school premises or participating in school-sponsored activities. It believes that the prevention of accidents, injury or loss is essential to the efficient operation of its school and is part of the good education of its students.

We would like to inform you as parents of your part in our school's Emergency Response Plan.

- Practice and review emergency plans, family meeting places and emergency telephone numbers regularly with your children.
- Each year make your child's teacher aware of his/her health or physical needs that would require special action or supplies during an emergency. Make sure your child's teacher has a supply of vital medication on hand in their class emergency backpack.
- Make sure that student Health Information Sheet has the name, address, and phone number of anyone you want to pick up your child during an emergency. Students will NOT be released to ANYONE not listed on this sheet.
- Make sure your child is familiar with the people he/she may leave with and that they know that it is OK to leave with them in the event of an emergency.
- Make sure that vital medication, emergency phone numbers, etc. are given to the person/persons you want to take care of your child in the event of an emergency when you can not get home to take care of them.

The Emergency Preparedness Committee has developed a preparedness plan for emergencies involving earthquakes, fires, or other disasters. Parents need to be advised as to what to expect while their children are in school. The procedures that follow will be implemented in case of an emergency:

1. In case of a fire alarm, students will be evacuated from the building. In the event of an actual fire and bad weather, students will be evacuated to Orem High School.
2. Sometimes an emergency may make it necessary to also evacuate the school grounds. The school will call the MPO president, who will in turn contact room parents to inform parents. Notice will be left on the front door informing parents where to find their children. **Only parents or adults listed on the Health and Safety Information forms will be allowed to check students out.**
3. If there is an earthquake, students will be kept in classrooms until quaking stops. Students will be evacuated from the building. If there is too much damage to use the school as shelter, see number 2.
4. Floods, power outages, severe storms, nuclear problems or any other disaster will normally result in students being held at school in regular classes until the usual departure time or sent home as in number 2.
5. Parents should discuss with their students what to do in an emergency, and alleviate their fears.

The Health and Safety Information Sheet is to be completed by each family at the beginning of every school year. The form is available on the school website at www.meridianschool.org under Parents<Forms.

Off-Campus Policy

Students are required to be on-campus and in classes between 8:20 and 3:10 each day, with the exception of

- Authorized off-campus lunch privileges for upper school
- Approved class or school field trips, competitions, etc.
- Student checked out by parent for approved and authorized event, ie., medical appointment, funeral, etc.

Teachers may only take their classes off campus on approved and scheduled field trips. Students may not leave campus between classes, or if a class is let out early. Students who leave campus, even “just to get a drink at Crest”, will receive the same consequence as an unexcused absence—one demerit. Students who repeatedly return late from off campus lunch will lose their off-campus privilege.

Each family must submit a Field Trip Permission Form at the beginning of every school year. The form is available on the school website www.meridianschool.org under Parent<Forms.

Parent Organization

Meridian School was founded on the premise that parent and family involvement in education is vital to the success of each child and the school. The Meridian Parent Organization (MPO) is designed to involve parents in the school and aid the school in many events. The MPO is a volunteer organization. Officers and members contribute their time, talents, and resources in assisting the organization in accomplishing its goals. Leadership of the MPO consists of the President, Vice-President, Secretary/Treasurer and Past-President.

The MPO is responsible for many of the fun, community-building events that occur each year, including:

- Halloween Carnival
- Skate Party
- Christmas Party
- Teacher Appreciation Week

They also support the teachers by organizing class room parents. Room parents help to organize class parties and rides for field trips. The MPO also provides meals to teachers during Parent-Teacher Conferences.

The MPO is funded each year by a \$25 donation from each family. This small contribution allows the MPO to put on great events with little to no cost to the students. Each family will have the opportunity to make this donation at Back-to-School Night.

Volunteers are needed! This is a fantastic way to accumulate your 40 volunteer hours while creating lasting memories for your children and their friends. Contact our MPO president to volunteer.

School Lunch

Meridian School does not provide a school lunch program. Students are required to bring their own lunch from home each day. Microwaves are available for lunch preparation.

Meridian has a school store which provides a varied amount of lunch foods and snacks. Typical items include:

- frozen microwavable foods such as corn dogs, burritos, egg rolls, and pizzas
- dry microwavable foods including macaroni and cheese and ramen noodles
- snack foods such as granola bars, fruit snacks, GoGurts, muffins, pudding, and fruit cups
- beverages including water, Gatorade, V8, milk, chocolate milk, and cocoa mix
- frozen snacks such as freeze pops, ice cream sandwiches, and Icees.

Prices at the store are reasonable and affordable. Families may create an “account” at the store for their student to draw from as needed.

In addition, the athletic department sells fresh delivery pizza on Tuesdays and Thursdays during both lower and middle/upper school lunch. Cost is \$1/slice and all proceeds benefit Meridian’s athletic department. The French Club sells croissants on Wednesdays for \$1 each.

Student Code of Conduct

Each student is responsible to know and live by the code of conduct. Parents are also responsible to know the student code of conduct and support their student in abiding by these rules.

Meridian School's cardinal rule states that *Meridian students are honest and respectful. Meridian students do not lie, cheat or steal. They do not hurt each other with their hands or with their words.*

Conduct Referrals

A conduct referral will be given to a student that does not follow this cardinal rule. A single conduct referral will result in dismissal from that class for the day and the student will be sent to the headmaster's office. Parents will be notified of this conduct referral at this time. **After three conduct referrals for any misbehavior, a student will be suspended from school. The length of suspension is dependent upon the infraction.**

The guidelines listed below will help each student reflect the respect and excitement they should have for the school.

- **In class behavior:** All students are expected to be attentive and respectful in class. Any disrespectful behavior will not be tolerated.
- **Cheating:** Any student caught cheating on assignments or tests will automatically be suspended from school. (Length and conditions of suspension will be determined in a meeting of the student, parents, teacher and provost or headmaster.) Honesty is expected of everyone in all activities.
- **Plagiarism:** Refers to copying others work without proper and explicit credit. This includes downloading information from the internet and passing it off as your own. Students must put what they've learned from their research into their own words or cite the resource appropriately.
- **Behavior towards others:** All students should treat school administrators, teachers, and each other with respect by abiding by the cardinal rule. This includes refraining from offensive language and inappropriate physical interaction. Students who are disrespectful or argumentative with teachers or administrators will receive a conduct referral.

Federal law prohibits sexual harassment of any kind by students or employees of Meridian School. Any joke, gestures, physical contact, negative or offensive comments, written or verbal that is humiliating or derisive, creates an uncomfortable learning environment. Violations will result in immediate suspension or other appropriate action.

- **Electronics:** All electronics should be left at home. This includes, but is not limited to, game boys, ipods, mp3 players, and hand held toys. These items will be confiscated by

teachers or administrators and only returned to the parent at the end of the day.

- **Cell Phones:** Are never allowed in school. Due to the distraction and possibility of cheating that cell phones create (such as text messaging and the use of cameras) any phone used during class will be confiscated. Phones will only be returned to the parent at the end of the day. A conduct referral will also be issued.
- **Animals:** Students are prohibited from bringing pets or animals to class. School related activities that necessitate bringing a pet to school must be approved by the teacher and may only be brought to that activity.
- **Care of facilities:** Students are responsible for their school. They share this responsibility toward the condition of the building and grounds with everyone. They are expected to pick up their own trash, keep the area around their lockers neat and clean and help those around them to do the same. Graffiti and damage to school property will not be tolerated. Students who damage school property will be responsible for full restitution. Deliberate behavior will result in immediate suspension from school. (Length and conditions of suspension will be determined in a meeting of the student, parents, teacher and provost or headmaster.)
- **Off-Campus Lunch:** Upper school students have the opportunity to leave campus during the lunch break. Students with a signed permission slip on file will be allowed this privilege. This privilege will be revoked for tardiness or uniform infractions. If the student does not have permission from the parent to leave campus, they may not leave at any time.
- **Drugs:** Meridian School has a zero tolerance on the use and distribution of drugs and alcohol. Any student caught with drugs or alcohol during school or in attendance of a school-sponsored activity will be expelled immediately without a refund of tuition. Any student coming to school or attending a school sponsored activity intoxicated or under the influence of drugs will be **expelled** immediately without a refund of tuition.

Any illegal activity will result in suspension or even expulsion from Meridian School without refund of tuition, even if it does not take place at or during school.

CONDUCT REFERRALS

1. Disrespectful behavior or refusal to cooperate = 1 demerit
2. Dishonesty (lying, cheating, stealing, plagiarism) = 4-5 demerits
3. Inappropriate language and/or gesture = 1-5 demerits
4. Inappropriate physical contact = 1-10 demerits
5. Use of prohibited electronic device or cell phone = 1 demerit and confiscation
6. Uniform violation = 1 demerit
7. Tardy to class (unauthorized) = 1 demerit
8. Absent class (unauthorized) = 2 demerits
9. Damage to school property = 4-9 demerits and restitution
10. Illegal use of drugs, alcohol or tobacco = 10 demerits
11. Other: _____ = 1-10 demerits

CONSEQUENCES OF DEMERITS

- 3 demerits – personal conference with Dean of Students
- 4 demerits – meeting with student, parents, and Dean of Students
- 5 demerits – one day suspension *
- 6 demerits – two day suspension*
- 7 demerits – three day suspension *
- 8 demerits – four day suspension *
- 9 demerits – five day suspension *
- 10 demerits – expulsion

Demerits will zero out at end of each term.

***ADDITIONAL SUSPENSION CONSEQUENCES**

1. Meeting with parents
2. Zeroes for work missed
3. Notation on permanent record
4. No participation in extracurricular activities

Suspension and Expulsion

Suspension

Students who have been placed on suspension will meet with the Headmaster and/or the Director of Standards. Parents will also be asked to meet with the administration. The consequences of suspension are as follows:

- Student will have on their permanent record they were suspended from school for discipline.
- Student will not be allowed to make up any class work or tests that were given during the suspension. Student's grade will be affected by the loss of work.
- Length of suspension depends upon the offense and the number of warnings a student has been given.
- Participation in any school activity during suspension is prohibited. This includes, but is not limited to, sports practices and games, drama performances, competitions, dances, etc.

Expulsion

The school administration is responsible for the safety of all students, and for the morale and culture that exists in the school at all times. Attitude as well as actions determine a student's right to attend Meridian School. The School reserves the right to dismiss and remove a student from the school if, in the judgment of the Head of School and the Administrative Team, the student's attitude and influence is destructive to the culture of the school. A student may be expelled for specific single actions (ie., use or possession of alcohol or legal or illegal drugs, cheating or plagiarism, stealing from the school or others, vandalizing property, physical threat or assault, etc.), or chronic misdeeds or repeated resistance to the school's rules or code of conduct. A student may also not be allowed to continue at the school after two semesters of academic probation, or if their general academic abilities are deemed severely deficient. If a student is dismissed for disciplinary reasons the school has no obligation to refund tuition or fees. The Parent/Guardian is obligated to pay tuition and fees as required in the Meridian Student Enrollment Contract.

Tracking Grades

Tracking

Supervisors track the academic progress of students on academic probation. Teachers fill out a form reporting quizzes, assignments, and general student progress for the week. Parents receive tracking reports by mail.

We encourage parents to call teachers directly for progress updates. Tracking is only done weekly, but it may not be timely enough to meet the needs of students and parents. Teacher phone numbers and/or email addresses are located in the school directory.

New students will be tracked from entry to the school until the end of their first semester or until they are performing satisfactorily. Any students getting a C- or below in a core class will also be tracked.

Engrade

Meridian School has established its school site at www.engage.com/meridianadmin. On the home page, you can see all the Meridian teachers who are participating. Follow these instructions to access your student's grades:

1. Go to www.engage.com/meridianadmin.
2. Click on *Sign Up For Engrade*.
3. Call the school receptionist at (801) 374-5480 to obtain your student's ID number.
4. Enter your Access Code as: `engage-meridianadmin-(student's ID number)`.
5. Set up your account username and password.
6. See grades for all your student's classes!

Uniforms

Since its beginning, Meridian School has implemented a uniform code of dress. We believe that students, when dressed neatly and uniformly, are able to concentrate their efforts more effectively on their school curriculum. Our uniform can be purchased from the Dennis Uniform Store in Salt Lake City and from our school store on campus.

Dennis Uniform Company
3560 South Main Street
Salt Lake City, UT 84115
801.287.9200
www.dennisuniform.com

Meridian School code: R28

Meridian Uniform Policy

Proper Appearance

Students who have the privilege to attend Meridian School are representatives of the school. Therefore, it is each student's responsibility to be dressed appropriately and show respect for the school, its teachers, administrators and each other.

The appearance of the student body affects the environment of the entire school. In order to provide a safe environment and the appropriate moral climate these uniform guidelines have been established. In addition to the uniform, students are expected to behave and groom themselves in a clean and modest fashion. Students are expected to maintain these standards while at school (including before and after classes) and when representing the school during off campus activities. **If a problem arises about appropriate dress that is not addressed by these guidelines, the judgment will be left up to the administration.**

- **Grooming:** If uniform clothes have holes, or frayed cuffs, they are not to be worn until mended. Pants that are baggy or heavily wrinkled should not be worn. Shoes must be worn at all times while on campus. Bare feet are never permitted. Lace-up shoes must be tied at all times. Shoes, socks and tights must be in good repair. Socks or tights must be worn at all times.
- **Hairstyles:** Hairstyles must be conservative and should appropriately reflect the environment of the school. Beards and facial hair for men is acceptable as long as it is clean and neat. Haircuts and colors that are extreme are considered out of uniform and students will be required to change this appearance as quickly as possible. Extreme hairstyles include but are not exclusive to:
 - Bright, unnatural colored hair
 - Shaved heads; designs shaved into the haircut
 - Long hair on boys (below chin length)
 - Unruly and unkempt hair
 - Mohawks or long spiked hair
 - Any style that is distracting to other students

- **Accessories:** Hair and face glitter are inappropriate dress during school hours. Girls may wear simple jewelry (one pair of earrings, one necklace, one bracelet, a single headband, etc.) No chains, spikes or dog collar bracelets, layers of necklaces or bracelets. No visible body piercing permitted. Students who have their lips, tongue, nose, eyebrow or ear cartilage pierced will be asked to remove it immediately. Boys may not wear any jewelry except watches or class rings. Bandanas, hats, hair and neck scarves are never permitted. Belts must be a plain solid color, fabric or leather.
- **Blankets:** Students may not bring blankets to school. Blankets will be confiscated immediately and the student issued a uniform infraction.
- **Student Responsibility:** Students are expected to adhere to the uniform policy as outlined. If you aren't sure what you're wearing fits into the policy, then leave it at home!
- **Parent Responsibility:** Parents are expected to be aware of the uniform policy and ensure that their students are properly dressed for school.
- **Teacher Responsibility:** Each teacher is expected to check uniform dress before they begin class. Middle & Upper school students out of uniform are not to be admitted to class until they are in full uniform. If a student is not in proper attire, address this with the student immediately, followed by a conduct referral signed by the student and delivered to the Dean of Students.

Spirit Day

Spirit Day is held once a month, on the first Wednesday of the month. Students have 2 choices:

First Choice:

- A Meridian School t-shirt (from any play, writing rally, etc. or bought from the school store) Meridian School sweatshirts are acceptable over a Meridian t-shirt. The Meridian shirt does not have to be tucked in unless it is too long or too sloppy.
- Blue denim jeans (not pink, green or any other color)
- No shorts, overalls, pajama pants, sweats, etc.

Second Choice: the Meridian School Uniform (See guidelines).

Flip-flops or sandals are never allowed! **Shoes must always have a closed toe. Tennis shoes or mules are acceptable for spirit day.**

WOW Day

This is a day when students are allowed to wear regular clothes to school. WOW days may be issued for special activities, such as Headmaster Hike, Spring Picture Day or during MS/US finals. Students will be notified in advance of these days. **Clothing must still be modest and appropriate for school activities.**

Meridian Lower School Uniform Guidelines

<p>Shirts</p> <ul style="list-style-type: none"> • White Meridian Logo polo (short and long-sleeved) • Red polo (short and long-sleeved) • White Oxford (short and long-sleeved) • White blouse with Peter Pan collar (short and long-sleeved) - girls only • White and Red turtleneck 	<p>All uniform shirts except for the Meridian Logo polo must be purchased from Dennis Uniform Co. The Meridian Logo polo can be purchased at the Meridian School store.</p> <p>All shirts must be worn tucked in. Any shirt too small to tuck in is not uniform. Shirts should be in good repair, not too tight or small.</p> <p>A plain white t-shirt may be worn under the uniform shirt. Long-sleeved shirts may not be worn under short-sleeved shirts.</p>
<p>Sweaters/Jackets</p> <ul style="list-style-type: none"> • Navy/Red Cardigan • Navy/Red Crew • Navy/Red V-neck • Navy/Red V-neck vest • Gray Embroidered Meridian Fleece Vest • Gray Embroidered Meridian Fleece Jacket • Green Meridian Hoodie 	<p>All sweaters must be purchased from Dennis Uniform Co. only.</p> <p>Meridian Fleece and Green Hoodie can be purchased at the Meridian School store.</p> <p>All students should have a sweater to wear at school on cold days.</p>
<p>Pants/Shorts/Jumpers</p> <ul style="list-style-type: none"> • Navy Flat-front Pants • Navy Flat-front Shorts • Navy Skort • Navy Leggings • Marymount Plaid Jumper • Marymount Plaid Shift 	<p>Pants, shorts, skorts, jumper, and shift must be purchased from Dennis Uniform Co. only.</p> <p>Flares, cargos, or hip hugger pants are not acceptable. Denim or corduroy is not acceptable.</p>
<p>Shoes & Socks</p> <ul style="list-style-type: none"> • Loafers – lace-up or buckle shoes in solid color: brown, black, navy, or dark red • Solid color socks in white, red, black, or navy • Solid color tights in white, red, or navy. 	<p>Shoes and socks may be purchased locally.</p> <p>Shoes should be supportive, comfortable, and conservative in style. Shoes with a lot of markings on them or more than one color are not acceptable.</p> <p>Mules, sandals, boots, or high-heeled shoes are not permitted.* Roller skate shoes, skates or blades are never permitted.</p> <p><i>*Boots may be worn only during the 2nd term of school.</i></p>
<p>Belts & Accessories</p> <ul style="list-style-type: none"> • Leather or fabric belt in solid color: brown, navy or black • Accessories: Marymount Plaid hairbow, padded headband, and scrunchy 	<p>Belts may be purchased locally.</p> <p>Accessories are available at Dennis Uniform Co.</p> <p>A belt must be worn with pants at all times.* No wide extravagant belts permitted.</p> <p><i>(*The only exception to this rule is Kindergarten. These students are not required to wear a belt.)</i></p>
<p>Spirit Day</p> <ul style="list-style-type: none"> • Meridian School t-shirt or sweatshirt • Blue jeans 	<p>Meridian School t-shirts and sweatshirts can be purchased in the Meridian School store.</p> <p>Spirit Day is the first Wednesday of every month.</p>
<p>Gym Clothes</p> <ul style="list-style-type: none"> • White t-shirt • Blue shorts or sweats 	<p>Gym clothes are not required for lower school students. It is recommended that students have them as a change of clothes in case of an emergency.</p>

Meridian Middle and Upper School Uniform Guidelines

<p>Shirts</p> <ul style="list-style-type: none"> • White Meridian Logo polo (short and long-sleeved) • Forest Green polo (short and long-sleeved) • White Oxford (short and long-sleeved) • White turtleneck 	<p>All uniform shirts except for the Meridian Logo polo must be purchased from Dennis Uniform Co. The Logo polo is purchased at the Meridian School store. Shirts may not extend beyond 4” below waist. Shirts should be in good repair, not too tight or small.</p> <p>A plain white t-shirt may be worn under the uniform shirt only. Long sleeved shirts may not be worn under short-sleeved shirts.</p>
<p>Sweaters/Jackets</p> <ul style="list-style-type: none"> • Navy Cardigan • Navy Crew • Navy V-neck • Navy V-neck vest • Gray Embroidered Meridian Fleece Vest • Gray Embroidered Meridian Fleece Jacket • Green Meridian hoodie • Navy blazer • Letterman jacket (Upper School only) 	<p>All sweaters must be purchased from Dennis Uniform Co. only.</p> <p>Meridian Fleece and Green Hoodie may be purchased at the Meridian School store.</p> <p>Navy blazer and Letterman jacket can be purchased locally.</p> <p>All students should have a sweater to wear at school on cold days.</p>
<p>Pants/Skirts/Skortts</p> <ul style="list-style-type: none"> • Navy/Khaki Flat-front Pants • Navy/Khaki/Marymount Plaid Skort • Khaki Center box pleat Skirt • Marymount Plaid Knife-Pleat Skirt • Navy/Marymount Plaid Hipstitched Skirt 	<p>Pants, skirts, and skortts must be purchased from Dennis Uniform Co. only. Flares, cargos, or hip hugger pants are not acceptable. Denim or corduroy is not acceptable. Pants must have belt loops, fit properly and be in good repair. No tears or frayed cuffs. Pants must be worn at the waist.</p> <p>All skirts must be in good repair, worn at the waist and a modest length – no skirt should be shorter than 1 inch above the knee.</p>
<p>Shoes & Socks</p> <ul style="list-style-type: none"> • Loafers – lace-up or buckle shoes in solid color: brown, black, or navy. Dark conservative Doc Martens are acceptable • Solid color socks in white, black, or navy • Solid color tights in white, black, or navy (nylons for girls are acceptable). 	<p>Shoes and socks may be purchased locally.</p> <p>Shoes should be supportive, comfortable, and conservative in style. Shoes with a lot of markings on them or more than one color are not acceptable. Shoes must have a closed heel and toe.</p> <p>Mules, sandals, boots, or high-heeled shoes are not permitted.* Roller skate shoes, skates or blades are never permitted.</p> <p><i>*Boots may be worn only in the 2nd term.</i></p>
<p>Belts & Accessories</p> <ul style="list-style-type: none"> • Leather or fabric belt in solid color: brown, navy or black • Ties or Suspenders must be conservative in color and style • Jewelry: no earrings for boys, girls earrings should be simple and conservative 	<p>Belts may be purchased locally.</p> <p>A belt must be worn with pants at all times. No wide extravagant belts permitted.</p> <p>Coordinating ties are optional. The official Meridian School tie is the Royal 4th Hussars, navy and forest green stripes separated by a thin gold line. It can be purchased at Nordstrom’s.</p>
<p>Spirit Day</p> <ul style="list-style-type: none"> • Meridian School t-shirt or sweatshirt • Blue jeans 	<p>Meridian t-shirts & sweatshirts may be purchased in the Meridian School store. No shorts, capris, other color jeans, or corduroy.</p> <p>Spirit Day is the first Wednesday of every month.</p>
<p>Gym Clothes</p> <ul style="list-style-type: none"> • White t-shirt • Navy shorts or sweats 	<p>Gym clothing must be worn only during gym class or after school practices. (Boys: Shirts must be worn at all times – no shirt/skins games).</p>
<p>Dress Uniform</p> <p><i>Boys</i></p> <ul style="list-style-type: none"> • White Oxford cloth shirt • Meridian tie • Blazer/Letterman jacket • Khaki Flat-front pant <p><i>Girls</i></p> <ul style="list-style-type: none"> • White oxford cloth shirt • Navy sweater or vest • Navy or Marymount Plaid Hipstitched Skirt 	<p>Upper School students who play sports are encouraged to wear the dress uniform on game day.</p>

Volunteers

As a parent-supported school, Meridian depends on the voluntary time commitment of families to both sustain and enrich the school environment. Meridian requires that each family contribute 40 hours of volunteer time each year. This time can include summer service.

- When you volunteer during school hours, sign in the school office volunteer book.
- When you volunteer after school hours, send an email to the volunteer coordinator to log your hours for you: kris.crowther@meridianschool.org

Meridian also welcomes volunteers from the community. Each year, BYU and UVU students contribute 1000+ hours in our Lower School classrooms. These volunteers make a lasting positive impression on our students. If you are interested in this amazing opportunity, contact our volunteer coordinator.

Volunteers will coordinate and report their activities through Kris Crowther, Meridian's Volunteer Coordinator, at 374-5480.

Wellness/Illness

Your child's health and safety are important to us. We have established policies related to wellness and illness/injury that we want you to be aware of. Please carefully read the following information:

Wellness

A healthy child is more ready and able to learn than an unhealthy one. We ask for your assistance this year in helping your child to stay as healthy as possible. Please provide a nutritious breakfast for your child before he or she comes to school and when sending a lunch from home with your child, please put nutritious items into it.

We also need to inform you that in accordance with Utah County Health Regulations, you may not send homemade and/or home packaged items to be served or sold at school. This regulation applies to treats you may send for class parties, foods your children may sell for fundraisers, and all other foods in school (except, of course, those foods that you send with and for your own child). Please send only commercially prepared and packaged foods.

Injury/Illness

Meridian School recognizes its responsibility to provide a safe environment for students and staff, including the duty to provide appropriate medical assistance to students and staff who become injured or ill during the school day, or while participating in a school activity. Meridian will designate at least one first responder who will be trained in first aid and CPR (school nurse). This person will be notified immediately whenever a student or staff member becomes ill or injured at school.

In order to provide appropriate medical assistance to students and staff who become injured or ill during the school day, and to prevent the spread of disease, Meridian will adhere to these guidelines:

General Policy Guidelines

- Parents will be called when a student's condition prevents participation in normal school activities.
- Students with temperatures of 100 degrees Fahrenheit (oral), vomiting, or diarrhea will be excluded from school, and may not participate in school activities until symptom-free without medication for 24 hours.
- Students with undiagnosed rash may be excluded from school.
- During school hours, students who are injured or taken ill are to be directed to the receptionist for treatment by the secretaries and school nurse as available. They will provide basic first-aid as appropriate, call parents to obtain permission to administer medications, and/or arrange for a student to be picked up and taken home.