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## **Uniform Philosophy/Dress Code**

The primary purpose of Frassati Catholic High School's uniform is 1) to help our students grow intellectually in habits of ordered, logical thinking and 2) to ensure a look of unity and equality within our school community as well as to promote the search for deeper qualities on which to build self-confidence and Christian identity.

The uniform of Frassati Catholic High School is traditional and classic. Students must present a neat, clean and modest appearance at all times. Anything that takes away from the overall classic appearance of our uniform (including, but not limited to, visible tattoos, body piercing, excessive or heavy jewelry and unnatural coloring or styling of hair) is not allowed and considered "out of uniform." Students out of uniform without prior permission of the administration will be issued a lunch detention.

Frassati Catholic High School's philosophy that underlies our school dress code is based on the nature of the human person, a mysterious and wonderful union of body and soul. This union is such that our body influences our soul and vice versa. How we dress our bodies can influence the powers of our soul, particularly the intellectual power to a certain degree. When we dress more formally, for example, our manners tend also to follow suit and we use a heightened diction in our speech and are more refined in our actions. It is interesting to note that recent studies<sup>1</sup> show that students whose dress is orderly, neat, and sharp tend to be more orderly and sharp in their thinking, also.

Our school uniform reflects the spirit of Frassati Catholic and the seriousness with which we pursue intellectual excellence. Our approach to academic excellence is not sloppy or haphazard; neither is our dress code. Our students strive for order and precision in their thinking. Their clean, crisp, and sharp school uniform should reflect and support this goal.

## **Uniform Policy**

All students are required to wear the full uniform of Frassati Catholic High School to school at all times unless otherwise permitted. All uniforms must be in good repair, properly hemmed and appropriately sized.

## **Gentlemen's Casual Uniform**

### Must be purchased from Mills Uniform Company

White Polo Shirt with uniform logo - Shirt must be tucked in at all times.

Cobalt Blue Polo Shirt with uniform logo

Khaki pants (flat front or pleated) - Pants must be worn at the waist.

Black or Cobalt fleece with uniform logo (optional)

### May be purchased elsewhere

Black Leather Belt

Black Sperry Men's Authentic Original Boat Shoe - Shoelaces must be black and tied properly.

Black Crew socks

All undershirts must be plain white.

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<sup>1</sup> [http://www.utdallas.edu/research/tsp-erc/pdf/seminar\\_paper\\_imberman.pdf](http://www.utdallas.edu/research/tsp-erc/pdf/seminar_paper_imberman.pdf)

## **Gentlemen's Dress Uniform**

### Must be purchased from Mills Uniform Company

- White Oxford Button-down Collar shirt with uniform logo (long or short sleeve)
- Blue/White/Black Striped Tie
- Khaki pants (flat front or pleated) - Pants must be worn at the waist.
- Black quarter zip sweater with uniform logo

### May be purchased elsewhere

- Black Leather belt
- Black Sperry Men's Authentic Original Boat Shoe - Shoelaces must be black and tied properly.
- Black Crew socks
- All undershirts must be plain white.

## **Ladies' Casual Uniform**

### Must be purchased from Mills Uniform Company

- White Polo Shirt (girls cap sleeve) with uniform logo - Shirt must be tucked in at all times.
- Optional: Cobalt Blue or Black Polo Shirt (girls cap sleeve style) with uniform logo
- Cobalt Blue Plaid Skirt-Contour Style - Hem must be at the knee.  
When you're standing, the skirt should touch at the top of the knee; the hemline may not be above the top of the knee. Alternatively, the hemline may be at the middle of the knee or bottom of the knee, but should not be below the bottom of the knee.
- Black or Cobalt fleece with uniform logo (optional)

### May be purchased elsewhere

- Black Orlon Knee-Hi / Black Opaque Nylon Knee-Hi / Black Opaque Tights
- Black Sperry Women's Koifish 2-Eye Boat Shoe - Shoelaces must be black and tied properly.
- All undershirts must be plain white.

## **Ladies' Dress Uniform**

### Must be purchased from Mills Uniform Company

- White Oxford Button-down Collar shirt with uniform logo (long or short sleeve) - Shirts must be tucked in at all times.
- Cobalt Blue Plaid Skirt-Contour Style - Hem must be at the knee.
- Black V-neck sweater with uniform logo

### May be purchased elsewhere

- Black Orlon Knee-Hi / Black Opaque Nylon Knee-Hi / Black Opaque Tights
- Black Sperry Women's Koifish 2-Eye Boat Shoe - Shoelaces must be black and tied properly.
- All undershirts must be plain white.

## **Additional Uniform Policy Information**

- Sweaters or sweatshirts must be worn properly or carried and not tied around the waist
- There must not be any writing on any part of the uniform
- The uniform must not be altered in any way, including monogramming
- No colored T-shirts or white T-shirts with writing may be worn under the school uniform shirt
- No bright colored undergarments may be worn with the white shirt
- Non-uniform jackets, sweatshirts and sweaters, may not be worn during school hours. All such items must be placed in lockers before 7:50 a.m. and remain there throughout the school day.
- No pajama pants, sweat pants or any type of non-uniform leggings may be worn during the school day.
- A uniform shirt must be worn under a uniform sweater.
- Students are prohibited from wearing hats/caps or head coverings (such as bandanas).

## **Gentlemen's Grooming Code**

- No facial hair is permitted. Gentlemen must be clean shaven every day. Sideburns must not extend past the end of the ear. Excessive sideburns are not allowed.

- Hairstyles must be neat and clean. Hair must be above the collar in back, above the ears so the ears are visible, and above the eyebrows. Frassati Catholic High School reserves the right to demand that a young man cut his hair because it is excessively long.
- No distracting hairstyles are permitted. Ponytails, spiked hair, or designs cut into the hair are not permitted.
- No unnatural color/bleaching. Hair may not have two distinctive natural colors.
- No body ornamentation is allowed. This includes, but is not limited to: earrings, tattoos, body piercing (nose or tongue piercing), or nail polish. Tattoos must be covered by clothing.
- Gentlemen may not wear make-up or earrings on school property or to school functions.

### **Ladies' Grooming Code**

- Light make-up is allowed. Dark colors are not permitted.
- Hairstyles should be neat and clean. No distracting hairstyles, colors, or designs are allowed. No unnatural colors, i.e. blue, red, or purple, are permitted. Hair may not have two distinctive natural colors. Hair should be out of the eyes at all times.
- Earrings are to be small, should match, and be unobtrusive. They are to be worn in the earlobes (up to two per lobe). Hoops are not allowed over 2" in diameter.
- No other body piercing is permitted. No tongue or nose piercings are permitted.
- Nail polish should be simple and not distracting.
- Tattoos must be covered by clothing.

### **Uniform Accessories**

Jewelry must complement the neat, clean, and modest appearance which the uniform conveys. Excessive and/or gaudy accessories are unacceptable.

### **Non-Uniform Days**

Non-uniform days are approved by the administration. The following are guidelines which must be observed on any out of uniform day unless otherwise stated by the administration:

- Skirts and shorts must be worn such that the hem is at the knee
- No see through type clothing is to be worn
- Clothes must properly fit the student; no clothes deemed too tight or too loose may be worn
- No sweat pants or spandex pants
- Leggings and stretch tights are not pants and should not be worn as such. If leggings are worn, pants, or a skirt/dress of an appropriate length must be worn over them.
- Appropriate footwear must be worn at all times – no backless shoes are permitted
- Shoulders, backs, chests, and midriff must be covered
- Ripped and torn clothing is prohibited
- Clothing that advertises substances that are illegal for teens (drugs, alcohol, tobacco products) or language or writing that is otherwise inappropriate or offensive to Frassati Catholic High School may not be worn
- Body piercing, except on the ear, or tattoos must not be seen at anytime
- No hats, caps or head coverings may be worn

Frassati Catholic High School reserves the right to determine unacceptable attire. Students dressed inappropriately will be provided with appropriate clothing for the day. Students not wearing uniform shoes will be required to report to the office for a shoe pass. The shoe pass must be worn throughout the school day. Students without a valid excuse for non-uniform shoes will receive a lunch detention. Students requiring a shoe pass for an extended period of time must have a note from a doctor. The only acceptable substitute shoe that can be worn due to injury or loss of shoes is a tennis shoe.