

## COMPUTER/MEDIA/INTERNET

Over-exposure to media has severe deleterious effects on children in regards to their ruchnius; and in terms of their concentration, development and ability to achieve at school. Therefore the following rules are in place:

- A strong Internet filter must be installed.
- Only stationary computers, centrally located at home, with the screen facing others, may be used when necessary.
- Children may not use the internet unattended and should only be used for school projects (supervised) if necessary.
- When parents are not at home, the computer must be secured with a password which only they possess.
- Students are not permitted to use a laptop computer alone in their own room.
- Media, games, newspapers and reading materials should be appropriate for a chareidi household.
- Families should feel comfortable and confident sending their kids over to other homes without worrying whether they will be exposed to unsuitable content.
- In order to respect the sensitivity and boundaries of other families, when having school friend over, we recommend no screen time unless prior permission is given.
- Music played in the house or in the car should be appropriate for a bas or ben Torah. Non-religious and non- Jewish music are not aligned with the schools ethos.
- Limit electronic game time at home. Deleterious effects have been noted in the children's concentration, development and cooperation at school, as the result of exposure to many hours of electronic video games and lengthy periods of screen time. Screen time must be limited. No TV
- No Electronics, personal music players or electronic games are allowed to be brought to school at any time, including for use on the hasa'ah. (Any electronics found in school will be confiscated for a week)

## DRESS CODE

The dress code of parents should reflect the spirit of refinement of the chareidi community. Parents should dress in a dignified way that serves as an example to their children and reinforcement of the values they will learn at school.

### Fathers:

A mechubad appearance with a collared shirt and long dark trousers.

### Mothers:

Full hair covering; Mitpachat or sheitel with a refined look.

Mothers' dress code should be congruent with the same level of tznius as expected from the children, so as to set a good example and avoid mixed messages.

(Tops covering the elbow and collar bone; Skirts; covering the knee; Flip-flops worn outdoors are not suitable)

## SCHOOL UNIFORM

The place where our children study Torah is equivalent to a beis medrash, therefore parents and children should come dressed respectfully. Please make sure to reinforce the following uniforms so as to avoid any uncomfortable confrontations, which can easily be avoided.

### BOYS:

1. Shirts:

Kita י-'א' - Long or short sleeved plain coloured polo shirts and white for Rosh Chodesh.

Kita ח-'ח' – Button down shirt and white for rosh chodesh.

2. Pants: Either black, navy blue or beige.

Bermuda (knee length) shorts are also permissible in appropriate seasons (no training shorts, sweat pants or jeans).

3. Socks: socks must be worn at all times.

4. Shoes: closed shoes or refined coloured trainers (no crocks or slippers)

5. Winter jumpers/cardigans: Plain coloured Black or navy overalls or zip up cardigans. No prints or writing is allowed.

### GIRLS:

1. Shirts:

Kita י-'א' - Long sleeved plain coloured polo shirts and white shirts for Rosh Chodesh.

Kita ח-'ח' – Button down school shirts (details to follow)

2. Skirts: Either navy or black – covering the knees.

3. Socks: Reaching until the knee. (kita hey and up, socks must reach above the knee or tights/stockings)  
Colours: black, navy or white. No leggings with shorts socks are allowed.
4. Shoes: Modest sneakers, shoes or sandals.
5. Winter jumpers/cardigans: Plain coloured Black, navy overalls or zip up cardigans. No prints or writing is allowed.
6. To help keep the atmosphere tznius and sensitive, no cosmetics of any kind, nail polish, flashy jewellery, or long dangling earrings are permitted to be worn to school.
7. For reasons of tznius and hygiene hair should be tied up at all times.

## FOOD

- We believe that healthy eating encourages a healthy environment and as such, candies and unhealthy snacks are not allowed in school.
- Healthy snacks including fruit, veg, crackers, rice cakes, pretzels, granola bars, dried fruit snacks, plain biscuits (not chocolate coated) and wafers are recommended.
- All foods brought in must be Chalav Yisrael and of a badatz hechsher.
- Only water may be brought to school, no juices or fizzy drinks.
- On Rosh chodesh, children may bring one packet of nosh like crisps, bissli, doritos, (no sweets or chocolates) sugary nosh will be confiscated.
- To avoid jealousy, on outings, children may bring a maximum of 3 types of nosh.
- Sugary treats and fizzy drinks will be kept for special occasions including celebration of siyumim of Chumash, Mishnayos or Gemarah. This will reinforce the importance and ta'am tov of learning Torah.
- Misrad Hachinuch forbids children from handling boiling water, therefore Mana Chama of any type are not allowed at school.

## BIRTHDAY PARTIES

Birthday parties celebrated in school must be pre-planned with the teacher or Rav. Each Mechanech will decide the policy for their class.

We discourage birthday parties out of school for school peers, however if parents insist on celebrating with friends, parties should be simple and low key to avoid jealousy and competition.