

# The Essential 55

1. When responding to any adult, you must answer by saying "Yes ma'am" or "No sir." Just nodding your head or saying yes or no in any other way is not acceptable.
2. Make eye contact. When someone is speaking, keep your eyes on him or her at all times. If someone makes a comment, turn and face that person.
3. If someone in the class wins a game or does something well, we will congratulate that person.
4. During discussions, respect other students' comments, opinions, and ideas.
5. If you win or do well at something, do not brag. If you lose, do not show anger.
6. If you are asked a question in conversation, you should ask a question in return.
7. Cover your mouth when you cough or sneeze and say "Excuse me".
8. Do not smack your lips, tsk, roll your eyes, or show disrespect with gestures.
9. Always say thank you when given something. There is no excuse for not showing appreciation.
10. When you are given something from someone, never insult that person by making negative comments about the gift or by insinuating that it wasn't appreciated.
11. Surprise others by performing random acts of kindness
12. When grading other students' papers, give only the correct grade.
13. When we read together in class, you must follow along. If I call on you to read, you must know exactly where we are and begin reading immediately.
14. Answer all written questions with a complete sentence.
15. Do not ask for rewards. Ever.
16. Homework will be turned in on it's due date by every student with NO exceptions.
17. When we are in transition from one subject to the next, the change will be swift, quiet, and orderly.
18. You will make every effort to be as organized as possible.
19. When given an assignment, there is to be no moaning or whining.
20. While you are with a substitute teacher, you will obey the same rules that you follow when I am with you.
21. We will follow certain classroom protocols. We will be organized, efficient, and on task.
22. You may bring a bottle of water and leave it near you. Do not ask me if you can get water in the middle of a lesson
23. Quickly learn the names of other teachers in the school and greet them by name.
24. Flush the toilet and wash your hands with soap after using the restroom.  
Help keep our bathrooms clean.

25. Greet visitors and make them feel welcome in our school.
26. Do not save seats in the cafeteria.
27. If I or any other teacher is speaking to or disciplining a student, do not look at that student.
28. If you have a question about homework, you may call me or even text me. If I do not answer the phone, leave a short message for me.
29. You must follow the ABC's of Etiquette when dealing with food.
30. After eating in the cafeteria or elsewhere, be responsible for your trash.
31. Show appreciation for those who do things for you.
32. When we ride on a bus, we will always sit facing forward.
33. When meeting new people, shake hands and repeat their names so you remember them.
34. Whenever you are offered food, never take more than your fair share.
35. If someone drops something, pick it up and hand it back to them.
36. Hold the door for people rather than letting it close on them.
37. If someone bumps into you, even if it was not your fault, say, "Excuse me".
38. When we are on a field trip, there will be no talking as we enter a building.
39. If we are on a field trip, it is a good idea to compliment something about the place where we are visiting.
40. During an assembly, do not speak and do not look around and try to get the attention of your friends in other classes.
41. When you answer the phone at your house, you must do so in an appropriate manner.
42. When we return from a trip, you will shake the hands of every chaperone and thank them.
43. Stay on the right side when walking down the hall or going on an escalator.
44. When walking in line, keep your arms at your sides and move quietly.
45. Never cut in line.
46. When we go to a movie theater, there will be no talking whatsoever.
47. NEVER say the words "I can't" in our classroom. Ever.
48. If any child in this school is bothering you, let me know immediately.
49. Stand up for what you believe in.
50. Be positive and enjoy life.
51. Live so that you will never have regrets.
52. Accept that you are going to make mistakes. Learn from them and move on.
53. No matter what the circumstances, always be honest.
54. Carpe diem. You only live today once, so don't waste it. Life is made of special moments, many of which happen when caution is thrown into the wind and people take action and seize the day.
55. Be the best person you can be.