

## **2023-24 UNIFORM AND DRESS CODE**

The Saint Mary's school uniform identifies those who wear it as members of a Catholic community committed to virtue and excellence. The uniform supports and promotes a unity of purpose, and the reality of being a member of something larger than oneself.

We want our students to dress their best, and look their best, so that they will be their best. In addition, Saint Mary's Catholic High School establishes a uniform for the following reasons:

- To instill modesty, good grooming habits, and neatness in appearance.
- To maintain a proper academic environment within the school community.
- To reduce superficial competitiveness in dress among students so as to reflect and support the dignity of the individual.

Students are to arrive and leave school in proper uniform throughout the school year, from the first day of school orientation to the last final exam on the last day of school. Students not in proper uniform will not be admitted to class.

The governing principles of the uniform and dress code are modesty and order. Modesty, which protects the dignity of the human person, applies equally to men and to women. Order, the correct arrangement of something, directs that the uniform and other clothing should be worn as is proper.

Each student's dress and personal appearance should be such as not to disrupt or distract the educational environment of the school. Each student's clothing must fit appropriately as determined by school administration. Clothing may not be too tight, too baggy, too revealing, too short, too long, or hang too low.

Saint Mary's reserves the right to insist that the dress and grooming of students are within the limits of generally accepted good taste, in school as well as at all school-sponsored events. Students are required to wear their uniform on semester and final exam days and also during summer school. If there is doubt as to the appropriateness of some attire, it should not be worn until it has been approved by an administrator.

### **Boys' Uniform and Dress Code**

#### Shirts

Boys must wear the school-purchased uniform knit shirt in green or white or the white oxford shirt. Boys may wear plain white short-sleeved or long-sleeved T-shirts under the school shirt; the T-shirt may not contain any writing or pictures. Shirts must be tucked in and properly buttoned, such that only the uppermost button is unbuttoned. All shirts must be purchased through the Saint Mary's Spirit Shop located on campus.

#### Jackets and Sweaters

Boys may wear only uniform-approved and school-purchased sweaters, sweatshirts, and jackets over the school uniform shirt. No other jackets, sweaters, sweatshirts, blankets, or cool-weather attire may be worn at school. Sweatshirts with hoods may not be worn on campus. All uniform outerwear must be purchased through the Saint Mary's Spirit Shop or through athletics and approved by the Deans of Students. Saint Mary's lettermen's jackets are permitted and encouraged.

#### Pants and Belts

Male students are required to wear khaki (light tan) dress trousers. Pants must look professional and be tidy and in good repair. White pants, tan jeans, jeans-cut and stitched pants, skinny-cut and cargo pants are not allowed. Trouser legs must reach to the top of the shoe and should not extend to the ground. Trousers may not be torn, frayed, cut, oversized, too tight, or too baggy. Trousers must be worn at the waist with a black or dark brown leather belt. Over-sized belt buckles are not permitted.

#### Shoes and Socks

Boys are required to wear black or dark brown leather dress shoes or loafers. Boat-shoe style shoes (such as Sperry Authentic Original AO) are acceptable only in one solid color--dark brown or black, with dark soles.

Boys may not wear tennis shoes, skate shoes, moccasins, canvas shoes, or any other non-leather, non-dress shoe. Athletic shoes are permitted only during official school athletic activities. Socks must be solid-colored, crew-length, in black or deep brown (**logos are not allowed**). Students are responsible for keeping their shoes looking professional and well-kept.

### Hair and Grooming

Hair styles must be neat and well-groomed at all times. Boys' hair must be styled above the top of the shirt collar, may not cover or go below the eyebrows and may not extend past the mid-point of the ear. In addition:

- Bleached, dyed, chalked or highlighted hair, mohawks, dramatic hairstyles (burst, skin or bald fades, shaved patterns, sharp angle lines, excessively spiked, shaved, man buns, etc. are not permitted.
- Braids, twists, locs, and/or rows are permitted within the guidelines above.
- Exceptions *may* be granted based on established cultural, religious, or medical reasons and must be previously approved by the Dean of Students. Appropriate documentation must be provided.
- If hair is in violation, students must cut or fix the hair to meet school guidelines within two school days of being notified. If the hair violation continues past this two-day timeframe, students will not be allowed to return to class until the correction is made.
- The Dean of Students will make the final determination about whether a student's hair is appropriate and acceptable. For questions, please see the Dean of Students.

Boys must be clean-shaven, and sideburns may not extend longer than the middle of the ear. Boys who come to school with facial hair will be asked to shave at school and will receive a \$10 summons. Shaved eyebrow lines will not be allowed.

### Hats and Glasses

Hats and stocking caps may not be worn or carried on campus from the time of arrival until the time of dismissal. Hats worn at school functions must be in good taste, worn with the bill facing forward and only in appropriate locations. Hats must always be removed during prayer, when reciting the Pledge of Allegiance, and during the playing of the National Anthem. Dark glasses may not be worn on campus from the time the student arrives on campus until the end of the school day.

### Tattoos

Tattoos, whether temporary or permanent, must be completely covered and out of sight at all times during the school day and during all school-sponsored activities, including athletic competitions and practices. Students may not write or draw on themselves or on others.

### Jewelry

Boys may wear a religious medal on a simple, thin chain, a watch, a Saint Mary's class ring, and one other ring. A religious bracelet may be worn. No earrings, gauges, brandings, body piercing (brow, tongue, nose, etc.), covered piercings, leather straps, heavy chains, ball-bearing necklaces, or anklets are allowed. Rosaries may not be worn as necklaces.

## **Girls' Uniform and Dress Code**

### Shirts

Girls are required to wear the school-purchased uniform knit shirt in green or white or the white oxford shirt. Girls may wear plain white short-sleeved or long-sleeved T-shirts under the school shirt; the T-shirt may not contain any writing or pictures, and undergarments should not be visible. Uniform shirts must be tucked in and properly buttoned, such that only the uppermost button is unbuttoned. All shirts must be purchased through the Saint Mary's Spirit Shop located on campus.

### Jackets and Sweaters

Girls may wear only uniform-approved and school-purchased sweaters, sweatshirts, and jackets over the school uniform shirt. No other jackets, sweaters, sweatshirts, blankets, or cool-weather attire may be worn at school. Sweatshirts with hoods may not be worn on campus. All uniform outerwear must be purchased

through the Saint Mary's Spirit Shop or through athletics if approved by the Dean of Students. Saint Mary's lettermen's jackets are permitted and encouraged.

### Skirts

Girls may wear only Dennis Uniform Dorchester plaid skirts. Uniform skirts must be worn at the waist, and the length of the skirt when so worn should extend to the knee in both the front and the back. Skirts must be properly fastened at all times. Female students are advised to wear close fitting dark shorts (bicycle shorts) under their skirts; these shorts should not extend past the length of the skirt. When the skirt no longer meets the length requirement or no longer fits at the waist so that the zipper and button can be closed, the skirt must be re-hemmed, professionally altered, or traded for clothing that properly fits. Otherwise, girls must purchase a new skirt.

### Shoes and Socks

Girls must wear solid colored black or brown leather dress shoes, flats, or loafers (no lug soled, or block heeled shoes allowed). Sperry brand boat shoes in Authentic Original (AO) style in the color Sahara are acceptable. Students are responsible for keeping their shoes looking professional and well-kept. Socks or tights must be solid-colored black, white, Kelly green or gray and free of any logos. Ankle, crew, or knee-high styled (no higher than just below the knee) are permissible.

### Hair

Girls are to keep their hair neat and well-groomed at all times. Ultra-short, shaved, unnaturally colored, or extremely contrasting streaked hair is not allowed. Flat black hair dye, and the excessive use of bleach are not permitted. Hair lengths must be blended. Shaved eyebrow lines are not allowed. Wigs are not allowed, unless they are to be worn for a medical condition that has been documented by the school nurse. Such wigs would not be in a color radically different from the student's natural hair color. The office of the Dean of Students will make the final determination about whether a student's hair is appropriate and acceptable. For questions, please see the Dean of Students.

### Hair Accessories

All hair accessories such as ties, bows, clips, ribbons, and head bands must be solid-colored white, green, or black, or Dorchester plaid, simple, moderately sized, and not distracting. Girls will be asked to remove hair accessories that are excessively large or distracting.

### Hats and Glasses

Hats, visors, sweatbands, bandanas, scarves, or dark glasses may not be worn on campus from the time of arrival until the time of dismissal.

### Makeup and Fingernails

Makeup must be appropriate for young women in a Christian school, applied with modesty and in good taste. Excessive or exaggerated use of black or dark colored eyeliner is not allowed. Bright, dark-colored, or glittery lipstick will not be allowed. White makeup is not permitted. Nail polish may be any plain solid color except black or excessively dark or bright. No jewels, decorations, or patterned designs are allowed. Traditional white tipped French manicures are permitted. Fingernails may not be worn longer than  $\frac{1}{4}$  inch past the fingertip and must be oval, square, or squoval shaped. Nail shapes such as stiletto, almond, coffin, etc. are not allowed.

Girls who attend the Homecoming Dance or Prom will be permitted to wear patterned or jeweled nails for no longer than **two weeks after** the dance. After that time, girls will not be allowed in class until their nails are compliant with the regular dress code.

### Tattoos

Tattoos, whether temporary or permanent, must be completely covered and out of sight at all times during the school day and during all school-sponsored activities, including athletic competitions and practices. Students may not write or draw on themselves or on others.

### Earrings and Other Jewelry

Girls may wear one pair of short earrings in the ear lobes only. "Short" means that the earrings do not hang more than ½" inch below the ear lobe. Loops are not to be larger than the size of a nickel. Large hoops or other dangling or distracting earrings, gauges, ear cuffs, and chains are not permitted. A second pair of earrings is permitted, provided they are small studs in the upper lobe just above the standard earring. No other upper-ear piercings, body-piercing jewelry, or covered piercings are permitted.

Girls may wear one small necklace or a religious medal on a simple thin chain. No chokers, beaded, leather, shell, chain-link, or similar necklaces are permitted. One bracelet, one watch, and two simple rings may be worn. Anklets are not permitted. Rosaries are not to be worn as necklaces.

## **Special Dress Code Guidelines**

### Physical Education

Saint Mary's Catholic High School has a specified dress code for all physical education classes, consisting of the school athletic shorts or sweatpants and t-shirts. These items (shorts, sweatpants, and t-shirts) must be purchased from the Saint Mary's Spirit Shop located on campus. All PE and weightlifting students are given an assigned locker with a built-in combination lock. Students are required to keep their belongings and valuables in the assigned lockers and to keep the lockers locked at all times.

### Spirit Shirts

Pep assembly days may be designated as spirit shirt days. With administrative approval, students may wear a Saint Mary's green, white, black, or gray athletic team or spirit shirt. Gold spirit shirts may be worn only when announced in advance. Tank tops are not allowed. Shirts must always be tucked in, clean, and presentable.

### Special Attire for Clubs and Sports Teams

Varsity athletic teams and other co-curricular organizations may receive permission to wear special attire on designated days, as determined by the Dean's Office and Athletic Director.

### Appropriate Attire at School Functions and Activities

Saint Mary's Catholic High School reserves the right to insist that the dress and grooming of students (and their guests) are within the limits of modesty and good taste in school as well as at school events.

### Modesty

Modesty is an integral part of chastity, and purity requires modesty. *"Modesty protects the intimate center of the person. It means refusing to unveil what should remain hidden... Modesty protects the mystery of persons and their love... Modesty is decency. It inspires one's choice of clothing. It keeps silence or reserve where there is evident risk of unhealthy curiosity. It is discreet"* (Catechism of the Catholic Church, #2521-2522).

There is no chastity without modesty. Because of the important role modest dress and behavior plays in protecting the dignity of the human person, students are required to dress modestly at all times, whether on campus or at any Saint Mary's event.

At any Saint Mary's event, skirts or dresses must be worn to the knee or longer. Low cut shirts and transparent or excessively tight clothing are prohibited to men and women. Students who are dressed inappropriately will be sent home.

The modesty guidelines are to guide all dress code situations, including school functions and events both on and off campus:

**Women are to observe the following:** No strapless, spaghetti-strap, off-the-shoulder shirts, or shirts that expose the midriff, cleavage, or back are permitted; No tight or short clothing. Shorts and skirt lengths must be to at least the extended fingertips. Leggings, jeggings (or other form-fitting pants), ripped shorts, pants, and jeans are not permitted. Body piercings and exposed tattoos are not permitted.

**Male students are to observe the following:** No excessively baggy or tight pants. No hats during indoor events, or at inappropriate times during outdoor events (prayer, Pledge of Allegiance, National Anthem, etc.) Shirts must be worn. No shirts with extremely open sides or shirts that display inappropriate writing. Ripped shorts, pants, and jeans are not permitted. No earrings on or off-campus, no body piercings, or exposed tattoos.

*Note: Other clothing or accessory items that the school determines to be not in good taste will not be allowed.*

#### Formal and Semi-formal Events

There are specific formal and semi-formal dress codes for special events, including end of the year ceremonies, graduation, concerts, art shows, and dances. Specific guidelines will be issued for each, but, in general, the following guidelines will apply:

**For women:** skirts and dresses with hems that reach the knee; bare midriffs are not acceptable. Strapless, spaghetti-strap, off-the-shoulder, or tank tops are not permitted. No tight or form fitting clothing. Women must wear dress shoes. No flip flops, or dyed hair.

**For men:** Dress pants, a collared dress shirt, a tie, dark socks, and dress shoes are required. Hair should be trimmed appropriately, and men should be clean shaven. No dyed hair or hats.

#### Dances

Ticket purchase and attendance for Homecoming and Prom dances will require students and parents to agree to and sign a dance contract. This contract will outline specific guidelines for the dance, including our semi-formal and formal dress code.

Dances at Saint Mary's Catholic High School are for the benefit of Saint Mary's students. If a student wishes to bring a guest who does not attend Saint Mary's, a guest pass must be obtained before the dance.

*Note: Other clothing or accessory items that the Administration determines not to be "in good taste" will not be allowed.*