

Rilke Schule Dress Code Guidance/Rilke Schule Kleiderordnung

Rilke Schule does not have a school uniform designed to make all students look the same. Instead, we have a **dress code** that encourages a sense of belonging and pride in our school, promotes respect for the learning environment, and helps reduce feelings of inequality related to personal attire. The Rilke Schule Dress Code can be easily understood by doing the following:

Rilke Schule Dress Code

- All clothing must be clean and without holes.
- Rilke logo wear and traditional German or German-speaking country attire (ex. lederhosen and dirndl) may be worn at any time.
- Rilke Event Wear such as Battle of the Books, Track and Field, Cross Country, Travel Club, etc... may be worn at any time.
- **Tops:** Solid-color shirts with collars and sleeves, blouses, jumpers, sweaters, or dresses (no patterns or graphic designs). Solid color hoodies/sweatshirts/ zip hoodies are permitted, as are Rilke wear hoodies. If it is a Rilke wear t-shirt it does not need a collar.
- On Friday: Students are permitted to wear jeans with no holes
- **Exception (Grades 5–8): Plaid or striped collared shirts are allowed any day of the week**
- **Pants:** Must be solid in color. This can include khakis, chinos, slacks, joggers, and leggings. This clothing must be worn at the waist, not below.
- **Length requirement:** Dresses, skirts, shorts, and skirts must fall below your finger tips when arms are hanging to your side.
- **Outerwear:** No outdoor gear (e.g., jackets, coats, snow boots) may be worn in classrooms unless there are HVAC issues and the room is cold.
- **Dressy Friday:** Last Friday of each month is “Dressy Friday.”
- **Scouting uniforms:** Boy Scout and Girl Scout uniforms may be worn on meeting days.
- **Hats and headgear:** Hoods, caps, visors, bandanas, and similar items must be removed upon entering the building and may not be worn or carried during the school day.
- **Makeup:** Makeup should be worn with a "natural" look and not be distracting.

Field Trip Days

Students are encouraged to wear clothing with **Rilke Schule logos** when participating in field trips or events outside the school building. If teachers specify a specific exception to the Dress Guidance, they will share that exception with families ahead of the field trip.

Why Does Rilke Have Dress Guidance?/Warum haben wir eine Kleiderordnung?

A school dress code supports a positive, safe, and focused learning environment for all students. At our school, the purpose of a dress code is not to limit self-expression, but to ensure that clothing choices support learning and community values. Benefits of a school dress code include:

- **Supporting Academic Focus**
A consistent standard of dress helps minimize distractions and allows students to focus on learning and classroom engagement.
- **Promoting Equity and Inclusion**
Dress codes help reduce visible socioeconomic differences and lessens pressure related to clothing brands or trends, supporting an inclusive school community.
- **Strengthening School Culture and Community**
Shared expectations around dress foster a sense of belonging and reinforce that students are part of a respectful learning community.
- **Encouraging Life Readiness and Respect**
Learning to follow dress expectations helps students develop responsibility and understand appropriate attire for different settings, an important skill for future academic and professional environments.
- **Reducing Social Pressure and Conflict**
Clear and consistent guidelines can reduce peer comparison, fashion-related pressure, and potential conflicts related to clothing choices.
- **Providing Consistent Expectations**
A schoolwide dress code ensures fairness and consistency in expectations across classrooms and grade levels.
- **Supporting School-Home Partnership**
The dress code provides families with clear guidance and reinforces shared responsibility in preparing students for a successful school day.

Enforcement/Einhaltung der Kleiderordnung

Dress code enforcement is a shared responsibility among families, staff, and school administration. We understand that mornings can be busy and stressful, so we ask families to support their children by helping them choose clothing—perhaps the night before—that aligns with Rilke’s Dress Code. Rilke Schule uses a **three-step system** for addressing dress code concerns:

1. **First Warning in the school year:**

The teacher or staff member privately speaks with the student, explains the concern, and clarifies what needs to change to comply with the dress code.

2. **Second Warning in the school year:**

The teacher or staff member contacts the student’s parent or guardian to share the concern and explain what needs to be adjusted.

3. **Third Warning in the school year:**

The student is referred to the administration for follow-up and parent contact. Administration will work with the family and student to find solutions that ensure compliance with the dress code. Disciplinary action may be taken if necessary.

If a family needs assistance obtaining clothing that meets the dress code, we encourage them to contact school leadership. We are happy to work with families to provide support and resources as needed.

Healthy Foods Guidance at Rilke Schule

Richtlinien für gesunde Ernährung

Students may bring their own lunches or purchase hot lunch from the school cafeteria. Rilke Schule provides guidance to support **healthy eating habits** and a positive learning environment. Rilke Schule will not take food away from students if it does not align with our Health Food Guidance, but we do ask that you try your best to cooperate with our guidance as it focuses on setting students up for a successful school day.

Our Approach: Eat Smart, Be Healthy!

At Rilke Schule, we educate the **whole child academically, socially, emotionally, and physically**. Healthy food guidance supports well-being, focus, and lifelong habits.

Key Goals:

- **Supporting Learning and Focus:** Nutritious foods help students maintain steady energy and concentration throughout the day.
- **Supporting Growth and Development:** Healthy eating supports physical growth and overall well-being at all ages.
- **Building Lifelong Habits:** Consistent expectations help students develop healthy eating habits beyond the school day.
- **Creating a Calm Learning Environment:** Balanced nutrition supports emotional regulation and reduces energy spikes and crashes.
- **Promoting Equity and Community:** Guidance emphasizes nourishment over treats and helps foster respect and inclusivity.
- **Consistency and Predictability:** Clear guidelines reduce confusion for students and families.
- **Partnership with Families:** Families are encouraged to model healthy choices at home and help children come to school nourished and ready to learn. If possible, please pack your child's lunch together with them. Preparing your child's school lunch together helps them learn what healthy meals look like and why good food choices matter. When children are involved, they are more likely to eat and enjoy nutritious foods and feel a sense of ownership over their choices. Over time, this shared routine builds practical life skills and a positive, confident relationship with food that can last into adulthood.

Healthy Snack and Lunch Guidance/Gesunde Pausenbrote und Mittagessen

Generally speaking, please do not send your child to school with candy, desserts, high sugar foods, highly processed snacks, or sugary/energy drinks. All students have greater success in school when all students come to school with food or access to school food that supports cooperative learning and a classroom culture that promotes academic success. **Whole Foods to Support the Whole Child**

Snacks:

- Teachers will give guidance at the beginning of the year about what snacks are appropriate for their classroom in order to maintain cleanliness and classroom culture.
- Whole foods to support the whole child.
- Choose fruits, vegetables, or whole grains (e.g., apple slices, carrot sticks, berries, whole-grain crackers, small portions of nuts).
- Avoid sugary or highly processed snacks.
- Portion snacks appropriately for age to maintain focus.
- Snacks should be easy to handle safely.
- **No sharing with classmates.**

Lunches:

- Include protein, vegetables, fruits, whole grains, and healthy fats (e.g., sandwiches with lean protein, salads with beans or eggs, rice bowls with vegetables and protein).
- Limit sugary drinks and processed foods; water is preferred.
- Limit prepackaged and processed foods when possible.
- Use reusable containers when possible to model environmental responsibility. This should include reusable forks and spoons.
- Encourage children to listen to their bodies, eat enough to feel satisfied, and minimize waste.

Community and Responsibility:

- Be mindful of classmates with allergies or dietary restrictions.
- Promote a respectful lunch environment by cleaning up after eating.
- Healthy food habits at home support learning, growth, and self-care at school.

Classroom Celebrations/Feste in der Klasse

At Rilke Schule, we place great value on celebrating our students and building strong classroom communities. However, it is equally important that these celebrations remain inclusive and do not disrupt the learning environment. Sugary foods, even when offered with the best intentions, can impact classroom climate after the celebration ends and may unintentionally exclude students with allergies, dietary restrictions, or medical conditions such as diabetes.

Teacher teams will communicate their classroom celebration guidelines at the beginning of the year, including whether food items may be brought in and how to schedule these opportunities with your child's teaching team.

Both our school and classroom policies limit sugary treats, but there are ways to celebrate birthdays and special occasions. Your child's teacher(s) can share with you their approaches to these options to honor students while supporting a healthy and inclusive environment, such as:

- Singing "*Happy Birthday*" as a class
- Allowing the birthday student to choose a favorite activity or game for a set time
- Letting the student select a favorite book for the teacher to read aloud
- Having parents send in a birthday card for classmates to sign
- Providing non-food party favors (pencils, stickers, or small trinkets)
- Students should not hand out birthday party invitations during instructional time. Students can hand invitations out before school or at the end of the day. Many times students feel left out when invitations are handed out during class time.

These alternatives offer meaningful recognition, foster classroom community, and keep the learning environment welcoming and healthy for every student.

Please note that in special circumstances, classroom teachers will collaborate with school administration to address the specific situation appropriately.