



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 studies¹ 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.

¹ http://www.utdallas.edu/research/tsp-erc/pdf/seminar_paper_imberman.pdf

CASUAL UNIFORM

Gentlemen

Must be purchased from Mills Uniform Company

White, black, or cobalt blue polo shirt (short or long sleeve) with uniform logo - Shirt must be tucked in at all times.

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

Seniors only - Gray Polo Shirt (short or long sleeve) with senior uniform logo

Outerwear Options

Black or cobalt blue fleece with uniform logo purchased from Mills or Lands' End

Black or cobalt blue outerwear options found in the Spirit Store – *Uniform Store* (with uniform logo)

Frassati Catholic letter jacket

Seniors only – Gray option for outerwear with senior uniform logo; Senior shirt or sweatshirt
4th Quarter

PLEASE NOTE: Our uniform store labels the crew neck sweatshirts section as "Hoodies" by default. You'll see that there are no hoodies available in this section, it is just the title. Hooded sweatshirts are not an option for casual uniforms.

May be purchased elsewhere

Black Leather Belt

Solid black shoes (no open-toed or backless shoes, no boots, heels should be 1" or less)

If the shoe has shoelaces, they must be black and tied properly.

Black ankle or crew socks

All undershirts must be plain white.

Ladies

Must be purchased from Mills Uniform Company

White, cobalt blue, or black polo shirt (girls cap sleeve or long sleeve) with uniform logo - Shirt must be tucked in at all times.

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.

Seniors only - Gray polo shirt (short or long sleeve) with senior uniform logo

Outerwear Options

Black or cobalt blue fleece with uniform logo purchased from Mills or Lands' End

Black or cobalt blue outerwear options found in the Spirit Store – *Uniform Store* (with uniform logo)

Frassati Catholic letter jacket

Seniors only - Gray option for outerwear with senior uniform logo; Senior shirt or sweatshirt 4th
Quarter

PLEASE NOTE: Our uniform store labels the crew neck sweatshirts section as "Hoodies" by default. You'll see that there are no hoodies available in this section, it is just the title. Hooded sweatshirts are not an option for casual uniforms.

May be purchased elsewhere

Black Socks - ankle, crew, knee-high, or opaque tights

Solid black shoes (no open-toed or backless shoes, no boots, heel should be 1" or less)

If the shoe has shoelaces, they must be black and tied properly.

All undershirts must be plain white.

[Links to the Underclassmen and Senior Outerwear Uniform Store](#)

[Underclassmen Outerwear Uniform Store](#)

[Senior Outerwear Uniform Store](#) (seniors can use underclassmen store for other color options)

DRESS UNIFORM

Gentlemen

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
Solid black dress shoes or black Sperry
If the shoe has shoelaces, they must be black and tied properly; heel should be 1" or less
Dress shoes do not include boots, sneakers, canvas, backless or open toed shoes of any kind.
Black Crew socks
All undershirts must be plain white.

Gentlemen may choose to wear the oxford shirt with or without the tie and with or without the sweater on casual uniform days.

Ladies

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.
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 V-neck sweater with uniform logo

May be purchased elsewhere

Black Orlon Knee-Hi or Black Opaque Nylon Knee-Hi or Black Opaque Tights
Solid black dress shoe or black Sperry
If the shoe has shoelaces, they must be black and tied properly; heel should be 1" or less
Dress shoes do not include boots, sneakers, canvas, backless or open toed shoes of any kind.
All undershirts must be plain white.

Ladies may choose to wear the oxford shirt with or without the sweater on casual uniform days.

SPIRIT DRESS DAYS

- On Activity Period days or other days specifically designated, students may wear any Frassati logo shirt, sweatshirt, hoodie, or fleece with their uniform skirt (ladies) or khaki pants (gentlemen) and the solid black uniform shoes.

Additional Uniform Policy Information

- Sweaters or sweatshirts must be worn properly or carried and not tied around the waist
- The uniform must not be altered in any way, including monogramming or writing on it.
- The hood of any garment must remain down while on campus.
- 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 7:45 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 oxford shirt must be worn under a uniform sweater and a uniform polo shirt must be worn under outerwear options (except on Spirit Dress Days).
- Hats, caps, visors, bandanas, sweatbands, scarves, non-Frassati hooded garments, etc., may not be worn during school hours.

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 require 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 are permitted, i.e. blue, red, or purple. 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 must be worn such that the hem is at the top of the knee
- Shorts must be at least fingertip length.
- 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
- Joggers and track pants are permitted.
- 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 open toe or backless shoes are permitted
- Shoulders, backs, chests, and midriff must be covered
- Ripped and torn clothing is prohibited (regardless if skin is showing or not)
- 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
- Hats, caps, visors, bandanas, sweatbands, and scarves, etc., may not be worn during school hours.

Frassati Catholic High School reserves the right to determine unacceptable attire. Students dressed inappropriately will be provided with appropriate clothing for the day or sent home to change.