



MIDDLE SCHOOL

VALLEY CATHOLIC MIDDLE SCHOOL STUDENT DRESS AND APPEARANCE 2011 – 2012

This is the basic list – There may be additions and/or minor changes to this list over the summer.

All VCMS students need four different uniforms/clothing:

1. Daily Uniform (Monday – Thursday)
2. PE Uniform
3. Music Uniform (All MS students)
4. Spirit Dress – Friday dress rules

Valley Catholic Middle School Daily Uniform (Monday – Thursday):



With VCMS logo



With VCMS logo



Student Dress and Appearance - Valley Catholic Middle School Uniform Dress Code

Students wear uniforms daily unless special non-uniform days are announced. All uniform tops must have the VCMS logo and must be purchased through Dennis Uniform or Lands End Uniform. All uniform pants, shorts, skirts, skorts, and capris must be purchased through a company offering a UNIFORM LINE and that follows all other color, length and style regulations.

Long pants and capris: Solid navy-blue or khaki chino-style cotton, cotton blend, or small wale corduroy pants, fitted at the waist. Any navy blue or khaki pants or capris offered through the UNIFORM LINE are acceptable.

Shorts: Solid navy-blue or khaki chino or walking-style shorts (fitted at the waist); shorts must touch the top of the knee cap and may hang as low as the bottom of the kneecap. Shorts shorter than the top of the knee cap or longer than the bottom of the knee cap are NOT ACCEPTABLE.

Shirts: All shirts must fit at the shoulders; they must be white, navy, chambray blue, cobalt blue, French blue, or gray heather. Shirts **MUST** have the Valley Catholic Middle School logo applied. (All shirts must be purchased through Dennis Uniform or Lands End Uniform,) Shirts may not hang any lower than the top of the pant's pocket and must be tucked in at all times. Any top – in the colors listed - offered through the UNIFORM LINE is acceptable with the logo (Polo, oxford, turtleneck, mock turtle neck).

Sweaters and sweatshirts: Solid navy sweater, fleece, sweatshirt, or vest. Sweaters, fleece and sweatshirts **MUST** have the Valley Catholic Middle School logo applied. Any top offered through the UNIFORM LINE is acceptable (Polo, oxford, turtleneck, mock turtle neck). Any navy sweater or sweatshirt offered through the UNIFORM LINE is acceptable with the logo.

Jackets: All jackets worn inside the school building, including at lunch, assemblies, and Mass must be purchased from Dennis Uniform or Lands End Uniform and must contain the logo. Any navy jacket offered through the UNIFORM LINE is acceptable with the logo (polartec, letterman/varsity, hooded squall).

Shoes: Shoes must be secure on the feet and have a closed toe. (Sandals and boots may not be worn on uniform days). Shoes may not have black soles **that mark**. Combat boots, hiking shoes, fashion boots, or high-heeled shoes are not allowed. Athletic shoes (tennis shoes) **MUST** have both a closed toe and a closed heel and must be worn for all PE classes.

Socks: **Sock must be worn daily and must be visible above the shoe.** Solid white, khaki, gray, cobalt, chambray, or navy blue socks, tights, or stockings must be worn with all shoes. Nylons must be solid white, khaki, gray, cobalt, chambray, or navy blue. Colors other than those listed are not allowed. Wearing shoes without a foot covering (sock or tight) is not allowed.

Girl's Attire: In addition to the uniform code listed above, female students may also wear solid navy blue, khaki, or rampart plaid skirts and/or skorts (fitted at the waist), skirts and skorts must touch the top of the knee cap. Skirts and skorts shorter than the top of the knee cap are NOT ACCEPTABLE.

Hair: Hair is to be clean and neatly groomed, out of the eyes, and must not interfere with eyesight. Extreme fads in cuts, styles, or designs are not acceptable. Two-toned bleached hair, obvious highlights or streaks, and hair of an unnatural hair color is not allowed. The interpretation of "extreme" is the school's.

Hair accessories may not be distracting. Distracting styles, colors, or designs vary and are addressed on an individual basis. The interpretation of "distracting" is the school's.

In addition, boys' hair must be cut or styled out of the eyes and above the collar.

Make-Up: Light make-up is acceptable. Glitter (of any kind) or heavily applied make-up is not acceptable (eyeliner, mascara, lipstick, etc.). The interpretation of "light make-up" is the school's.

Jewelry: Visible piercings are acceptable only in the ear lobes. Jewelry must not be distracting. Students may not wear dog-type collared jewelry, studded wristbands, wallet chains, ropes, studs, etc.

Other: No hats, caps, visors, bandanas, scarves, sunglasses, etc. are to be worn in the building.

***Please note –Any shirt worn under the uniform shirt must be solid white without printing of any kind. In addition, the uniform shirt must completely cover the undershirt; the buttons on the uniform shirt may not be opened to expose the undershirt, nor may the undershirt be hanging out of either the sleeves or the bottom of the uniform shirt.**

PE Uniform (All students have a PE locker in addition to the homeroom locker)



With logo

The following supplies – including the PE shoes – must be left at school on an on-going basis (with a rotation of items for laundering purposes):

- **Shirts:** All PE T-Shirts must have a VCES, VCMS, VCS or CYO logo – there is no color requirement
- **Shorts:** Shorts must be black, navy blue, or cobalt blue (small accents are acceptable – such as white piping). Shorts must touch the top of the knee cap and may hang as low as the bottom of the kneecap. Shorts shorter than the top of the knee cap or longer than the bottom of the knee cap are NOT ACCEPTABLE.
- **Shoes and Socks:** Athletic socks, athletic/tennis shoes are required on PE days

Music Uniform – Change for 2011-2012

All middle school students (every grade) must have a music/formal uniform.

With VCMS logo



You will not need a complete music uniform until the first week in October, at the earliest.

- **Shirt:** Long sleeve white oxford shirt with **VCMS logo** (fitted top for girls; standard cut for boys)
- **Pants:** Black uniform pants (capris, shorts, skirts, skorts are not acceptable)
- **Shoes:** Black dress shoes preferred. Shoes must have closed toe and closed heel. Heels over 1 inch are strongly discouraged. (White or brightly colored athletic shoes are not acceptable.)

Junior Kingsmen: Once auditions finish, members will be instructed on how to order ties at that time.

Honors Choir: Once auditions finish, members will be instructed on how to order special pieces at that time.

Spirit Dress

With LOGO



Every Friday is a Spirit Dress Day. Spirit dress days are designed as a way to reward student responsibility while promoting school spirit. When additional spirit dress days are announced, students should wear the standard school uniform as described in section **10.1, Valley Catholic Middle School Uniform Dress Code**, or clothing that adheres to the following requirements:

- A t-shirt, sweatshirt or fleece (jacket or vest) bearing the logo of SMVS, VCMS, VCS or a SSMO approved/sponsored activity (such as CYO, Music Camps, sports camps, etc.). The logo must be visible at all times (Cannot be covered by non-uniform clothing/jacket) No other shirt, sweatshirt, fleece, vest or jacket may be worn in the building on these days.
- Any pants, shorts, skirts, or skorts that are acceptable under the free-dress guidelines are acceptable to wear **IN CONJUNCTION WITH** one or more of the tops listed above.



Other Dress Options

SPECIAL DRESS DAYS

On special dress days the standard uniform may be replaced with clothing of a specified design or color. Special dress days may occur during spirit week, on or near certain holidays, and in support of a sports team entering the playoffs.

On these days, students may wear the school uniform as described in section **10.1 Uniform Dress Code** or shirt, sweatshirt, jacket, pants, shorts, or skirt must be of the day's specified color (at least 50% of the designated color/s). Any other garments must conform to the free-dress guidelines as described in **10.5 Free Dress** and must be worn IN CONJUNCTION WITH the article of clothing of the appropriate color for the special dress day.

Examples of special-dress occasions and clothing requirements:

Valiant Pride Days: Blue and white – hats, face paint, hair color acceptable

September: Hawaiian Day (Bright colors, floral prints)

Halloween: Black and Orange (Any shade including gray)

Thanksgiving: Brown, orange, yellow, red

Christmas: Red and Green (Any shade)

Spirit Week: Dress requirements are announced

Valentine's Day: Red, Pink and Purple

Mardi Gras: Purple, green, yellow

St. Patrick's Day: Green

Rejuvenation Week: Dress requirements are announced

May/June: Special dress day for eighth grade students - dates and requirements to be announced



VALLEY CATHOLIC MIDDLE SCHOOL UNIFORM CLOSET

Save yourself money, as well as our closet space -
Don't purchase new items if you can reuse some!

Check out the uniform closet for daily and PE uniform pieces as well as spirit wear.

Pieces will be on display June 13 – 16 (final exam week) and at registration/book buying day in August. You may view the closet at another time by making arrangements with Jennifer Gfroerer or Pat Joyaux (be prepared to sift through items.)



FREE DRESS

Occasionally, students may be given a free dress day. On these occasions, students may wear clothing which adheres to the following, based on VCMS free dress code. Students are to dress and groom themselves at all school-sponsored activities in a manner that is modest, clean and appropriate to a Catholic school academic environment. While parents and students have the primary responsibility for personal appearance, the school administration is responsible for interpreting dress code regulations.

Students in violation of the dress code will be sent to the school office. Parents will be notified and asked to provide appropriate garments.

The attire of students has an important influence on the attitude toward learning within any school. Regard for the peer group and adults with whom the student works, individual expression, modesty, self-respect, and pride for Valley Catholic are all factors in determining the dress code. "Appropriate" describes dress that is proper for the task at hand. Tasks at school include spiritual growth and serious learning within a respectful social setting. Student attire also must reflect pride and respect for the learning process.

Students in violation of the dress code will be sent to the school office, and a parent or guardian will be called and required to bring appropriate garments to the school. Should a parent or guardian be impossible to reach, students may be asked to change to a school-issued garment. Repeated disregard of the dress code will result in disciplinary action.

- Shorts should be neat, tasteful and hemmed.
- Shorts, dresses, or skirts can be no shorter than two inches above the knee.
- Stomachs and backs must be entirely covered.
- All shirts, blouses, and dresses must have sleeves and modest necklines.
- Sheer, tight, or clingy tops are not allowed.
- Students' hair must be clean, neatly groomed, and not interfere with eyesight. Two-toned bleached hair, obvious highlights or streaks, and hair of an unnatural hair color is not allowed. In addition, boys' hair must be cut or styled out of the eyes and above the collar.
- No extreme cuts, styles, colors, or designs cut into the hair are allowed. The interpretation of "extreme" is the school's.
- Visible piercings are acceptable only in the ear lobes. Jewelry must not be distracting.
- Students may not wear dog-collar type jewelry, studded wristbands, belts with chains, ropes, studs, etc.
- Footwear must be worn for all classes, including P.E.
- Students may not wear sunglasses in the school building.
- No hats of any type, including sweatbands, bandanas, or visors, may be worn by either boys or girls.
- Specifically noted as inappropriate are garments with holes or in disrepair, tattered clothing, visible underwear, jeggings or other "hip to ankle style" tight fitting pants, yoga pants, yoga shorts, spandex/lycra/nylon or running shorts, beachwear (such as cutoffs and swimwear), underwear T-shirts, gang-related symbols or clothing, and clothing advertising sex, alcohol, tobacco, drugs, gangs, violence, profanity or cult groups.

All rules regarding accessories and inappropriate messages on garments also apply to extra-curricular events.