

THE POLSER 10

1) Respect Adults

- * Show respect to ALL adults on campus.
- * Adults work hard and deserve your very best.
- * When an adult asks you to do something, do it the first time.

2) Respect Students

- * Show respect to ALL students on this campus.
- * Keep your hands to yourself and use kind words.
- * Include others and see yourself as a helpful school leader.

3) Respect the Speaker

- * When someone is speaking, pay attention and make eye contact.
- * Use polite words and body language.
- * Do not roll your eyes, slouch, or make inappropriate sounds or gestures.

4) Respect Our Surroundings

- * Clean up after yourself.
- * Clean up even if you did not make the mess.

5) Etiquette and Manners

- * Say “please”, “thank you”, “no thank you”, and “excuse me”.
- * Try to use the words “sir” and “ma’am”, or an adult’s name.
- * Use complete sentences - avoid “yeah”, “nah”, and “uh-uh”.

6) Hallway Procedures

- * Show your best hallway behavior at all times.
- * Stand facing forward with your arms at your side.
- * Stay at level 0 - no talking or other noises.

7) Cafeteria Procedures

- * Stay at level 0 - no talking - until you are seated with your food.
- * Once seated, speak in a quiet voice unless a teacher asks for level 0.
- * Leave the cafeteria even cleaner than you found it.

8) Bathroom Procedures

- * There should never be more than 4 students in the bathroom, all at level 0.
- * If you make a mess, clean it.
- * Wash your hands for five seconds and dry them for five seconds.

9) Bus Procedures

- * Speak in a quiet, level 1 voice unless an adult asks for level 0.
- * Sit facing forward, keeping your body and your things out of the aisle.

10) Respect Yourself

- * Be positive. Try to smile as much as possible. Have fun.
- * Work hard. Show your best work. Take risks. Be brave.
- * Never give up. When you need help, ask for it!