American Heritage School

Mission Statement

American Heritage School assists parents worldwide in developing the hearts, minds, and bodies of students to realize their divine potential by:

1. BEING USEFUL IN THE HANDS OF THE LORD IN BUILDING THE KINGDOM OF GOD ON EARTH;
2. INCREASING FAITH IN AND KNOWLEDGE OF THE PLAN OF SALVATION;
3. DEVELOPING A LOVE, UNDERSTANDING AND APPRECIATION FOR AMERICA AND THE FOUNDING FATHERS;
4. DEVELOPING THE ACADEMIC KNOWLEDGE AND SKILLS NECESSARY TO BE ABLE TO MAKE SELF-EDUCATION A LIFE-LONG PURSUIT;
5. LEARNING TO REASON AND DISCERN BETWEEN RIGHT AND WRONG, TRUTH AND ERROR;
6. DEVELOPING CHARACTER AND SELF-GOVERNMENT OF MIND AND BODY; AND
7. CONDUCTING THEMSELVES IN ALL ASPECTS OF LIFE AS CHRISTIANS.

All activities, teaching, governance, and administration are to be accomplished in light of the above objectives and in so far as possible in harmony with revealed principles of the restored gospel of Jesus Christ and laws of the land. All teachers, staff, administrators and trustees shall strive to be living examples of the values, principles, and skills taught at the school.
Dear Friends,

Welcome to American Heritage School! We are delighted that you are joining us this year.

Education is a sacred endeavor to diligently learn and teach by the light of Christ all things "both in heaven and in the earth" that are "expedient for us to understand" in order that we may "be prepared in all things" to magnify the calling and the mission to which the Lord calls us in life (D&C 88:78–80). We hope this Welcome Guide helps you prepare for a true “family education” experience at American Heritage that lays Christ and the restored gospel at the foundation of all teaching and learning.

Whether you are new or returning to AHS, we are confident that you will find this to be a year that you discover the light and the joy of a Principle Approach® educational experience. So, get ready to renew your heart and mind, keep your lamps burning bright, and thank you for joining the spirited march of the Patriots!

Grant Beckwith
Principal

REMINDER!
School starts at 8:30 a.m. and ends at 3:10 p.m. each day for all K–12 full-day students!
Seven Principles of Personal and Civil Liberty

Divine Identity and Purpose
God is our loving Heavenly Father. He has endowed each of His children with the gifts of life, the freedom to choose, and a divine identity and purpose. Civil liberty is founded on the truth that these are inalienable, God-given rights.

Liberty Through Christian Self-Government
God has given us the freedom to choose liberty and eternal life through Jesus Christ, or captivity and death. As we seek to obey the teachings of the Lord Jesus Christ, and receive His grace, we will experience liberty. Civil liberty can exist only when there is widespread adherence to moral law by self-governed individuals.

Christlike Character
Jesus Christ is the standard of character and the model of all virtues. Through His Atonement, we can become like Him. America’s heritage provides examples of men and women who were liberated by obedience to the teachings of Jesus Christ, and who sought freedom to develop and express Christian character. America became the seedbed of civil liberty because of inspired reliance upon Christian principles.

Conscience, the Most Sacred of All Property
God has granted each of us stewardship over our individual souls, labor, and possessions. The most sacred stewardship God has given us is our conscience. We experience liberty as we follow our conscience, which is the light of Christ within us.

In the civil realm, liberty depends upon protection of the rights of property, including the property of conscience.

The Family, Religion, and Civil Government
Personal and civil liberty depend upon the protection and vitality of three realms: the family, religion and its expression, and civil government. Internal restraints within civil government, such as representation, separation of powers, and federalism, are necessary to temper the exercise of governmental power. These internal restraints protect individual accountability, the rights and responsibilities of families, and religion and its expression.

Cultivating Self-Government in Others
Individuals who experience liberty through Christ seek to bless others with liberty. Christ’s followers are obligated to cultivate and protect the right of self-government for all mankind. Civil liberty is best protected when the decision-making authority of government resides at the level that is closest to those affected by its decisions.

Fullness of Liberty Through Unity with God and Man
The ultimate purpose of God’s plan of happiness is to enable us to experience a fullness of liberty. This is possible only through unity with God, our families, and our fellowmen as we experience the atoning power of Jesus Christ. Unitng as self-governed individuals enables and strengthens civil and personal liberty, and magnifies the potential of all.
In a local and national education environment that has a massive shortage of qualified teachers, these incoming educators and coaches are not only highly qualified in the areas of their technical discipline, but they are also men and women of faith, character, and lots of enthusiasm!

NEW FACULTY AND STAFF

Denise Gorrell
4th Grade Teacher

John Parsons
Girls Varsity Tennis Assistant Head Coach

Khoa Nguyen
Girls Varsity Tennis Head Coach

Kimberly Gibbs
Kindergarten Aide, Cross Country Varsity Middle School Assistant Head Coach

Krispin Banks
Boys Varsity Basketball Assistant Coach

Denise Gorrell
4th Grade Teacher

John Parsons
Girls Varsity Tennis Assistant Head Coach

Khoa Nguyen
Girls Varsity Tennis Head Coach

Kimberly Gibbs
Kindergarten Aide, Cross Country Varsity Middle School Assistant Head Coach

Krispin Banks
Boys Varsity Basketball Assistant Coach

Kyle McGee
Varsity Baseball Assistant Coach

Sherrie Goff
Kindergarten Aide

Stephanie Corless
High School Science Aide

Khoa Nguyen
Boys Varsity Tennis Head Coach

Brian Smith
K-2 & 7-12 PE, Cross Country Head Coach

Brigham Dye
12th Grade English Teacher

Brooke Brockbank
1st Grade Aide

CURRENT FACULTY AND STAFF

New Assignments

Anese Harmon
AHS Essentials Teacher 3rd/4th Grade Aide, Music Accompanist

Breanne Metcalf
Boys Varsity Volleyball Head Coach

Brian Smith
K-2 & 7-12 PE, Cross Country Head Coach

Brigham Dye
12th Grade English Teacher

Brooke Brockbank
1st Grade Aide
NEW FACULTY BIOS

Breanne Metcalf | Boys Volleyball Head Coach

Coach Metcalf is currently in her first year as the AHS Boys Volleyball Coach, but was the assistant coach last year. She grew up in Southern California and played volleyball, basketball, and track & field at Simi Valley High School. She furthered her love of Volleyball by playing two years at Moorpark College where here team was 6th in state her freshman year. Coach Metcalf has a bachelor’s degree in kinesiology from Utah State University and currently works for Intermountain Health Care in their cardiac rehab department. She also coaches for a girls club team when she is not coaching at AHS. When she isn’t playing or coaching volleyball you can find her exploring the great outdoors or traveling the world. She is excited to continue establishing interest and growth in the school program at American Heritage.

Dave Buer | Assistant Boys Varsity Basketball Coach

Dave has been at American Heritage for two years where he serves as the communications director focusing on enrollment management and marketing. He grew up in a coaching family in Minnesota where he earned all-conference honors in football while lettering in basketball, football and track during high school. Dave has coached youth sports for many years and is grateful to be able to use basketball as a vehicle to draw students closer to Christ as they strive to become more useful instruments in the hands of the Lord. Dave and his wife Jessica (AHS Foods and Nutrition instructor) are grateful to have all five of their boys attending American Heritage.

Denise Gorrell | 4th Grade Teacher

Denise Gorrell began her teaching career as a certified Montessori teacher and directed her own school for 20 years. She earned her Master’s degree in Teaching Through The Arts from Lesley University and first taught at American Heritage school in our second grade school room. She later opened Ambleside Academy, a one room school room serving students ages 5-13, educating her grandchildren at home while remaining a member of the American Heritage family serving families of the Lyceum Orchestra program as Coordinator. She is thrilled to again return to teaching full time in our 4th grade classroom.

Derek Maxfield | Girls Basketball Head Coach

Derek is a husband, father, and entrepreneur. Over his career he has learned to value hard work, collaboration, and the desire in all of us to help others and make a difference in the world. He feels strongly that if we put faith and family first in our lives, usually everything else will fall in place. Derek is excited to be a part of the basketball coaching staff at American Heritage and learn from the other great coaches and from the players themselves. Some of his most memorable experiences in life are centered around the competition, comradery, and challenges of high school basketball and he hopes can contribute in a small way to making it memorable and enjoyable for the courageous athletes at American Heritage.

John Parson | Assistant Tennis Coach

John graduated from Utah State University with a degree in computer science and has worked in software engineering since. He served a mission on Reunion and Mauritius islands speaking French. John is a father to Jolie, Beau, and Beckham and enjoys all the fun their family has together with his wife Aleesa leading the way on all the adventures. Their family enjoys UTV-ing, hiking, camping, kayaking, all sports, and being in the mountains anytime possible. Their family has lived in Weber County, Cache Valley, Davis County, Salt Lake County, and finally settled in AF. They are enjoying all the outdoor fun Utah County has to offer and are excited to be a part of American Heritage.

Khoa Nguyen | Head Coach Tennis

After immigrating to the United States from Vietnam in 2000, Khoa attended high school in Glendale, California. After high school, he enlisted in the United States Marines and was deployed for 12 months in the Horn of Africa. As part of his operations, Khoa engaged in community building; he and his company delivered supplies to villages, interacting with the local school children and provided basic security for the locals. Upon returning to the States from his deployment, Khoa felt the need for youth development in his own community; he continued this work as a social impact initiative. He started a nonprofit to provide sport camps and other service projects to build leadership skills and self-confidence for children in seven countries; tennis has been his favorite sport and means to achieve that goal. His organization has mentored over 4,000 youth and young adults ages 15–25 since its inception.
**Krispin Banks | Head JV Boys Basketball Coach/Asst. Boys Varsity Coach**

Coach Krispin Banks has been coaching youth, high school and professional-level basketball for six years. He was the head junior varsity coach and varsity assistant at Notus HS (Idaho) and associate head coach for the Magic City Surge, a professional team located in Birmingham, Ala. Krispin played collegiately for Salt Lake Community College (winning the national title in 2008–09) and the College of Idaho. He also played professionally in the IBL and ABA leagues. He served his LDS mission in the Honduras, Comayaguéla mission from 2004–2006. Krispin and his beautiful wife Kay were sealed in the Mt. Timpanogos Temple and have been married for 11 years. They have four wonderful children: Kadence, Krispin Jr., Khylan, and Karyna. His passions include basketball, singing and family.

**Kimberly Gibbs | Cross Country Head Coach, Kindergarten aide**

Kimberly was born in Idaho and raised in Colorado where she competed in cross country, basketball, and track & field. She was a varsity cross country and track runner, competing at the state level each year and received all-state recognition for her team performance in the best relay race ever—the 4x400m. She attended BYU where she began studying physics teaching but ended up changing her major and graduated with a bachelor’s in home and family life. While at BYU she met Tyler and fell in love. They were married and now have a family of seven children—five girls and two boys—all of whom have or are attending AHS. Kimberly was a teaching assistant for the Physical Science 100 classes at BYU until she started her family. After BYU, they lived in Bellevue, Wash., but learned after a few years they need more sunshine so moved back to Utah. They found American Heritage School in 2011 and have been part of the AHS community since then. Kimberly has coached the Pleasant Grove Track Club and has always been involved in her children’s sports.

**Kyle McGee | Baseball Assistant Coach**

Kyle McGee is an avid lover of sports and especially of coaching. He has been coaching youth sports for 15+ years and began coaching his son at age five. He is very active in his church and community. He is a local business owner and works with his family in McGee's Stamp and Trophy Company. Coach McGee believes in hard work, excellence and having fun. He is so excited to begin coaching at American Heritage and working with the baseball team and Coach Jansen. He is a father of four and lives in Cedar Hills with his wife, Wendy.

**Megan Metcalf | Head Girls Volleyball Coach**

Megan Metcalf was born and raised in Simi Valley, Calif. She played volleyball and basketball through high school, was a four-year varsity starter in both sports, and named female career-athlete of the year her senior year. She went on to play volleyball at Salt Lake Community College where her team was ranked No. 1 for the majority of the season and finished third in the junior college national tournament. Megan transferred down to play volleyball at Southern Utah University where she majored in elementary education. She taught kindergarten for two years before serving a mission in Spokane, Wash. She is now in her eighth year of teaching and recently received her masters of education in administration from SUU. She has coached several elementary, middle school, high school and club teams. Last season she was the AHS head boys volleyball coach and assistant girls volleyball coach. This year she will be assisting the boys volleyball team and head coaching the girls team.

**Sherrie Goff | Kindergarten Aide**

Sherrie Goff has lived most of her life in Pleasant Grove and she enjoys being in an area where her family lives close to her. Sherrie has five children ranging in age from 6 to 18. Sherrie and her husband enjoy spending time as a family camping and being outdoors. They have been involved with American Heritage for many years and love the atmosphere at the school. Sherrie is excited to join the kindergarten team at AHS.

**Stephanie Corless | Science Aide**

Stephanie was born and raised in Utah County. She graduated from American Fork High School then went on to BYU where she earned a bachelor’s degree in Classical Studies: Classical Civilizations Latin emphasis, as well as a minor in chemistry. Stephanie served a mission for the Church of Jesus Christ of Latter-day Saints in the Georgia Atlanta North Mission. She married her husband Ryan in 2018 and they currently live in Eagle Mountain. They enjoy fishing, biking, hiking, reading, and playing video games.
AHS students have an exciting and inspiring array of electives and extracurricular activities to choose from! The following curricular electives, primarily for high school students (grades 9–12), satisfy high school graduation requirements, including fine arts, foreign language, science, math, and physical education. 

Activities will proceed with social distancing for this year.

- A Cappella Choir
- ACT Exam Preparation
- Advisory
- Algebra Half
- Algebra 1
- Algebra 2
- Algebra 2A
- Algebra 2B
- American Government and Economics (Twelfth Grade)
- American History (Eleventh Grade)
- Ancient World History and Geography to 1500 A.D. (Ninth Grade)
- AP Biology
- AP Calculus AB
- AP Chemistry
- AP Computer Science Principles
- AP English Language and Composition (Eleventh Grade)
- AP European History (Tenth Grade)
- AP Music Theory
- AP Physics C
- AP Research (Twelfth Grade)
- AP Statistics
- AP Seminar (Eleventh Grade)
- AP US Government (Twelfth Grade)
- Art I/II – Teacher
- Art III/IV
- ASL I
- ASL II
- ASL III
- Athletic Conditioning
- Ballroom (Beginning)
- Ballroom (Intermediate)
- Ballroom (Advanced Performance)
- Ballroom (Advanced Competition)
- Basketball Fundamentals
- Biology
- Chamber Choir
- Chemistry
- Computer Technology
- Creative Writing
- Debate
- Digital Media
- Drama I
- Drama II
- English 12
- English 11
What’s New

• English 10
• English 9
• Financial Literacy
• Foods and Nutrition I, II
• French I
• French II
• French III
• French IV
• Genetics
• Health
• High School Mixed Choir
• International Student Support
• Introduction to Computer Science
• Introduction to Engineering
• Introduction to Statistics
• Journalism I
• Journalism II
• Medical Anatomy and Physiology
• Modern World History from 1500 A.D. (Tenth Grade)
• Photography
• Photoshop
• Physical Education
• Physics
• Pre-Calculus A/B
• Pre-Calculus A
• Pre-Calculus B
• Principles of Leadership
• Senior Thesis
• Spanish I
• Spanish II
• Spanish III
• Spanish IV
• Sports Medicine
• Student Government
• Study Hall
• Teacher Mentor
• Technical Theatre Beginning
• Technical Theatre Advanced
• Theatre Arts
• Volleyball Fundamentals
• Women’s Yoga
• Written Portfolio 9
• Written Portfolio 10
• Written Portfolio 11
Construction Update: Phases 1C and 2A

In the spring of 2019, AHS dedicated Phases 1A and 1B in a touching ceremony held in Patriot Arena. Students, families, and faculty were joined by the Board of Trustees, donors, and community dignitaries to honor—in both word and music—the sacrifices of all those who laid the foundations for the school's growth and success.

With the completion of the $30 million Phase 1A and 1B expansion, we are pleased to announce a new $9.5 million donation for the construction of Phases 1C and 2A. Phase 1C will be an auxiliary gym that will help the school to meet the needs of curricular PE students as well as student-athletes, coaches, and families as we continue to pursue our all-participation athletics model. Phase 2A will provide the following new spaces: a high school kitchen and cafeteria, a student commons area that can be used for multipurpose curricular space, four additional classrooms, and several thousand feet of unfinished space. The unfinished space can be purposed at a future date to meet future needs, accommodating several years of student population growth.

Our generous donors allow us to expand our campus without the use of a single dollar of tuition, continuing the pattern of consecrated donor sacrifice that has endured from the early years of our school’s history. These donations bless each and every American Heritage family because they allow us to operate debt-free, which keeps the price of tuition many multiples below the total cost of the experience provided.
Outdoor Athletics (PHASE 1A)
*completed fall of 2018*
1. Future soccer field
2. Future greenhouse and garden
3. Outdoor Basketball Courts
4. Tennis Courts (4)
5. Expanded Elementary Play System
6. Concessions, Restrooms, & Outdoor Storage
7. 1,733-seat Stadium, Soccer Field, Track & Field
8. Baseball/Softball Field

Indoor Athletics (PHASE 1B)
*completed fall of 2018*
9. Classrooms for Curricular Instruction, Dance, Health, P.E., Weightlifting; Locker Rooms
10. 1,406-seat Patriot Arena with Elevated Indoor Track

7–12 Building (PHASES 1C & 2A)
*construction slated for 2020*
11. Auxiliary Gym (1C)
12. Kitchen, Cafeteria, Student Commons, Classrooms, and unfinished space to be purposed later (2A)

7–12 Classrooms (PHASE 2)
*future expansion*
13. General Classrooms and Specialized Classrooms for Science, Art, Engineering, Math & Technology
14. Student Commons & Activity Area, Administrative Offices

Performing Arts Center (PHASE 3)
*future expansion*
15. 900-Seat Concert Hall
16. Music Classrooms & Rehearsal Rooms
17. 300-Seat Small Theater/Auditorium
Grades K–6
MEET YOUR TEACHER

This year more than ever, our teachers are excited and ready to meet your child as they become part of the American Heritage School family again, or for the first time.

In order for us to meet your child in a one-on-one setting, and to be prepared to meet the reading needs of each child as the school year begins, each teacher will be individually assessing their students in reading prior to the first day of school. The feedback will inform instruction and help the teacher meet each student at his/her learning threshold from the very first day of school. We will be able to share with you your child’s beginning-of-year reading level as well as the end-of-year goal.

Please sign up for an available time using Veracross to get access to this spreadsheet:
K-6 Reading Assessment Sign-Up

Our preference is for all students to sign up for one of the available times in the summer. However, if the available time slots do not work with your summer plans, you may contact the teacher directly to organize a different time. We look forward to meeting both you and your child.

(Please bring your child’s school supplies and emergency comfort kit to this appointment.)

K-3 New Parent Spalding Training
All new K-3 parents should become familiar with Spalding, our K-3 language program at AHS. The Spalding training for new K-3 parents will be in the form of a recording. The link for this recording will be sent prior to the start of school. Parents are required to purchase a set of phonogram cards from AHS so students have access to these cards at home. Contact the front office/library to make this purchase.

Grades 7-12

Textbook checkout for 7th–12th grade students will be by assigned time according to family last name.

Instructions for Textbook checkout:
1. Please come prepared with a copy of your class schedule (printed or on your phone).
2. Students are asked to enter from the south exterior library door to first pick up their books.
3. They will then proceed to either the uniform swap/spirit apparel sales or to get locker information. Please do not wait for the first day of school to pick up your books!

Seventh and Eighth Grade Meet-Your-Teacher will take place via Zoom from 1:30–2:30 p.m. Watch for information from your teacher!

If you cannot make it on August 17 or cannot make it during your assigned time, please contact Mrs. McConkie (mmconkie@ahsmail.com) to arrange for another time.
**Textbook Checkout August 17**

**Family Assigned Times**

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**Location Details**

- **Main Entrance**
- **Faith**
- **Charity**
- **Courage**
- **Wisdom**
- **Virtue**
- **Industry**
- **Humility**
- **Wisdom**
- **Library**
- **Restroom**
- **Spirit Apparel sold in the center court**
- **Auditorium**
- **P.E.**
- **Uniform Swap**
- **Book Checkouts**
- **Locker assignments for 9th-12th grade students**
- **Main Level**
- **East Parking Lot**
- **West Parking Lot**

**Maps and Navigation**

- **Main Entrance**
- **East Parking Lot**
- **West Parking Lot**

**Additional Information**

- **2020–21 Orientation Day**
- **Family Assigned Times**
- **Textbook Checkout**

**Map Legend**

- **Restroom**
- **Library**
- **Main Entrance**
- **East Parking Lot**
- **West Parking Lot**
- **Uniform Swap**
- **Auditorium**
- **Main Level**
- **P.E.**
- **Book Checkouts**
- **Locker assignments for 9th-12th grade students**
- **Spirit Apparel sold in the center court**

**Important Notes**

- **BEGIN HERE** for Textbook Checkout (enter through exterior library door)
American Heritage School
Foundations Training 2020

“How Firm a Foundation”

Monday, August 10, 2020
8:00 a.m.–12:30 p.m.

**Required for all newly admitted families (at least one parent)**
Join in person or via technology; recording available
Zoom link: https://zoom.us/j/99103452572
Returning parents welcome!

Dress is business casual or casual
No registration necessary for AHS employees and new AHS parents
Any guests from the general public desiring to attend should please register in advance by contacting the AHS Front Office, Kandace Goodrich, kgoodrich@ahsmail.com

Watch for more Foundations Training Information and the detailed agenda by e-mail and on the Veracross Parent Portal!

- Welcome from the AHS Board & Administration
- New Parent Orientation
- Overview of AHS History, Mission, and Methods
- AHS Vision & Strategy
- Learn to Apply the Principle Approach in the Classroom and Home
- Meet the Parent Service Organization
- Separate Tracks for Employees and Parents
- Get to Know Some Amazing Families Just Like YOU!
Our intention is to give our students and employees a sense of safety, normalcy, and comfort, by balancing as carefully as we can the important principles of public health and personal choice. We are committed to balancing the needs of all students, employees, and guests in our school community, as well as the needs of the broader community in which we live. Those needs sometimes feel at odds with each other initially, but we believe that if we keep listening to each other, and to the Spirit, we can find better ways!” - Grant Beckwith, Principal

RETURNING SAFELY TO CAMPUS
Plans for Returning in the Fall

2020-21

Nearly $1.5 million donated since May by private supporters for AHS Online course development, COVID-19 safety enhancements, and other investments necessary for a smooth transition to the new school year.

COVID-19 Safety Highlights

(SEE MORE DETAILS HERE AND ON OUR RETURNING SAFELY TO CAMPUS WEBPAGE)

- Classes will be capped at 25, many classes smaller; students will be seated 6 or more feet apart whenever possible, otherwise students will be seated as far apart as reasonably possible.
- Symptom screening and temperature detection will take place at home before students and employees come and also at school when they arrive; touchless thermometers will be made widely available to faculty and staff for regular temperature checking (including verbal symptom screening) during the first hour of the day and prior to extracurricular activity participation.
- Per Utah State Health Department order, face coverings (mask or shield) will be required for all employees, students K–12, and guests (exceptions for lunch, recess, P.E., extracurricular activities, and medical exceptions, among others, so long as other safety protocols are followed);
- UHSAA Return-to-Play Safety Protocols will be followed and promoted for all extracurricular sports and activities.
- Seating will be assigned in all classes to support contact tracing if/when necessary.
- Regular hand washing routines will be instituted (among other safety routines).
- Hand sanitizer will be made available to faculty and students in all rooms on campus and outside at recess, PE, and practices.
- Assemblies and large group gatherings will be staggered/divided to reduce group sizes, held outdoors when weather permits, and conducted via technology/broadcast to classrooms.
- Shared items will be minimized.
- Increased training will be provided to employees and students regarding hand-hygiene and respiratory etiquette.
- We will respond to any reported COVID-19 symptoms or confirmed cases according to the Utah Health Department’s COVID-19 School Manual, which emphasizes the importance of opening schools for in-person instruction and keeping schools safely open even when confirmed cases exist in the school community.

Face shields are an acceptable alternative to masks.
Fully On-Campus (Yellow or Green Risk Level)

PROGRAM:
- All students on campus, normal or slightly altered daily schedule.
- Safety protocols detailed below
- K–12 core class sizes capped at 25 (many classes smaller); high school classes/seminars larger than 25 will be held in auditoriums or gyms
- All extracurricular programs offered in normal course with safety protocols detailed below
- Cameras simulcasting (Swivl tracking) in classrooms via Zoom for students to follow from home on any day(s) needed/desired
- Various AHS Online resources available at home on any day(s) needed/desired.

Hybrid On-Campus & Online (Orange Risk Level)

PROGRAM:
- Significantly reduced number of students on campus each day, staggered daily schedule to reduce class sizes.
- Heightened safety protocols detailed below
- School-issued laptops
- Students receive highly interactive instruction and teacher coaching whether on-campus or online at home.
- Extracurricular programs continue as permitted by local health officials and UHSAA
- Cameras simulcasting (Swivl tracking) in classrooms via Zoom for students at home;
- More AHS Online resources available at home on any day(s) needed/desired

Fully Online (Red Risk Level)

PROGRAM:
- American Heritage Online for all FT and PT students (lectures via video with regular online gatherings for classroom instruction, labs, celebrations, and assignments)
- School-issued laptops
- Students receive highly interactive online instruction and online coaching, including one-to-one mentoring, by teachers

Desks miles apart but still gathering and learning together every day!

25 desks in a typical AHS classroom, spaced 5 feet apart in each direction. The HVAC system with special new filters circulate outside air through multiple ceiling vents that are in “always on” mode, constantly removing inside air and replacing with fresh air from outside. UV lights will also be used in every room.

12 desks in a typical AHS classroom, spaced 8 feet apart in each direction. This or other similar configurations (less than 20 desks) would be used in an orange risk level. Students would attend in staggered schedules (a.m./p.m. or alternating days). All HVAC and UV light filtering/sanitization protocols continue.

We’re safer, smarter, and stronger together, with faith in every footstep!

Process for developing this plan. American Heritage School’s safety and security protocols are guided by its board-level Health & Safety Committee. The committee is comprised of numerous physicians (six medical doctors practicing in various specialties, including pulmonology, internal medicine, and pediatrics), all of whom are parents at the school. The committee also includes law enforcement and emergency response personnel, teachers, administrators, parents, and other experts. The Health & Safety Committee does not make decisions but rather reviews proposals and makes recommendations for the school’s Administration and the Board to consider. In developing and refining this plan, we have carefully considered feedback and recommendations from the Health & Safety Committee, reviewed the global and national research on returning safely to schools, and considered the Utah State directives for K–12 schools (Governor’s office, USBE, and ASD). Given our faith-oriented mission, we have also carefully reviewed the various communications issued by the Church of Jesus Christ of Latter-day Saints.
STAYING SAFE TOGETHER
HERE’S WHAT YOU CAN DO...

The most effective way to stay healthy and minimize the spread of infectious disease (in any season) is to follow basic best-practices, which we expect from all in the AHS community:

- Avoid close contact with people suffering from acute respiratory infections. If you or someone in your household develops an acute respiratory infection, please notify the school so that we can discuss appropriate responses, including potentially staying home and/or self-isolation.
- Wash hands frequently and properly, especially after direct contact with ill people or their environment;
- Practice cough etiquette (maintain distance, cover coughs and sneezes with disposable tissues or clothing, not hands, etc.); and
- Wear a face covering in public settings (required in schools and also outside when social distancing is not feasible).

If you have symptoms, stay home until you recover. As has been our policy for many years, if students or adults have a fever, they should remain home until they are fever-free for 24 hours without fever reducing medications (longer if quarantining is recommended per the Utah COVID-19 School Manual).

If you tested positive for COVID-19, you must isolate (remain home, preferably in a separate room, and do not return to school) until fever free without medicine for 24 hours AND it has been at least 10 days since you got sick or tested positive. Everyone who lives in your home should quarantine (family members who have been exposed but aren’t sick yet) and not go to school for 14 days. Other close contacts should consider quarantining but may return to school so long as they are not manifesting symptoms (called modified quarantine).

PLEASE DO NOT COME TO SCHOOL (ADULTS OR CHILDREN) WITH ANY OF THESE SYMPTOMS:

1. Fever:
   Persons who have symptoms of acute respiratory illness are recommended to notify the school and stay home until they are free of fever (100.4°F [38.0°C] or greater using an oral thermometer), free of signs of a fever, and free of any other symptoms for at least 24 hours, without the use of fever-reducing or other symptom-altering medicines (e.g. cough suppressants).
2. Shortness of breath (even if not severe)
3. Cough (if you normally have a cough because of allergies or asthma, is this cough different?)
4. Chills
5. Repeated shaking with chills
6. Muscle pain
7. Headache
8. Sore throat
9. New loss of taste or smell

If you have one or more of the above symptoms, which may be related to COVID-19, please stay home and take care of yourself.

PLEASE DO NOT ENTER THE SCHOOL IF YOU ARE WELL BUT CURRENTLY HAVE OR IN THE LAST TWO WEEKS HAVE HAD A SICK FAMILY MEMBER AT HOME WITH COVID-19.

- Persons who are well but who have a sick family member at home with COVID-19 should communicate with the school via technology, not in person.
- Persons confirmed to have COVID-19 should inform all contacts of their possible exposure to COVID-19 but maintain confidentiality.

PLEASE NOTIFY THE SCHOOL IF:

- You have been diagnosed with COVID-19
- You have had contact with someone diagnosed with COVID-19
- Live in or visit a place where COVID-19 is spreading rapidly.

Touchless thermometers have been provided for each classroom and extra-curricular program director for temperature checking during the first hour of the day and before each practice and afterschool program.
Welcome!

I look forward to a wonderful year working together with you while we partner with devoted teachers and administrators in educating the hearts and minds of our children at American Heritage School. Did you know that every parent at the school is a member of the Parent Service Organization? It’s just one of various ways that we reinforce our unique school culture that not only encourages but also expects parental involvement in their children’s educational experience. Parents at AHS are invited and expected to give at least 30 hours of volunteer service per family each year. Please know that your service and sacrifice are very much needed at our school and enrich virtually every aspect of our “family education” experience at AHS.

I look forward to serving with you this year!

Laura Hale, Parent Service Organization President
chase.and.laura@gmail.com

Parent Service Organization Purpose

The Parent Service Organization plans and facilitates parent service opportunities at AHS that advance the mission of the school. We work with teachers and administrators to assist with special events and other opportunities that lift and serve AHS students, teachers, and families.

Room Parents

Sign up to serve as a room parent for your child’s class to oversee one of the following:
- Celebrations
- Field Trips
- Holiday Parties
- In-class Volunteers
IZATION: Get involved!

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<tr>
<th>August</th>
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<tr>
<td>Uniform Swap</td>
<td>Grandparents Day</td>
<td>Christmas Decorating</td>
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<tr>
<td>Faculty Dinner</td>
<td>Picture Day 7–12</td>
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**Opportunities to Serve**
- Assist in Lunchroom
- High School Dances
- Room Parent Support
- Spirit Wear Sales
- Experiential Learning Weeks
- Faculty Dinners
- School Events
- Lunchroom Help
- Library Support
- Photography

Events may be subject to change due to COVID-19

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<tr>
<td>Constitution Day</td>
<td>Geography Bee</td>
<td>Christmas Decorating</td>
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<td>Picture Day K–6</td>
<td>Spelling Bee</td>
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<td>Book Fair</td>
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<td>Faculty Dinners</td>
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<th>December</th>
<th>January</th>
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<tr>
<td>Teddy Bear Project</td>
<td>Teacher Appreciation Week</td>
<td>Faculty Dinners</td>
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<td>Christmas Décor</td>
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<td>Takedown</td>
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<tr>
<td>Experiential Learning, Grades 7–12</td>
<td>Teacher Appreciation Week</td>
<td>Shakespeare Days</td>
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<td>Experiential Learning, Grades K–6</td>
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Field Day

Sign-up by using the link below
american-heritage.org/parent-organization
Fall Tryouts

**Baseball, 9–12 (UHSAA)**
July 29, 4:00–5:30 pm
Coach Blake Jansen
bjansen@ahsmail.com

**Cross Country, Boys and Girls 7–12 (UHSAA)**
Underway
Coach Brian Smith
bsmith@ahsmail.com

**Boys Soccer, 6–8 (UCSSAL)**
September 1, 3:30–5:00 pm
Coach Hinajosa
mhinojosa@ahsmail.com

**Girls Soccer, 9–12 (UHSAA)**
July 29, 11:00 am–12:30 pm
Coach Aimee Holmes
aholmes@ahsmail.com

**Ultimate Frisbee, Boys and Girls 6–9 (Club)**
September 8, Time TBD
Coach TBD

**Volleyball, 9–12**
**Girls Varsity (UHSAA)**
August 4–5, 1:00–3:00 pm | Arena
Coach Megan Metcalf
mmetcalf@ahsmail.com

**Boys Varsity (USSA)**
August 4–5, 3:00–5:00 pm | Arena
Coach Breanne Metcalf
bmetcalf@ahsmail.com

PAL League

The Patriot Athletic League is American Heritage School’s intramural program that invites students of any ability to participate in team-based athletics!

**Fall**
Flag Football

**Winter**
Ping Pong

**Spring**
Basketball

UCSSAL, Utah Charter and Small School Athletic League | UHSAA, Utah High School Activities Association
USSA, Utah School Sports Association
Winter Tryouts

Basketball, 7–12
Boys 6–8 (UCSSAL)
October 8–9, 3:30–5:00 pm
Coach Spencer Myers
smyers@ahsmail.com
Girls 6–8 (UCSSAL)
November 5–6, 5:30–7:30 pm
Coach Rachelle Rutherford
rrutherford@ahsmail.com
Boys 9–12 (UHSAA)
November 9, Time TBD
Coach Paora Winitana
pwinitana@ahsmail.com
Girls 9–12 (UHSAA)
November 9, Time TBD
Coach Derek Maxfield
derekmaxfield@gmail.com

Spring Tryouts

Track and Field, 9–12 (UHSAA)
February 25, Time TBD
Coach Brian Smith
bsmith@ahsmail.com

Soccer, 6–12
Girls 6–8 (UCSSAL)
March 3, 3:30–5:00 pm
Coach TBD
Boys 9–12 (UHSAA)
March 1, 3:30–5:30 pm
Coach Knecht
pknecht@ahsmail.com

Tennis, Boys 9–12 (UHSAA)
March 1, 3:30–5:30 pm
Coach TBD

Ultimate Frisbee, Boys and Girls 6–9 (Club)
March 3, 3:30–5:30 pm
Coach TBD
Choirs

The Heritage Youth Choirs is a community choral organization for children and youth in grades 1–12. Its central mission is to build musical excellence and enduring faith in the lives of individuals through gospel-centered choral music. Although the choir is sponsored by American Heritage School, enrollment is open to all students, regardless of school affiliation. Three choirs accommodate youth of varying ages and skill levels:

**Youth Chorus**
- Grades 8-12 and changed-voice 7th grade boys
- Entrance by audition only
- Rehearsals held on Mondays from 3:30-5:00 p.m.
- 5+ performances per year, guest artist collaborations, an overnight retreat, and a fireside tour in June of 2021 (New England States)
- Tuition: $405/year (scholarships available); $1500 for tour (optional)

**Treble Choir**
- Grades 4-7
- Auditioned
- Rehearsals held on Mondays from 3:30-4:30 p.m.
- 3+ performances per year and choral festival in the spring
- Tuition: $315/year (scholarships available)

**Junior Choir**
- Grades 1-3
- Non-auditioned
- Rehearsals held on Mondays from 3:30-4:15 p.m.
- 2+ performances per year
- Tuition: $225/year
Come sing with us!

YOUTH CHOIRS AUDITIONS

All auditions/interviews will take place on AUGUST 17th and 24th

Visit youth-chorus.org to sign up for an audition time. Contact Mr. Swenson with questions. (801) 372-9465 or rswenson@ahsmail.com.
Lyceum Youth Orchestras at American Heritage School have reached the top of the Billboard Charts, been featured on PBS with The Piano Guys, recorded for SONY Masterworks, and have been viewed over 100 million times on YouTube! Each year we place nearly every graduate into top-notch music schools across the country. Accomplished young musicians, ages 6 to 18, travel from schools across the state to participate in this comprehensive after-school youth orchestras program.

We Strive to

Inspire—nurture a love of elevated music, increase faith and patriotism through purposeful events and media.

Instruct—develop self-discipline, skills, and character through transformational teaching and professional-level experience and interaction.

Impact—awaken individuals, families and communities to the power music has to change hearts and minds while fulfilling the divine potential of our participants.

ORCHESTRA AUDITIONS
For more info or to submit your audition online see www.LoveMusicMore.com

Limited Openings in all 6 of our orchestras serving students ages 6 to 18 ranging from basic music readers to advanced.
Music That Inspires—Hymns, Classical, and Patriotic

Utah's Largest After-School Orchestra Program—6 levels!

Work with Pros like The Piano Guys, David Archuleta, Marie Osmond, and more!

Millions of YouTube Views on Inspirational Videos

Safe, Social Distancing Practices in Effect!

http://lyceumphilharmonic.com/media/videos/

AWARD-WINNING, MOST COMPREHENSIVE OFFERING IN UTAH

PHILHARMONIC
CONCERT ORCHESTRA
SYMPHONIC STRINGS
CHAMBER ENSEMBLE
CRESCENDO ORCHESTRA
PRELUDE STRINGS

With six ensembles ranging from basic music reader to expert level, the Lyceum Youth Orchestras Program at American Heritage School provides the most award-winning and comprehensive orchestra experience in Utah. Last year’s graduating class had nearly a 100% scholarship placement rate. Students are mentored and motivated by world-class faculty and guest artists to develop not only the body and the mind, but also the soul. String players K-12 and Wind/Brass/Perc. players 7-12 are invited to audition!

lovemusicmore.com

We strive to meet every student at the threshold of their learning!

“The American Heritage Lyceum Orchestras Program is an incomparable combination of everything that music is meant to be — joy, refinement, belonging, and fun. My favorite part of Lyceum is its inherent spirituality. There is a special feeling suggesting a profound development not only of the body and mind, but of the soul.”

—Steven Sharp Nelson, Member of The Piano Guys
Auditions for You Can’t Take It With You

AUDITIONS

YOU CAN'T TAKE IT WITH YOU

When: August 14
Time: 3:00–7:00 p.m.
Location: North Auditorium
Call Backs (by invitation only): August 15, 9:00–11:00 a.m.
Who: Grades 9–12
Performance Dates: October 22, 23 and 24 at 7:00 p.m.
For more information visit: https://american-heritage.org/drama/
# High School Graduation Planning Guide

## REQUIRED AREAS

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<tr>
<th>REQUIRED AREAS</th>
<th>CREDITS</th>
<th>9TH GRADE</th>
<th>10TH GRADE</th>
<th>11TH GRADE</th>
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<td><strong>ENGLISH</strong></td>
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<td>English 9</td>
<td>English 10</td>
<td>English 11 or AP Language</td>
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<td><strong>WORLD HISTORY</strong></td>
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<td>Modern World History</td>
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<tr>
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<td>Written Portfolio 10</td>
<td>Written Portfolio 11 or AP Seminar</td>
<td>Senior Thesis</td>
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<td><strong>MATH</strong></td>
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<td>Algebra 1</td>
<td>Algebra 2 or 2B</td>
<td>Pre-Calc or Intro to Stats</td>
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<td>Algebra 1</td>
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<td>Pre-Calculus A</td>
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<td>Algebra 2</td>
<td>Pre-Calculus</td>
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<td>AP Calculus BC or AP Statistics</td>
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<td>Algebra 2A</td>
<td>Economics</td>
<td>Intro to Stats</td>
<td>AP Statistics</td>
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<td><strong>SCIENCE</strong></td>
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<td>Biology</td>
<td>Chemistry</td>
<td>Sports Medicine</td>
<td>AP Biology, AP Chemistry, AP Physics, AP Computer Science</td>
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<td>Medical Anatomy &amp; Physiology</td>
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<td>Genetics</td>
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<td>Intro to Engineering</td>
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<td><strong>FOREIGN LANGUAGE</strong></td>
<td>2</td>
<td>Spanish 1/ French 1/ ASL 1</td>
<td>Spanish 2/ French 2/ ASL 2</td>
<td>Spanish 3/ French 3/ASL 3</td>
<td>Spanish 4/French 4</td>
</tr>
<tr>
<td><strong>FINE ARTS</strong></td>
<td>1.5</td>
<td>1.5 Credits to be completed during grades 9-12 (Art, Ballroom, Drama, Theater, Debate, Creative Writing, A Cappella, Chamber Choir, AP Music Theory, Technical Theatre, Photography, Photoshop, Mixed Choir, Theater Arts/Improv)</td>
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</tbody>
</table>
| **PHYSICAL EDUCATION**  | 1.5     | 1.5 Credits to be completed during grades 9-12 (PE, Athletic Conditioning, Basketball, Volleyball, Health, Ballroom, Yoga, Sports) Teams)
| **PRINCIPLES OF LEADERSHIP** | 0.5 | Principles of Leadership |
| **COMPUTER TECH**       | 0.5     | Computer Technology, Digital Media or Intro to Computer Science typically completed in 9th or 10th grade |                                  |                                  | AP Computer Science              |
| **FINANCIAL LITERACY**  | 0.5     |                                  |                                  |                                  | Financial Literacy               |
| **EXPERIENTIAL LEARNING** | 1      | Experiential Learning 9          | Experiential Learning 10         | Experiential Learning 11         | Experiential Learning 12         |
| **ELECTIVES**           | 3.5     | Student choice based on interest, abilities, talents and may include additional courses offered in Fine Arts, Foreign Language, Physical Education, World Language, Extracurricular Credit, Food & Nutrition, Middle Earth Studies, Constitutional Studies, Creative Writing, Dating and Relationships, Journalism, International Student Support, ACT Prep, Yearbook, Student Government) |
| **GRADUATION REQUIREMENTS** | 29     |                                  |                                  |                                  |                                  |

**Reviewed 1/13/2020**
“Master, which is the great commandment in the law? Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbor as thyself.”

(Matthew 22:36–39)

The two great commandments to love the Lord and love our neighbors are the two most important principles that we learn at American Heritage School. Students and employees are expected to live according to the standards and commitments set forth below and to keep these standards and commitments on campus and off campus “at all times...and in all places” (Mosiah 18:9). Those students and employees who are not members of The Church of Jesus Christ of Latter-day Saints* are also expected to maintain the same standards of conduct, except church attendance.

Parents, students, and employees, please review these standards together, then be prepared to sign and return a copy of the Honor Code Statement to your teacher or administrator by the end of the first week of school.

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AMERICAN HERITAGE SCHOOL
HONOR CODE

A.H.S. = “Always Honor & Serve”

We keep the two great commandments (Matt. 22:36–39) as we “Always Honor and Serve.”

A = ALWAYS. At all times, in all places, private and public. God is constant and unchanging. (Matt 28:20; Mosiah 18:3)

H = HONOR. We honor God by honoring all of his children, including in our thoughts, words, and actions (Exodus 20; John 5:23)

S = SERVE. We serve God by helping and lifting others around us. Service is love and honor exemplified. It is love and honor in action. (Mosiah 2:17; Matt 6:24)

Expected Conduct at School, School-Sponsored Activities, and Away from School. With the two great commandments as our guide, it is expected that students and employees will uphold the following standards and expectations at all times, whether we are on campus or away from campus:

- Kindness and Respect. Treat every person with kindness and respect, including students of all ages, teachers, parents, administration, staff, custodians, and visitors and visiting teams to the school.

- Uplifting Language. Choose words that inspire and uplift. Words intended to hurt or offend should never be used and have no place in our school.

- Honesty. Be honest and truthful in all dealings.

- Humility and Integrity. Accept corrections respectfully from all who have stewardship for you. This includes (but is not limited to) your parents and every employee at the school, even if they aren’t your teacher. Listen to the Spirit when you receive correction and have the courage and integrity to obey promptly and consistently, even if you disagree with an expectation, and even while you may be working to understand or even change that expectation through appropriate channels.

- Positive Attitude. Display a positive, willing attitude. This includes making a good-faith effort to fulfill all Honor Code commitments and to devote oneself to learning and keeping all school policies. “The Lord requireth the heart and a willing mind.” (D&C 64:34)

- Stewardship. Care lovingly for our building. This includes eating only in designated areas (not in hallways or classrooms without permission) and treating doors, walls, and school equipment with care and respect. Seek ways to leave our classrooms, hallways, and bathrooms cleaner and better maintained than we found them. Bending a knee to pick up a scrap takes effort, but it is a sign of a grateful steward, especially if the scrap is not our own. “And he that is a faithful and wise steward shall inherit all things.” (D&C 78:22)

- School Uniform, Dress & Grooming. Wear the school uniform properly and keep the AHS dress and grooming standards diligently and willingly. Students in grades 7–12 who wear their uniform, clothing, or hair-styles in ways that contradict (or press the boundaries of) the School’s dress and grooming standards should be prepared for conversations with teachers and administrators, and if the problem persists, for potential dismissal or non-readmission to the school. Uniform, dress, and grooming conversations in grades K–6 will typically be with parents, not students. “Obedience to small things creates a spirit of obedience in all things, and thus invites the blessings of heaven.” (Elder Kim B. Clark). Students should not write on themselves or others, or disfigure their bodies in any way. “Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? ... The temple of God is holy, which temple ye are.” (1 Cor. 3:16–17)

- Cell Phones and Technology. Use cell phones, personal electronic devices, and computers only at times and in settings that are respectful and approved. For students, cell phones should be off and out of sight during normal school operating hours everywhere on campus from 8:30 a.m. to 3:10 p.m. (including during transition times, at lunch, and at recess), and during school-sponsored travel, unless otherwise approved by a teacher or administrator. Teachers are encouraged to take
student cell phones that are used without permission and to deliver them to an administrator. Teachers may collect phones at the beginning of class from any students who have them on their person or close at hand. In such cases, students whose phones are off and not easily accessible, such as in backpacks, will not be required to surrender their phones. Students may ask for permission to contact parents or conduct other business via personal cell phone at any time. Do not hide the use of cell phones and personal devices from view of teachers, parents, and other responsible adults, even if corresponding with parents. Do not communicate anything via text or social media, on campus or off campus, that would be inappropriate, offensive, or hurtful. Report any inappropriate, hurtful, or obscene messages, or content—whether yours or someone else’s, accessed intentionally or unintentionally, on-campus or off-campus, by personal or school devices—to a parent, teacher, administrator, or other trusted adult.

- **Displays of Affection.** While at school or during school-sponsored activities, students should not engage in public or private displays of romantic physical affection, including kissing, cuddling, and hand-holding.

- **Conduct Away from School.** As indicated in the school’s mission statement, faculty, staff and students are expected to “conduct themselves in all aspects of life as Christians.” Thus, the School’s Honor Code is expected to be kept on and off campus. With limited exceptions (such as certain uniform policy and dress code requirements that apply only while at School), any personal activity or behavior away from School that contradicts the principles, policies and mission statement of the School may constitute grounds for dismissal from the School.

- **Public Expression, Advocacy, and Free & Open Inquiry.** Students and employees are encouraged to seek for truth, engage in free-and-open inquiry, and examine their own and differing perspectives. In speech and conduct, students and employees should not engage in expression or events that seriously and adversely affect the school’s mission or the Church. Examples would include an event or expression that contradicts or opposes, rather than analyzes or discusses, fundamental Church doctrine or policy; deliberately attacks or derides school employees, administrators, the Church, or the Church’s general leaders; or violates the school’s Honor Code.

In addition to the above standards, students and employees are also expected to abide by For the Strength of Youth standards (for students and employees ages 12 and older) and the My Gospel Standards (for students ages 11 and under), as set forth below. Where AHS-specific standards are different than For the Strength of Youth standards, students and employees are expected to keep AHS-specific standards during all school-sponsored activities, and For the Strength of Youth standards at all other times and places.

**For the Strength of Youth**

(for students and employees ages 12 and older. “For the Strength of Youth” is published by The Church of Jesus Christ of Latter-day Saints. Copies of the pamphlet should be brought to school by each 7–12 and are also available in the library.)

**Agency and Accountability**

- Heavenly Father has given me agency, which is the ability to choose right from wrong, and to act for myself.
- I am responsible for the choices that I make.
- I am free to choose my course of action, but I am not free to choose the consequences.
- True freedom comes from using my agency to choose obedience; loss of freedom comes from choosing disobedience.

**Dating**

- I date only after I am sixteen.
- When I begin dating, I go with one or more additional couples, and I avoid frequent dates with the same person.
- I invite my parents to become acquainted with those I date.
- I date only those with high moral standards, and in whose company I can maintain my standards.
- I protect the honor and virtue of my date, and expect they will do the same for me.
- When dating, I only go to places where I can maintain my standards and remain close to the Spirit.

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**Dress and Appearance**
- I dress modestly to show respect for God and myself.
- I avoid extremes in my clothing and appearance.
- I will not use a special occasion as an excuse to be immodest, which means avoiding clothing that is tight, sheer, or revealing in any other manner.
- If a young woman, I avoid short shorts, short skirts, shirts that do not cover the stomach, and clothing that does not cover the shoulders or is low-cut in the front or back. If a young man, I will avoid being extreme or inappropriately casual in clothing, hairstyle, and behavior.
- I will wear appropriately modest apparel when participating in sports.
- I will not disfigure myself with tattoos or body piercings (for young women, only one pair of earrings is acceptable).
- I dress appropriately for all Church meetings and activities.

**Education**
- I understand that education is an important part of Heavenly Father’s plan to help me become more like Him.
- I work diligently and make sacrifices, if necessary, for my education.
- I maintain enthusiasm for learning throughout my life, and choose to actively participate in learning opportunities available to me.
- My education includes spiritual learning. I study the scriptures and the words of prophets to help me find answers to the challenges of life and invite companionship of the Holy Ghost.

**Entertainment and Media**
- I select only media that uplifts me.
- I do not attend, view, or participate in anything that is vulgar, immoral, violent, or pornographic in any way.
- I will walk out of a movie, change my music, turn off a computer, television, or mobile device if what I see or hear drives away the Spirit.
- If I am involved in pornography, I will cease now, and seek help from my parents and bishop.
- I will avoid spending long periods of time using the Internet, mobile devices, playing video games, or watching television and other media — and I will be careful that my use of social media does not replace spending time with my family and friends.
- I will not communicate anything over the Internet or through texting that would be inappropriate to share in person.
- I will obey laws governing sharing music, movies, and other copyrighted items.

**Family**
- Strong families require effort, and I do my part to strengthen my family.
- I am cheerful, helpful, and considerate of my family members.
- I seek to be a peacemaker rather than to tease, fight, and quarrel.
- I honor my parents by showing love, respect, and obedience for them as they lead me in righteousness.
- I willingly help in my home, and participate in wholesome family activities and traditions, including family prayer, family scripture study, and family home evenings. If my family does not do these things, I will pray and study scriptures myself. My example may encourage family members to join me.
- I will strengthen my relationship with my brothers and sisters, support them in their interests, and help them with challenges they may be facing.
- If my family does not include a mother and father who love and care for each other, I will be patient, continue to live righteously, and look for worthy role models as I prepare to fulfill my divine role as a husband or wife, and as a parent.

**Friends**
- I choose friends who share my values so we can strengthen and encourage each other in living high standards.
- I go out of my way to help those who feel shy or lonely, have special needs, or do not feel included.
- I treat everyone with kindness and respect, and refrain from judging and criticizing those around me.

**Gratitude**
- I live with a spirit of thanksgiving, which turns my heart to the Lord and helps me recognize His influence and blessings in my life — even in my most difficult times.
- In my prayers, I pour out my heart to my Father in Heaven in thanks for the blessings that I have received.
- I express gratitude to the Lord by the way I live. In keeping his commandments and serving others, I show that I love Him and am grateful to Him.
- I express gratitude to others for the many ways they bless my life.

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Honesty and Integrity
- I am honest at all times with myself, with others, and with God.
- I choose not to lie, steal, cheat, or deceive in any way.
- I have integrity by living my standards and beliefs even when no one is watching.

Language
- I use language to invite the Spirit, to uplift, to encourage, and to compliment others.
- I do not use profane, vulgar, or crude language or gestures.
- I do not tell jokes or stories about immoral actions.
- I never take the name of Deity in vain.
- I do not insult others or put them down, even in joking, and avoid gossip of any kind.
- I understand that my standards for language apply to all forms of communication, including texting and communicating on the internet.

Music and Dancing
- I listen to edifying and inspiring music that helps me draw closer to Heavenly Father.
- I do not listen to music that encourages immorality or glorifies violence through its lyrics, beat, or intensity.
- I do not listen to music that uses vulgar or offensive language, or promotes evil practices.
- I will learn and sing the hymns.
- When listening to music, I am courteous to those around me by keeping the volume at a reasonable level, removing earphones when others are talking to me or want me to be a part of their activities.
- When dancing, I avoid full body contact with my partner. I also do not use positions or moves that are suggestive of sexual or violent behavior.
- I plan and attend dances where dress, grooming, lighting, lyrics, music, and entertainment contribute to a wholesome atmosphere where the Spirit of the Lord may be present.

Physical and Emotional Health
- I treat my body as a temple and as a gift from God.
- I eat nutritious food, exercise regularly, and get enough sleep.
- I avoid extremes in diet that could lead to eating disorders.
- I do not use drugs, alcohol, coffee, tea, or tobacco products.
- I avoid any drink, drug, chemical, or dangerous practice that is used to produce a “high” or other artificial effect that may harm my body or mind, including marijuana, hard drugs, prescription or over-the-counter medications that are abused, and household chemicals.

Repentance
- I understand that repentance is more than simply acknowledging wrongdoings. It is a change of mind and heart.
- I seek help and counsel from my parents and my bishop to do what is necessary to repent and receive forgiveness.

Sabbath Day Observance
- I understand that the Lord has commanded me to keep the Sabbath day holy.
- I will prepare during the week so that I can reserve Sunday for the many uplifting activities that are appropriate for the Sabbath day, and that show respect for the Lord and His holy day.
- I will attend all my Church meetings.
- I avoid shopping, recreation, athletic events, and seeking entertainment or making purchases on the Sabbath.
- Whenever possible, I avoid working on Sunday.

Service
- I serve others, and am willing to bear other people’s burdens, and to comfort those who need comfort.
- Some of the most important service that I give is within my own home. I also serve in church assignments, school, and in the community.
- I seek the guidance of the Holy Ghost each day to know whom to serve and how to help meet their needs, including through simple, everyday acts of kindness.

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Sexual Purity
- I will not have any sexual relations before marriage, and I will be completely faithful to my spouse after marriage.
- I do not allow media, peers, or others to persuade me that sexual intimacy before marriage is acceptable.
- I refrain from activities that could lead to sexual transgression, and I treat others with respect, not as objects used to satisfy lustful and selfish desires.
- Outside of marriage, I do not participate in passionate kissing, lie on top of another person, or touch the private, sacred parts of another person’s body, with or without clothing, nor do I allow anyone to do these things with me. I refrain from activities that arouse sexual feelings, and refrain from arousing those emotions in my own body.
- I do not participate in any type of pornography.
- I avoid situations that invite increased temptation, such as late-night or overnight activities away from home or activities where there is a lack of adult supervision.
- I understand that any sexual behavior outside of marriage is a serious sin. I understand that for purposes of the AHS Honor Code, marriage is defined by The Family Proclamation.
- I understand that victims of sexual abuse are not guilty of sin, and I will seek help and counseling if I ever become a victim of rape, incest, or other sexual abuse.
- I make a personal commitment to be sexually pure, and by my words and actions, encourage others to do the same.

Work and Self Reliance
- I understand that work is honorable.
- I help my family by willingly participating in the work necessary to maintain a home.
- I handle my money wisely, live within my means, and follow the teachings of prophets by paying tithing, avoiding debt, and saving for the future.
- I set high goals for myself, and am willing to work hard to achieve them.
- I avoid idleness, including excessive amounts of time in activities that keep me from productive work, such as using the Internet, playing video games, and watching television.
- I do not waste time or money in gambling.

[End, For the Strength of Youth]

My Gospel Standards*
(for students ages 11 and under, "My Gospel Standards" are published by the Church of Jesus Christ of Latter-day Saints and incorporated in the AHS Honor Code for students in grades K–6)

I will follow Heavenly Father’s plan for me.
I will remember my baptismal covenant and listen to the Holy Ghost.
I will choose the right. I know I can repent when I make a mistake.
I will be honest with Heavenly Father, others, and myself.
I will use the names of Heavenly Father and Jesus Christ reverently. I will not swear or use crude words.
I will do those things on the Sabbath that will help me feel close to Heavenly Father and Jesus Christ.
I will honor my parents and do my part to strengthen my family.
I will keep my mind and body sacred and pure, and I will not partake of things that are harmful to me.
I will dress modestly to show respect for Heavenly Father and myself.
I will only read and watch things that are pleasing to Heavenly Father.
I will only listen to music that is pleasing to Heavenly Father.
I will seek good friends and treat others kindly.
I will live now to be worthy to go to the temple and do my part to have an eternal family.

I Am a Child of God
I know Heavenly Father loves me, and I love Him.
I can pray to Heavenly Father anytime, anywhere.
I am trying to remember and follow Jesus Christ.

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The honor code is an important element in distinguishing American Heritage from other schools. I follow the honor code to maintain the legacy of those who have sacrificed to make AHS a place to learn and grow both spiritually and temporally. As students obey the honor code, their capacity to "be useful in the hands of the Lord in building the kingdom of God on earth" will be amplified.

Ellie Sessions
AHS Student Body President 2020–21
Welcome to the American Heritage School Library!

We are a K–12 outreach library that serves both the school community and The AHS Worldwide families. The stacks in our library contain family-friendly books at all grade levels. We strive to provide quality literature that invites the spirit and inspires a love for reading. We acquire library materials through donations as well as from the proceeds of an annual book fair held in conjunction with Parent-Teacher Conferences. Donated items are carefully screened for content and age-appropriateness before being placed into circulation. Students kindergarten through fourth grade have a scheduled weekly library time during which they are invited to check out books. All students and families may come to the library before or after school to check out books.

We are excited to announce the upgrade of our library system to a web-based program called Atrium. Families will now be able to browse the available titles online and place resources on hold for on-campus pick-up. Students will use their student ID number as their library access number. Families may have accounts set up as well.

The library also serves as the textbook distribution center of the school. All textbooks will be checked in and out through the library. The following are guidelines for proper care and handling of all textbooks:

1. Students should report a lost textbook to the library as soon as possible (lost textbooks are often returned to the library).
2. Each book has an individual barcode associating it with the student who checked it out. Please do not remove or destroy this barcode. Textbooks are recognized in our library system by the specific barcode on the book and are checked out specifically to each student.
3. Our textbooks are issued in various conditions. Efforts are made to maintain and repair textbooks as needed. Students should return the book they are issued at the end of the year in the best condition possible. If you have concerns as to the condition of your book at the beginning of the year, please contact Mrs. McConkie in the library at mmconkie@ahsmail.com. Textbook condition is noted in the front of the book by the student at the time of check-out. Misuse of textbooks beyond normal wear-and-tear may require reimbursement to the school, disciplinary action, or both. Writing and drawing on the original book cover is not permitted.
4. Please make every effort to properly handle your book. Keep books away from water, food, pets, etc., and handle carefully in backpacks and lockers. Covering your book with some type of book cover is recommended. Please make sure the cover fits properly – covers that are too small will cause damage to the cover and spine.
5. All books shall be returned at the end of the year. Students needing to continue work from a textbook in the summer will need to recheck out the book when summer circulation begins. If a student transfers out of a class and no longer needs the issued book, it should be returned to the library as soon as possible. Fines will be assessed for excessive damage or lost textbooks. Yearbooks will be held until all school materials are returned or fines are paid.

Parents are welcome and invited to serve in the school library as part of the 30 hours of required service. We have opportunities to help preview donated materials, returning books to circulation, or helping with Patriot Book Group—a book group held monthly for students first through sixth grade. If you are interested in serving in the library, please contact Mrs. McConkie at mmconkie@ahsmail.com.

We look forward to serving you!

Melanie McConkie and the AHS Library Staff
mmconkie@ahsmail.com
801-642-0055 ext. 308
American Heritage School
REQUEST FOR GIVING MEDICATION AT SCHOOL

Utah Law (53A-11-601) states the following:

School personnel may only administer medication to a student if:

1. the student's parent or legal guardian has provided a current written and signed request that medication be administered during regular school hours to the student; and
2. the student's physician, dentist, nurse practitioner, or physician assistant has provided a signed statement describing the method, amount, and time schedule for administration, and a statement that administration of medication by school employees during periods when the student is under the control of the school is medically necessary.

The form below is provided to help you obtain the required information from your Doctor, or other medical personnel as stated in the law. Without this completed form, medication cannot be given to your child by any school personnel.

____________________________________________________________________________

THIS COMPLETED FORM MUST BE SUBMITTED TO THE SCHOOL WITH MEDICATION ON OR BEFORE THE FIRST DAY THE MEDICATION IS TO BE ADMINISTERED BY SCHOOL PERSONNEL.

The following medication is prescribed and may be taken at school as indicated below:

Student’s Name _______________________________________________________________________

Teacher Name __________________________________________________ Grade _________________

Medication ___________________________________________________________________________

Method ______________________________________________________________________________

Reason for Medication __________________________________________________________________

Dosage ____________________________________________ Time to be Given ___________________

Special Instructions ____________________________________________________________________

Physician’s Name ___________________________________________ Phone _____________________

Physician’s Signature ___________________________________________________________________

I understand that prescription medication must be provided in the labeled prescription bottle with the correct child’s name on it. If the medication is an over-the-counter drug, it must also be in the original container and must have the child’s name written on the package. I also understand that school personnel may contact the doctor regarding administration of this medication. I also understand someone other than a licensed nurse who has been appointed to do so by the school administrator may administer this medication.

_____________________________________________________ __________________________
Signature of Parent or Guardian Date
In accordance with Utah Immunization Statutes and Rules, for each of your children to attend school, we are required to have on file a certificate of immunization from a licensed physician or authorized representative of the state or local health department stating that your children have received immunizations against communicable diseases.

A child may be allowed to attend school “conditionally” if at least one dose of each required immunization has been completed and the child is currently on schedule to receive the remaining immunizations. Please provide the school documentation of the scheduled dates for completion. The remaining immunizations must be completed on schedule for the child to remain in attendance.

An appropriate Utah Department of Health Exemption form must be completed for children who claim exemption to immunizations for medical, religious, or personal reasons.

If we do not have a current immunization record by August 19, 2020, your child will not be able to attend school until we have one on file. Please bring all immunization documents to the Admissions Office, room 312. If you have any questions, please contact the Admissions Office at 801-642-0055, ext. 310, or admissions@ahsmail.com.

### Immunization Requirements

**REQUIRED IMMUNIZATIONS**

All students are required to receive the following immunizations:

- 5 DTP, DTaP, DT, Td, or Tdap
- 4 Polio
- 2 MMR
- 3 Hepatitis B
- 2 Hepatitis A
- 2 Varicella (Chickenpox) – history of disease is acceptable; a parent must sign the verification statement on the school immunization record.

Students entering grades 7–12, in addition to the above, are required to receive the following immunizations:

- 1 additional Tdap (grades 7–12)
- 1 Meningococcal (grades 7–12)
American Heritage School
Student Uniform Policy
Updated: June 27, 2020, See Parent Handbook, Section 12

Purpose and Implementation

Dress Standards

We believe that properly wearing the uniform

- Displays unity, modesty, neatness, and dignity;
- Demonstrates respect for self, education, teachers, and fellow students;
- Facilitates focus on learning and service, rather than on clothing and accessories;
- Supports an appropriate distinction between the genders; and
- Reminds students of their commitment to live by the American Heritage Mission Statement.

All male students at AHS are expected to wear the boys’ uniform and abide by the dress and grooming standards set forth for boys, and all female students are expected to wear the girls’ uniform and abide by the dress and grooming standards set forth for girls.

Students wearing the proper uniform will be admitted to class. The uniform standard will be in place until 3:10 p.m. each school day. All non-uniform items, including but not limited to coats, jackets, sweatshirts, and hoodies, must be removed as soon as practical after entering the building, and immediately upon entering class. Personal coats or jackets may only be worn inside the building when a student is actively in the process of exiting to or entering from outside activities. Given that there is limited space for coats and jackets in the lunchroom, students who are planning to go outside during lunchtime recess may wear their non-uniform coats, jackets or sweatshirts during lunch in the lunchroom.

We trust that students and parents will govern themselves by the spirit of the uniform policy. Many items and variations are not specifically prohibited but are outside the spirit of the policy and thus are not permitted.

Definitions for terms used in the uniform policy:

- Conservative: Restrained; avoiding showiness
- Modest: Modesty excludes short skirts, tight clothing, and other revealing attire
- Non-distracting: Not drawing attention to oneself
- Small: Fine, minute, diminutive, slender, thin, little, of small diameter
- Subtle: Fine, thin, delicate, slight, faint, refined, difficult to perceive

- Clothing should fit appropriately (neither tight nor baggy).
- Pants on boys and young men should be conservative in style and not tight or slim fitting.
- Alterations, other than hemming, are NOT permitted!
- Skirts, shifts, jumpers, and skorts on girls and young women should be modest in length and fit. The minimum length should allow for the skirt to naturally touch the kneecap.
- K-12 girls and young women must wear snug-fitting black or navy biker style shorts daily under skirts, shifts, jumpers, and skorts (except when K-6 girls wear approved leggings). Biker style shorts may not extend below the hemline of the uniform.
- Undershirts and camisoles must be plain white. Undershirt sleeves may not extend beyond the cuff of the uniform sleeve.
- Socks must be worn at all times. Alternatively, girls may wear leggings or tights. (See appropriate section for details).
- Uniform approved jackets and sweaters are permitted in the building and may not be worn around the waist.
- Hats and baseball caps may not be worn during school hours with the exception of a winter hat worn outside for warmth.
- Clothing should be clean and well-maintained (properly hemmed, unstained, free from holes and fading, etc.).
- Shirts must be tucked in at all times during school hours except during recess and when participating in outside athletic activities.

Please refer to the AHS website for complete information about the uniform, including full-color photos, ordering information, FAQ’s, shopping lists, and the current official uniform policy.

Primary uniform supplier for AHS: Dennis Uniforms
3560 Main Street
Salt Lake City, Utah
801-287-9200
dennisuniform.com/schools/R00

Additional uniform supplier for AHS: landsend.com

Parent site for used uniform sales:
american-heritage.org/parent-organization

All uniform ordering through Dennis Uniform is currently online only for COVID-19 safety purposes. We will be very flexible with families and students who do not have certain uniform items still on order or back-order when school starts. Do your best, let us help you (we have some items in swap inventory), and keep smiling!

UNIFORM SWAP will be held on Monday August 17, from 9 a.m.-1 p.m. in the Recreation Hall.
# Elementary School Uniforms, Grades K–6

<table>
<thead>
<tr>
<th>Boys' Mon-Thursday Uniform, Grades K–6</th>
<th>Girls' Monday-Thursday Uniform, Grades K–6</th>
</tr>
</thead>
</table>
| Any variation of the following may be worn:  
• Dennis or Lands' End navy knee-length shorts  
• Dennis or Lands' End navy pant (no cuff)  
• Dennis long sleeve polo, white or red  
• Dennis short sleeve polo, white or red  
• Dennis or Lands' End white oxford shirt with button down collar (long sleeve or short sleeve)  
• Dennis navy polyester vest, cardigan, or pullover  
• Dennis navy polartec vest or jacket  
• Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot  
• Spirit wear jacket – sold only by AHS  
• Cub/Boy Scout uniform may be worn on Scout days  
• Dennis red performance polo "New" | Any variation of the following may be worn:  
• Dennis Macbeth Plaid Longer Length Skort (must touch the kneecap)  
• Dennis Macbeth Plaid Knife Pleated Jumper (must touch the kneecap)  
• Dennis Macbeth Plaid Box Pleated Shift (must fall below the kneecap)  
• Dennis long sleeve polo, white or red  
• Dennis short sleeve polo, white or red  
• Dennis white Peter Pan collar blouse (long or short sleeve)  
• Dennis navy polyester vest, cardigan, or pullover  
• Dennis navy polartec vest or jacket  
• Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot  
• Spirit wear jacket – sold only by AHS  
• Snug-fitting black or navy biker style shorts that do not extend below the hemline MUST be worn daily  
• Dennis red performance polo "New" |

<table>
<thead>
<tr>
<th>Boys' Friday Dress Uniform, Grades K–6</th>
<th>Girls' Friday Dress Uniform, Grades K–3</th>
</tr>
</thead>
</table>
| Required:  
• Dennis or Lands' End navy pant (no cuff)  
• Dennis or Lands' End white oxford shirt with button down collar (long sleeve or short sleeve)  
• Dennis solid navy tie  
Optional:  
• Dennis navy polyester vest, cardigan, or pullover  
• Dennis navy polartec vest or jacket  
• Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot  
• Spirit wear jacket – sold only by AHS | Required:  
• Dennis Macbeth Plaid Box Pleated Shift (must touch the kneecap)  
• Dennis white Peter Pan collar blouse (long sleeve or short sleeve)  
• Snug-fitting black or navy biker style shorts that do not extend below the hemline when wearing socks  
Optional:  
• Dennis navy polyester cardigan or pullover  
• Dennis navy polartec vest or jacket  
• Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot  
• Spirit wear jacket – sold only by AHS |

<table>
<thead>
<tr>
<th>Boys' Special Events Dress Uniform, Grades K–6 (Picture Day, ALL concerts, and devotionals)</th>
<th>Girls' Special Events Dress Uniform, Grades K–3 (Picture Day, ALL concerts, and devotionals)</th>
</tr>
</thead>
</table>
| Required:  
• Dennis or Lands' End navy pant (no cuff)  
• Dennis or Lands' End white oxford shirt with button down collar (LONG SLEEVE ONLY)  
• Dennis solid navy tie  
• Solid black or navy socks  
May be worn in class for warmth, but NOT during a Special Event:  
• Dennis navy polyester vest, cardigan, or pullover  
• Dennis navy polartec vest or jacket  
• Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot  
• Spirit wear jacket – sold only by AHS | Required:  
• Dennis Macbeth Plaid Box Pleated Shift (must touch the kneecap)  
• Dennis white Peter Pan collar blouse (LONG SLEEVE ONLY)  
• Black or navy tights (cable or opaque)  
May be worn in class for warmth, but NOT during a Special Event:  
• Dennis navy polyester cardigan or pullover  
• Dennis navy polartec vest or jacket  
• Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot  
• Spirit wear jacket – sold only by AHS |

<table>
<thead>
<tr>
<th>Girls' Friday Dress Uniform, Grade 4–6</th>
<th>Girls' Special Events Dress Uniform, Grades 4–6 (Picture Day, ALL concerts, and devotionals)</th>
</tr>
</thead>
</table>
| Required:  
• Dennis Macbeth Plaid Longer Length Skort (must fall below the kneecap)  
• Dennis white Peter Pan collar blouse (LONG SLEEVE ONLY)  
• Snug-fitting black or navy biker style shorts that do not extend below the hemline when wearing socks  
• Dennis navy sweater vest  
May be worn in class for warmth, but NOT during a Special Event:  
• Dennis navy polyester cardigan or pullover  
• Dennis navy polartec vest or jacket  
• Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot  
• Spirit wear jacket – sold only by AHS | Required:  
• Dennis Macbeth Plaid Longer Length Skort (must touch the kneecap)  
• Dennis white Peter Pan collar blouse (LONG SLEEVE ONLY)  
• Black or navy tights (cable or opaque)  
May be worn in class for warmth, but NOT during a Special Event:  
• Dennis navy polyester cardigan or pullover  
• Dennis navy polartec vest or jacket  
• Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot  
• Spirit wear jacket – sold only by AHS |
## Boys' Mon-Thursday Uniform, Grades 7–8

Any variation of the following may be worn:
- Dennis or Lands' End navy pant (no cuff)
- Dennis long sleeve polo, white or red
- Dennis short sleeve polo, white or red
- Dennis or Lands' End white oxford shirt with button down collar (long sleeve or short sleeve)
- Conservative tie to be worn with Dennis oxford shirt (optional)
- Dennis navy polyester vest, cardigan, or pullover
- Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot
- Dennis navy quarter-zip sweatshirt
- Spirit wear jacket – sold only by AHS
- Dennis red performance polo "New"

## Girls' Mon-Thursday Uniform, Grades 7–8

Any variation of the following may be worn:
- Dennis Macbeth Plaid Longer Length Skort (must touch the kneecap)
- Dennis Macbeth Plaid Knife Pleated Jumper (must touch the kneecap)
- Dennis Macbeth Plaid Box Pleated Skirt (must touch the kneecap)
- Dennis Light Navy Box Pleated Skirt (must touch the kneecap)
- Dennis long sleeve polo, white or red
- Dennis short sleeve polo, white or red
- Dennis navy polyester vest, cardigan, or pullover
- Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot
- Dennis navy quarter-zip sweatshirt
- Spirit wear jacket – sold only by AHS
- Snug-fitting black or navy shorts that do not extend below the hemline MUST be worn daily
- Dennis red performance polo "New"

## Boys' Friday Dress Uniform, Grades 7–8

**Required:**
- Dennis or Lands' End navy pant (no cuff)
- Dennis or Lands' End white oxford shirt with button down collar (long sleeve or short sleeve)
- Dennis solid red tie

**Optional:**
- Dennis navy polyester vest, cardigan, or pullover
- Dennis navy polartec vest or jacket
- Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot
- Dennis navy quarter-zip sweatshirt
- Spirit wear jacket – sold only by AHS

## Girls' Friday Dress Uniform, Grades 7–8

**Required:**
- Dennis Light Navy Box Pleated Skirt (must touch the kneecap)
- Dennis or Lands' End white oxford shirt with button down collar (long sleeve or short sleeve)
- Dennis navy polyester vest
- Dennis red crossover tie

**Optional:**
- Dennis navy polyester cardigan or pullover
- Dennis navy polartec vest or jacket
- Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot
- Dennis navy quarter-zip sweatshirt
- Spirit wear jacket – sold only by AHS

## Boys' Special Events Dress Uniform, Grades 7–8 (Picture Day, ALL concerts, and devotionals)

**Required:**
- Dennis or Lands' End navy pant (no cuff)
- Dennis or Lands' End white oxford shirt with button down collar (LONG SLEEVE ONLY)
- Dennis solid red tie
- Solid black or navy socks

May be worn in class for warmth, but NOT during a Special Event:
- Dennis navy polyester vest, cardigan, or pullover
- Dennis navy polartec vest or jacket
- Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot
- Spirit wear jacket – sold only by AHS

## Girls' Special Events Dress Uniform, Grades 7–8 (Picture Day, ALL concerts, and devotionals)

**Required:**
- Dennis navy box pleat skirt (must touch the kneecap)
- Dennis or Lands' End white oxford shirt with button down collar (LONG SLEEVE ONLY)
- Dennis navy polyester vest
- Dennis red crossover tie
- Black tights (opaque only, no cable knit)

May be worn in class for warmth, but NOT during a Special Event:
- Dennis navy polyester cardigan or pullover
- Dennis navy polartec vest or jacket
- Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot
- Dennis navy quarter-zip sweatshirt
- Spirit wear jacket – sold only by AHS

## Boys' P.E. Uniform, Grades 7–8

**Required:**
- Any approved AHS t-shirt (spirit apparel or program shirt) or Dennis white short-sleeve shirt with AHS logo
- Solid navy, gray, red or black knee-length athletic shorts or sweatpants. Small logos permitted (Black Biker shorts must be worn underneath shorts.)
- Secure-fitting athletic shoes with non-marking soles
- AFTERSCHOOL ATHLETICS: Loose fitting athletic pants/warm-ups or sweatpants must be worn prior to and after practices and games if remaining on campus.

**Optional:**
- Ankle or athletic socks (logos are permitted)

## Girls' P.E. Uniform, Grades 7–8

**Required:**
- Any approved AHS t-shirt (spirit apparel or program shirt) or Dennis heather gray short-sleeve shirt with AHS logo
- Solid navy, gray, red or black knee-length athletic shorts or sweatpants. Small logos permitted (Black Biker shorts must be worn underneath shorts.)
- Secure-fitting athletic shoes with non-marking soles
- AFTERSCHOOL ATHLETICS: Loose fitting athletic pants/warm-ups or sweatpants must be worn prior to and after practices and games if remaining on campus.

**Optional:**
- Ankle or athletic socks (logos are permitted)
## Boys' Mon-Thursday Uniform, Grades 9–12

Any variation of the following may be worn:

- Dennis or Lands' End navy or khaki pant (no cuff)
- Dennis long sleeve polo, white, red, green, or navy
- Dennis short sleeve polo, white, red, green, or navy
- Dennis white or blue oxford shirt with button down collar (long sleeve or short sleeve)
- Lands' End white oxford shirt with button down collar (long sleeve or short sleeve)
- Conservative tie to be worn with Dennis oxford shirt (optional)
- Dennis navy polyester vest or jacket
- Dennis or Lands' End navy crew neck sweatshirt with school logo or mascot
- Dennis navy or forest green quarter-zip sweatshirt
- Spirit wear jacket – sold only by AHS
- Dennis red, navy and green performance polo “New”

## Girls' Mon-Thursday Uniform, Grades 9–12

Any variation of the following may be worn:

- Dennis Macbeth Plaid Longer Length Skort (must touch the kneecap)
- Dennis Macbeth Plaid Knife Pleated Jumper (must touch the kneecap)
- Dennis Macbeth Plaid Box Pleated Skirt (must touch the kneecap)
- Dennis Light Navy Box Pleated Skirt (must fall below kneecap)
- Dennis Khaki Box Pleated Skirt (must fall below kneecap)
- Dennis Khaki Box Pleat Gabardine Skirt 100% polyester (must touch the kneecap)
- Lands' End Khaki Solid Box Pleat Gabardine Skirt Below the Knee (must touch the kneecap)
- Lands' End Khaki Solid A-Line Skirt Below the Knee (must touch the kneecap)
- Dennis long sleeve polo, white, red, green, or navy
- Dennis short sleeve polo, white or red, green, or navy
- Dennis white or blue oxford shirt with button down collar (long sleeve or short sleeve)
- Lands' End white oxford shirt with button down collar (long sleeve or short sleeve)
- Dennis navy polyester vest, cardigan, or pullover
- Dennis or Lands' End khaki pant (no cuff)
- Dennis navy or forest green quarter-zip sweatshirt
- Spirit wear jacket – sold only by AHS
- Snug-fitting black or navy shorts that do not extend below the hemline MUST be worn daily
- Dennis red, navy and green performance polo “New”

## Boys' Friday Dress Uniform, Grades 9–12

- Dennis or Lands' End khaki pant (no cuff)
- Dennis or Lands' End white oxford shirt with button down collar (long sleeve or short sleeve)
- Dennis Albury tie
- Dennis navy blazer

## Girls' Friday Dress Uniform, Grades 9–12

- Dennis navy blazer
- Dennis or Lands' End white oxford shirt with button down collar (long sleeve or short sleeve)
- Dennis Albury crossover tie
- Dennis navy blazer

## Boys' Special Events Dress Uniform, Grades 9–12 (Picture Day, ALL concerts, and devotionals)

- Dennis or Lands' End khaki pant (no cuff)
- Dennis or Lands' End white oxford shirt with button down collar (long sleeve or short sleeve)
- Dennis Albury tie
- Dennis navy blazer
- Solid black, navy, dark brown or khaki socks

## Girls' Special Events Dress Uniform, Grades 9–12 (Picture Day, ALL concerts, and devotionals)

- Dennis navy blazer
- Dennis or Lands' End white oxford shirt with button down collar (long sleeve or short sleeve)
- Dennis Albury crossover tie
- Dennis Khaki Box Pleated Skirt (must touch the kneecap)
- Dennis Khaki Box Pleat Gabardine Skirt 100% polyester (must touch the kneecap)
- Lands' End Khaki Solid Box Pleat Skirt Below the Knee (must touch the kneecap)
- Snug-fitting black or navy shorts that do not extend below the hemline MUST be worn daily
- Tan or skin-toned nylons

## Boys' P.E. Uniform, Grades 9–12

Required:

- Any approved AHS t-shirt (spirit apparel or program shirt) or Dennis white short-sleeve shirt with AHS logo
- Solid navy, gray, red or black knee-length athletic shorts or sweatpants
- Secure-fitting athletic shoes with non-marking soles
- AFTERSCHOOL ATHLETICS: Loose fitting athletic pants/warm-ups or sweatpants must be worn prior to and after practices and games if remaining on campus.

Optional:

- Ankle or athletic socks (logos are permitted)

## Girls' P.E. Uniform, Grades 9–12

Required:

- Any approved AHS t-shirt (spirit apparel or program shirt) or Dennis heather gray short-sleeve shirt with AHS logo
- Solid navy, gray, red or black knee-length athletic shorts or sweatpants
- Secure-fitting athletic shoes with non-marking soles
- AFTERSCHOOL ATHLETICS: Loose fitting athletic pants/warm-ups or sweatpants must be worn prior to and after practices and games if remaining on campus.

Optional:

- Ankle or athletic socks (logos are permitted)
## Accessories, Grooming, Oxford Shirts, Grades K–12

<table>
<thead>
<tr>
<th>Girls' Accessories</th>
<th>Girls' Grooming</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Hair ornaments must be small, conservative, subtle and non-distracting. All colors are allowed EXCEPT the following colors:</td>
<td></td>
</tr>
<tr>
<td>o Pink</td>
<td></td>
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<tr>
<td>o Purple</td>
<td></td>
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<tr>
<td>o Orange</td>
<td></td>
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<tr>
<td>o Neon</td>
<td></td>
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<tr>
<td>• Girls' jewelry must be conservative, subtle and non-distracting.</td>
<td></td>
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<tr>
<td>• Earrings must be limited to one pair</td>
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<tr>
<td>• Eyeglasses must have lenses and must be non-distracting</td>
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<tr>
<td>o Sunglasses may not be worn in the building</td>
<td></td>
</tr>
<tr>
<td>• Blankets or shawls may not be worn in the building</td>
<td></td>
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<tr>
<td>• Hairstyles should be neat and clean,</td>
<td></td>
</tr>
<tr>
<td>• Avoid extreme and distracting hair colors and styles</td>
<td></td>
</tr>
<tr>
<td>• Body marking is not allowed, including tattoos, washable tattoos, or marking on the skin with ink or marker</td>
<td></td>
</tr>
<tr>
<td>• No body piercing is allowed except for a single piercing in each earlobe</td>
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</tr>
<tr>
<td>• K-12 girls will be permitted to wear nail polish and makeup.</td>
<td></td>
</tr>
<tr>
<td>• Both makeup and nail polish should be subtle, conservative and non-distracting.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Boys' Accessories</th>
<th>Boys' Grooming</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Boys may wear a single watch</td>
<td></td>
</tr>
<tr>
<td>• Boys may wear one ring per hand</td>
<td></td>
</tr>
<tr>
<td>• No earrings, necklaces or bracelets</td>
<td></td>
</tr>
<tr>
<td>• Boys may wear a solid black, navy, gray (non-metallic) or brown belt</td>
<td></td>
</tr>
<tr>
<td>• Blankets may not be worn in the building</td>
<td></td>
</tr>
<tr>
<td>• Eyeglasses must have lenses and must be non-distracting</td>
<td></td>
</tr>
<tr>
<td>o Sunglasses may not be worn in the building</td>
<td></td>
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<tr>
<td>• Boys' hair must be trimmed above the collar, leaving the ear uncovered. Hairstyles should be neat and clean</td>
<td></td>
</tr>
<tr>
<td>• Hair should be relatively short</td>
<td></td>
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<tr>
<td>• Sideburns must not extend below the earlobe or onto the cheek</td>
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<tr>
<td>• Young men should be clean-shaven</td>
<td></td>
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<tr>
<td>• Avoid extreme and distracting hair colors and styles</td>
<td></td>
</tr>
<tr>
<td>• Body marking is not allowed, including tattoos, washable tattoos, or marking on the skin with ink or marker</td>
<td></td>
</tr>
<tr>
<td>• No nail polish</td>
<td></td>
</tr>
<tr>
<td>• No makeup</td>
<td></td>
</tr>
<tr>
<td>• No body piercing is allowed</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Grades K–12 Boys’ and Girls’ White Oxford Dress Shirt</th>
<th>Special Considerations</th>
</tr>
</thead>
<tbody>
<tr>
<td>The following brands are permitted as long as they follow the guidelines stated below.</td>
<td></td>
</tr>
<tr>
<td>Dennis or Lands’ End</td>
<td></td>
</tr>
<tr>
<td>• An oxford shirt has a basket-weave pattern that combines two yarns woven lengthwise against a heavier yarn crosswise</td>
<td></td>
</tr>
<tr>
<td>• Must have a button-down collar</td>
<td></td>
</tr>
<tr>
<td>• No logos or embroidery</td>
<td></td>
</tr>
<tr>
<td>• White only, no cream or off-white</td>
<td></td>
</tr>
<tr>
<td>• Must be a heavily weighted fabric that is opaque</td>
<td></td>
</tr>
<tr>
<td>• Should not be tight or form-fitting</td>
<td></td>
</tr>
<tr>
<td>Special considerations will be determined, as needed, by the AHS Principals and the Uniform Committee members. Please submit your request via email.</td>
<td></td>
</tr>
<tr>
<td>Kinder–6th grade to Charné Adams: <a href="mailto:cadams@ahsmail.com">cadams@ahsmail.com</a></td>
<td></td>
</tr>
<tr>
<td>7th–12th grade to Elizabeth Acuña: <a href="mailto:eacuna@ahsmail.com">eacuna@ahsmail.com</a></td>
<td></td>
</tr>
<tr>
<td>or Blaine Hunsaker: <a href="mailto:bhunsaker@ahsmail.com">bhunsaker@ahsmail.com</a></td>
<td></td>
</tr>
</tbody>
</table>
# Shoes, Socks, Tights, Leggings, and Nylons

These items may be purchased through the vendor of your choice, but must abide by the standards stated below.

<table>
<thead>
<tr>
<th>Monday-Thursday Shoes /Dress Boots</th>
<th>Monday-Thursday Socks, Tights, Leggings</th>
</tr>
</thead>
</table>
| Athletic, casual styled shoes, or flat or low heeled (less than one inch) ankle height boots must be:  
  • Secure fitting  
  • Conservative in style and appearance  
  • Flat or low-heeled (less than one inch)  
  • Color and laces must be black, navy, brown, gray, or white  
  • Conservative accents of any color are acceptable  
  • NO rollers, heelies (with or without rollers), lights, characters, slippers, moccasins, moccasin styles, open toes, open heels, bold or distracting designs (including plaid, checkered, polka-dot, floral, heavily striped), etc.  
  • Laces must be worn in shoes intended to have laces  
  • Girls in grades 7-12 may wear a solid black or brown dress boot below the knee. Dress boots should be conservative in style and appearance and be flat or lowheeled (less than one inch).  
  • Snow Boots or athletic cleats should not be worn in the building, but are acceptable outside the building  
  • 9–12 Boys may wear khaki shoes | Socks (boys and girls):  
  • Must be worn at all times  
  • Solid black, navy, gray, or white  
  • NO stripes or patterns of any kind  
  • Knee socks acceptable for girls (plain or cable knit)  
  • Socks (boys, Grades 9-12):  
  • May also wear khaki and dark brown socks, Monday-Thursday  
  • Leggings/footless tights (girls, Grades K-12):  
  • Must be snug fitting and cover the ankle  
  • K-6 may wear solid black, white, grey or navy. 7-12 may only wear solid black or navy leggings/footless tights  
  • Cable or opaque permitted  
  • Well-maintained, no holes or staining  
  • Leggings may replace the daily required shorts  
  • NO stripes or patterns of any kind |

<table>
<thead>
<tr>
<th>Friday Dress Shoes</th>
<th>Friday Dress Socks</th>
</tr>
</thead>
</table>
| Casual or Dress styles must be:  
  • Closed-toe, solid, dark shoes with conservative black or brown sole  
  • Black, navy, or brown  
  • Laces must be the same color as the body of the shoe (ie-black shoe, black laces.)  
  • No accents or additional colors  
  • Conservative in style and appearance  
  • Flat or low-heeled (less than one inch)  
  • No boots for boys.  
  • Dress boots for girls in grades 7-12 will only be permitted on Fridays when winter weather advisories are in effect. (see standard in the section above) | Boys K–12  
  • Solid black or navy socks (must rise at least three inches above the ankle)  
  • 9-12  
  • Solid black, navy, brown, khaki socks (must rise at least three inches above the ankle)  
  • Girls K–6  
  • Black or navy tights (cable or opaque)  
  • Girls knee socks, black or navy, (plain or cable knit)  
  • Girls 7–8  
  • Navy and black tights (opaque only, no cable knit)  
  • Girls 9–12  
  • Navy or black tights (opaque only, no cable knit)  
  • Socks or footlets must still be worn |

<table>
<thead>
<tr>
<th>Special Event Dress Shoes (Picture day, ALL concerts, &amp; devotionals)</th>
<th>Special Event Dress Socks (Picture day, ALL concerts, &amp; devotionals)</th>
</tr>
</thead>
</table>
| Dress shoe styles must be:  
  • Formal DRESS shoes (no athletic shoes)  
  • Solid, dark shoes with conservative black or brown sole  
  • Black, navy, or brown  
  • Laces must be the same color as the body of the shoe (ie-black shoe, black laces.)  
  • No accents or additional colors  
  • No contrasting stitching  
  • Conservative in style and appearance  
  • Flat or low-heeled (less than one inch)  
  • No boots | Boys K–12  
  • Solid black or navy socks  
  • Must rise at least 3” above the ankle  
  • 9-12  
  • Solid black, navy, brown, khaki socks  
  • Girls K–6  
  • Black or navy tights (cable or opaque)  
  • Girls 7–8  
  • Black tights (opaque only, no cable knit)  
  • Girls 9–12  
  • Tan or skin-toned nylons |

<table>
<thead>
<tr>
<th>P.E. Shoes</th>
<th>Outdoor Shoes</th>
</tr>
</thead>
</table>
| • Secure fitting with non-marking soles  
  • Appropriate and comfortable for athletic activities  
  • Suitable for both indoor and outdoor use  
  • All colors are acceptable | • Athletic cleats/Snow boots of any kind are not allowed in the building but may be changed into for outdoor use |
Uniform Shopping List, Grades K–6

Girls

To be purchased from Dennis Uniform Company:
- Macbeth Plaid Box Pleated Shift (must touch the kneecap)
- Long-sleeved whitened Peter Pan collar blouse
- Macbeth Plaid Longer Length Skort (must touch the kneecap)
- Short-sleeved polo shirts (red or white)
- Macbeth Plaid Knife Pleated Jumper (if desired)
- Navy cardigan, pullover or fleece vest (for warmth in the classroom, if desired)
- Navy sweater vest (5th and 6th grades only)

May be purchased from vendors OTHER than Dennis Uniform Company

Must wear on Friday: One pair closed-toe flat or low-heeled (less than 1”) black, navy or brown dress shoe with matching sole.

Monday-Thursday: One pair closed-toe secure-fitting, conservative shoes. Base color is black, dark brown, navy, white or gray. Subtle accents are permitted.

Athletic Shoes for P.E. only: One pair secure-fitting, conservative athletic shoes for indoor and outdoor use. All colors are acceptable.

Black or navy snug-fitting shorts (to be worn daily beneath the uniform; may not extend below the hem of the uniform)

Black, navy, gray, or white knee socks and/or waist-high tights.

Must wear on Friday: Black or navy tights or knee socks

Boys

To be purchased from Dennis Uniform Company:
- Navy pants (can also be purchased at LandsEnd)
- One navy tie
- Short-sleeved polo shirts (red or white)
- Navy cardigan, pullover or fleece vest (for warmth in the classroom, if desired)

May be purchased from vendors OTHER than Dennis Uniform Company:

Long-sleeved white oxford shirt (Dennis or Lands’ End)

Must wear on Friday: One pair closed-toe flat or low-heeled (less than 1”) black, navy or dark brown dress shoe with matching sole.

Monday-Thursday: One pair closed-toe secure-fitting, conservative shoes. Base color is black, dark brown, navy, white or gray. Subtle accents are permitted.

Athletic Shoes for P.E. only: One pair secure-fitting, conservative athletic shoes for indoor and outdoor use. All colors are acceptable.

Black, navy, gray, or white socks.

Must wear on Friday: Black or navy socks.
Uniform Shopping List, Grades 7–8

Girls

To be purchased from Dennis Uniform Company:
- Light Navy Box Pleated Skirt (must touch kneecap)
- Navy sweater vest
- Red crossover tie
- Macbeth Plaid Box Pleated Skirt (must touch kneecap)
- Short-sleeved polo shirts (red or white)
- Navy cardigan, pullover or fleece vest (for warmth in the classroom, if desired)

If enrolled in P.E.:
- Gray short-sleeved P.E. shirts with AHS logo or approved AHS shirts.
- Navy shorts or AHS athletic shorts and/or sweatpants
  (recommended for outdoor P.E. activities during cold weather)

May be purchased from vendors OTHER than Dennis Uniform Company:

Must wear on Friday: One pair closed-toe flat or low–heeled (less than 1”) black, navy or brown dress shoe with matching sole.

Monday-Thursday: One pair closed-toe secure-fitting, conservative shoes. Base color is black, brown, navy, white or gray. Subtle accents are permitted. Girls may also wear a solid black or brown dress boot below the knee. Dress boots should be conservative in style and apperance and be flat or low-heeled (less than one inch).

Athletic Shoes for P.E. only: One pair secure-fitting, conservative athletic shoes for indoor and outdoor use. All colors are acceptable.
- Black or navy snug-fitting shorts (to be worn daily beneath the uniform; may not extend below the hem of the skirt)
- Black, navy, gray or white knee socks or mid-length socks

Long-sleeved white oxford shirt (approved brands: Dennis or Lands’ End)

Must wear on Friday: Waist-high opaque unpatterned navy tights

Boys

To be purchased from Dennis Uniform Company or pants from Lands’ End (as indicated):
- Navy Blue Pants
- Classic Navy Plain Front or Pleat Front Iron Knee Blend Chino Pants (Lands’ End)
- Red tie
- Short-sleeved polo shirts (red or white)
- Navy cardigan, pullover or fleece vest (for warmth in the classroom, if desired)

If enrolled in P.E.:
- White short-sleeved P.E. shirts with AHS logo or approved AHS shirts.
- Navy shorts or AHS athletic shorts and/or sweatpants
  (recommended for outdoor P.E. activities during cold weather)

May be purchased from vendors OTHER than Dennis Uniform Company:

Must wear on Friday: One pair closed-toe flat or low–heeled (less than 1”) black, navy or brown dress shoe with matching sole.

Monday-Thursday: One pair closed-toe secure-fitting, conservative shoes. Base color is black, dark brown, navy, white or gray. Subtle accents are permitted.

Athletic Shoes for P.E. only: One pair secure-fitting, conservative athletic shoes for indoor and outdoor use. All colors are acceptable.
- Black, navy, gray or white socks.

Long-sleeved white oxford shirt (approved brands: Dennis or Lands’ End)

Must wear on Friday: Black or navy socks
Uniform Shopping List, Grades 9–12

**Girls**

To be purchased from Dennis Uniform Company or skirt from Lands’ End (as indicated):
- Dennis Khaki Box Pleated Skirt (must touch kneecap)
- Khaki Box Pleat Skirt or Solid A-line Skirt (must touch kneecap) (Land’s End)
- Navy blazer
- Albury crossover tie
- Navy, khaki, Macbeth plaid Box Pleated Skirt (must touch kneecap)
- Short-sleeved polo shirts – red, white, navy, green
- Navy cardigan, pullover or fleece vest (for warmth in the classroom, if desired)

If enrolled in P.E.:
- AHS Spirit Apparel or approved shirts from various AHS teams, associations or activities.
- Navy shorts or AHS athletic shorts and/or sweatpants (recommended for outdoor P.E. activities during cold weather)

May be purchased from vendors OTHER than Dennis Uniform Company:

**Must wear on Friday:** One pair closed-toe flat or low–heeled (less than 1”) black, navy or brown dress shoe with matching sole.
White oxford with button down collar* (pinpoint or plain weave, no logo - Dennis and Lands’ End brands only)

**Monday-Thursday:** One pair closed-toe secure-fitting, conservative shoes. Base color is black, brown, navy, white or gray. Subtle accents are permitted. Girls may also wear a solid black or brown dress boot below the knee. Dress boots should be conservative in style and appearance and be flat or low-heeled (less than one inch).

Athletic Shoes for P.E. only: One pair secure-fitting, conservative athletic shoes for indoor and outdoor use.
All colors are acceptable.
Black or navy snug-fitting shorts (to be worn daily beneath the uniform; may not extend below the hem of the skirt)
Black, white, gray or navy knee socks

**Must wear on Special Event Days:** Tan or skin-toned nylons.

**Boys**

To be purchased from Dennis Uniform Company or pants from Lands’ End (as indicated):
- Navy Blue or Khaki pants
- Classic Navy or Khaki Plain Front or Pleat Front Iron or Knee Blend Chino Pants (Lands’ End)
- Navy blazer
- Albury tie
- Navy or khaki pants
- Short-sleeved polo shirts - red, white, navy, green
- Navy cardigan, pullover or fleece vest (for warmth in the classroom, if desired)

If enrolled in P.E.:
- AHS Spirit Apparel or approved shirts from various AHS teams, associations or activities.
- Navy shorts or AHS athletic shorts and/or sweatpants (recommended for outdoor P.E. activities during cold weather)

May be purchased from vendors OTHER than Dennis Uniform Company:

**Must wear on Friday:** One pair of closed toe flat or low–heeled (less than 1”) black, navy or brown dress shoe with matching sole.
White oxford shirt with button down collar* (pinpoint or plain weave - no logo Dennis or Lands’ End brands only)

**Monday-Thursday:** One pair closed-toe secure-fitting, conservative shoes. Black, dark brown, navy, white or gray.
Subtle accents are permitted.

Athletic Shoes for P.E. only: One pair secure-fitting, conservative athletic shoes for indoor and outdoor use.
All colors are acceptable.
Black, navy, khaki, gray or white socks

**Must wear on Friday:** Black, khaki, or brown socks.
In the event of an emergency at American Heritage School, we believe advance preparation can help all of us feel less anxious about the possibility of an emergency, and can give us a measure of comfort if and when that emergency occurs.

We are working hard to follow the American Red Cross recommendations for school emergency preparedness, and there is something we need your help with. The American Red Cross suggests having an Emergency Preparedness Kit for each child, stored in their classroom during the school year. This is intended to offer comfort, a means of identification and contact information, and some food if the children are required to stay at the school for a period of time.

The items for the kit are supplemental to emergency preparedness items that the school has on hand. The list is very specific. While you prepare your child’s kit, we ask that you adhere to the list closely.

The Red Cross has carefully selected these items to ensure proper nutrition for children during an emergency, and to avoid expired food that may make them ill.

Please label each bag with your child’s name and his/her teacher’s name. Thank you for your cooperation and diligence in this area.

If you have any question please feel free to contact Jeremy Wright at jwright@ahsmail.com.

### COMFORT KIT SUPPLY LIST

In a one-gallon size zip-lock bag:
- Change of clothes and socks

In a second one-gallon size zip-lock bag:
- 1 small flashlight with batteries separate or 1 non-toxic chemical emergency light stick
- 1 emergency poncho
- 1 emergency space/survival blanket
- 1 spoon
- 3 granola bars
- 3 fruit roll ups
- 2 rolls of Lifesavers or hard candies
- 1 can of soup or similar food staple with a “pop-top” lid
- 1 large plastic trash bag
- A letter or picture from home with identification including name, address, telephone number, emergency telephone numbers, and birth date.
- Hand Sanitizer (4 oz)

All K–12 students: Bring your comfort kit with you to “Meet Your Teacher” from 11 a.m. to noon on August 19.
Supply List, Grades K–6

Kindergarten
Please remember to label your student’s supplies with their name.
- Medium sturdy pencil box (5”X8”)
- Backpack to fit 12”x 10” folder
- 1 leak-proof water bottle labeled with child’s name
- Blunt tipped scissors (Fiskars)
- 2 Erasers – 1”- 2” pink eraser (no pencil toppers or novelty erasers)
- Lunch box (full day)
- Labeled Ziploc bag or plastic or disposable container with labeled lid (face covering storage)

First - Third Grade Student Kit
Please remember to label your student’s supplies with their name.
- Backpack (large enough to fit 9”x 12” binder, and additional books) & lunch box
- Set of scriptures unmarked (prefer with tabs) to be kept at school (2nd and 3rd grade only)
- 1 leak-proof water bottle labeled with child’s name
- Medium pencil box (5”x 8”) no larger, no zippers
- Erasers – 1”x 2” pink eraser (no pencil toppers or novelty erasers)
- 1 set (24 count) Crayola crayons
- 1 set (12 count) Crayola colored pencils
- 2 Black fine tipped Expo dry erase markers
- 1 pair of Blunt tipped student scissors
- Labeled Ziploc bag or plastic or disposable container with labeled lid (face covering storage)

Fourth - Sixth Grade Student Kit
Please remember to label your student’s supplies with their name.
- Backpack (large enough to fit 9”x 12” binder, and additional books) & lunch box
- Set of scriptures unmarked (prefer with tabs) to be kept at school
- 1 leak-proof water bottle labeled with child’s name
- Pencil box (5”x 8”)
- 2 pkg. mechanical pencils with extra lead and eraser refills
- 1 box of red pencils (4th grade) or pens
- 1 set (12 count) Crayola colored pencils
- 1 pair of Student Scissors
- 1 sturdy ruler
- 1 pkg skinny black dry erase markers
- 100 sheets college-ruled reinforced notebook paper
- Labeled Ziploc bag or plastic or disposable container with labeled lid (face covering storage)

Specialty Classes
Please remember to label your student’s supplies with their name.

P.E.
- Athletic Shoes (See Uniform Policy)

Computer Skills
- Flash drive (optional)

Science
- K-1 - 1 set (12 count) Crayola twistable crayons
- 2-6 - 1 set (12 count) Crayola twistable crayons
- K-7 zippered pencil pouch with pencils and erasers
Supply List, Grades 7–12

Seventh Grade
- Full set of scriptures to be kept at school
- 1 pencil eraser
- 12 #2 pencils – Ticonderoga brand or mechanical pencils
- 1 Yellow highlighter
- 1 set of colored pencils
- Zippered pencil/pen pouch, 3-holed (for core class)
- 3 pkgs. college ruled paper lined paper
- Small pencil sharpener with lid (optional)
- Water bottle with attached lid
- Labeled Ziploc bag or plastic or disposable container with labeled lid (face covering storage)

Eighth Grade
- Set of scriptures (prefer with tabs) to be kept at school
- 2 Yellow highlighters
- Zippered pencil/pen pouch, 3-holed (optional)
- 2 pkgs. College ruled paper lined paper
- 12 #2 pencils – Ticonderoga brand or mechanical
- 6-10 pens – some in red, blue and black ink
- Large Eraser
- 1 pkg. colored pencils
- Flash drive, optional
- Labeled Ziploc bag or plastic or disposable container with labeled lid (face covering storage)

Math Supplies Grades 7–12
- 2 pkgs college ruled notebook paper
- pencils and erasers

Calculator Options:
- Pre-Algebra: Inexpensive calculator
- Algebra 1 and Algebra 2: TI-30X IIS or TI-84
- Adv. Math and Calculus: TI-84 or TI-84+

Ninth–Twelfth Grades
- Set of scriptures to be kept at school
- For the Strength of Youth booklet
- Laptop computer (optional)
- 2 pkgs. College ruled paper lined paper
- #2 Pencils
- 4 Black Pens
- Colored pencils
- Flash drive (please label with student’s name) optional
- Labeled Ziploc bag or plastic or disposable container with labeled lid (face covering storage)

Electives Grades 7–12

SCIENCE: 7th and 8th grade classes
- 1 zipper pencil pouch with pencils labeled with child’s name
- one large eraser
- 1 pkg. 12 count Crayola twistable colored pencils (7th grade only)
- 1 pkg. graph paper (8th grade only)
- 2 highlighters (8th grade only)
- 1 pkg. (250 count) colored 3X5 Index cards (8th grade only)

BALLROOM DANCE:
Boys – Black pants, black tie, white button-down long sleeve shirt, dance or dress shoes
Girls – White and black fitted tee, black biker shorts, black dance skirt will be ordered by Ballroom teacher. Cost is $38.00. Latin dance shoes can be purchased at a local dance company or at lightinthebox.com

P.E.: P.E. clothes and shoes (see Uniform Policy)

8th-12th GRADE CHOIRS: Black tights for girls

TECH CREW: Safety glasses and leather work gloves

COMPUTER TECH: 1 Flash drive (labeled with student’s name)

BIOLOGY: flash drive (labeled with student’s name), 3 pkg. of college ruled lined paper, and pencil pouch with pencils

SPANISH 2: Preach My Gospel in Spanish

Every student is required to have an Emergency Preparedness and Comfort Kit
Grades K–6
8:30 a.m. – 3:10 p.m.

Grades 7-12
8:30 a.m. – 3:10 p.m.

Monday and Friday:
8:30–9:24 - Period 1 (54 min)
9:29–10:24 - Period 2 (58 min)
10:29–11:24 - Period 3 (56 min)
11:29–12:24 - Period 4 (56 min)
12:29 – 12:36 - LUNCH (37 min)
1:36 – 2:31 - Period 5 (55 min)
2:36 – 3:29 - Period 6 (53 min)
3:34 – 4:27 - Period 7 (54 min)

Tuesday, Wednesday, Thursday:
8:30–9:32 - Period 1 (62 min)
9:37–10:32 - Period 2 (60 min)
10:37–11:32 - Period 3 (60 min)
11:37–12:32 - Period 4 (60 min)
12:37–12:47 - LUNCH (30 min)
1:47 – 2:40 - Period 5 (53 min)
2:45 – 3:39 - Period 6 (54 min)
3:44 – 4:38 - Period 7 (55 min)

Grades 4-6 Bell Schedule:
8:15 - Come Down to Classrooms
8:30 - Start of School
10:00 - Start of Morning Recess
10:15 - End of Morning Recess
11:00 - Start of Lunch
11:15 - End of Lunch/Start of Lunch Recess
11:35 - End of Lunch Recess
1:30 - Start of Afternoon Recess
1:45 - End of Afternoon Recess
3:10 - End of School Grades

1-3 Bell Schedule:
8:15 - Come Down to Classrooms
8:30 - Start of School
10:15 - Start of Morning Recess
10:30 - End of Morning Recess
11:30 - Start of Lunch Recess
11:45 - End of Lunch Recess/Start of Lunch
12:05 - End of Lunch
1:15 - Start of Afternoon Recess
1:30 - End of Afternoon Recess
3:10 - End of School

AHS Essentials classes begin at 8:30 a.m. and end at 12:10 p.m.
Full Day Kindergarten begins at 8:30 a.m. and ends at 3:10 a.m.
AM Kindergarten begins at 8:30 a.m. and ends at 11:30 a.m.
PM Kindergarten begins at 12:00 p.m. and ends at 3:10 p.m.
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For the most current version of the school calendar please go to: american-heritage.org/calendar
CONSTITUTION DAY

Festival

1970 - 2020

THURSDAY

Sept. 17

5:30 PM

- Light Dinner
- Colonial arts and crafts
- Cupcake walk
- Face painting
- Live music
- Food Trucks (items for purchase)

AND MORE!

Nathan Hale Statue Unveiling (7:30 p.m.)
Professional Fireworks Display

Outdoor Movie for HS Students (8:30 - 10 p.m.)

Tickets sold at the door and online
american-heritage.org/ahs-events

$8/person

$10/each household

$50/immediate family

$5/each household (0-17 years old)

$10/immediate family (0-17 years old)

AHS Patriot Arena

FRIDAY, FEB 5

6:30 - 9:30 PM

Refreshments * Live Music * Line Dancing

6 SILENT AUCTION

for student scholarships and teacher benefits

FAMILY COUNTRY WESTERN DANCE

Round up your friends and family

TICKETS

$5/person

Purchase at the door or online