



Excerpt from (pp. 33 – 40):

Middle School Student/Parent Handbook 2020-2021

X. Student Dress and Appearance

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.

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 find appropriate clothing in the uniform closet, in their PE locker, or to borrow from a classmate. In some cases, the student may be asked to call a parent/guardian to bring appropriate garments to the school. Repeated disregard of the dress code will result in disciplinary action.

10.1 Valley Catholic Middle School Dress Code

School uniform, student dress and appearance requirements are outlined below:

VCMS students need four different school uniforms

1. Daily uniform worn Monday thru Thursday
2. Spirit dress worn on Friday
3. PE uniform
4. Music uniform (all band, choir, music appreciation, and orchestra groups)

Valley Catholic Middle School Daily Uniform worn Monday thru Thursday:

Students wear uniforms daily unless special non-uniform days are announced. All uniform tops must have the VCS 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" that meets all color, length and style regulations. These companies include, but are not limited to Dennis Uniform, Lands End Uniform, Target uniform Line, Gap or Old Navy's Uniform line.

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 a "uniform line" are acceptable.

Shorts: Solid navy-blue or khaki chino or walking-style shorts, fitted at the waist. Shorts must be no shorter than two inches from the top of the kneecap and may hang as low as the bottom of the kneecap. Shorts shorter than two inches from the top of the kneecap, or longer than the bottom of the kneecap are not acceptable.



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Shirts: All shirts must be purchased through Dennis Uniform or Lands End Uniform, have the Valley Catholic Middle School logo applied and meet the following criteria:

- Fit at the shoulders
- Colors: white, navy, chambray blue, cobalt blue, French blue, or gray heather.
- Cannot hang any lower than the top of the pant's pocket. If it is longer, the shirt must be tucked into the pant, skirt, skort, capris, or short.
- Any polo, oxford, turtleneck, or mock turtleneck top, in the colors listed above, with the VCMS logo, offered through Dennis Uniform or Lands End Uniform is acceptable.

Students will be expected to tuck in their shirt when it is appropriate for events i.e., Mass, and specified assemblies, etc.

Note: Any VCS shirts purchased at locations other than Dennis Uniform or Lands End Uniform, are not considered part of the uniform but are acceptable for spirit dress.

Sweaters and sweatshirts: Solid navy sweater, fleece, sweatshirt, or vest. Sweaters, fleece and sweatshirts must have the Valley Catholic Middle School logo applied. Any sweater or sweatshirt top offered through Dennis Uniform or Lands End Uniform with the VCMS logo is acceptable. This includes polo, oxford, turtleneck, and mock turtleneck.

Note: Any VCS sweatshirts purchased at locations other than Dennis Uniform or Lands End Uniform, are not considered part of the uniform but are acceptable for spirit dress.

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 VCS logo. Any navy jacket offered through Dennis Uniform or Lands End Uniform is acceptable with the VCS logo, including, polartec, letterman/varsity, and hooded squall.

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

Socks: If socks, legging, tights, and nylons are worn, they must be solid white, khaki, gray, blue or black. A small logo (such as a Nike Swoosh) may be visible provided it is not distracting. Distracting styles, colors, or designs vary and are addressed on an individual basis. The interpretation of “distracting” is the school’s.

Leggings and tights: Students may wear form-fitting pants (such as leggings, running tights, etc) only under clothes that conform to the uniform/dress code length requirements for shorts, skorts, skirts, etc. The leggings and tights must be solid white, khaki, gray, blue or black.



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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 two inches from the top of the kneecap, or longer than the bottom of the kneecap 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 streaks, and hair of an unnatural color for a middle school student (such as gray) is not allowed. Hair cannot be spiked beyond the front row of bangs. The interpretation of "extreme" is the school's discretion. 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.

Make-Up: Light make-up is acceptable. Glitter, of any kind, or heavily applied make-up is not acceptable. This includes, eyeliner, mascara, and 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, earbuds, bandanas or sunglasses are to be worn in the building. Belts 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. Suspenders and ties may be worn but must be solid white, solid navy blue or solid black. Colors other than those listed are not allowed.

Electronics: Only analog watches are acceptable at school. Wearable devices such as smart watches, activity counters (FitBits), ear buds, or any other devices that can send or receive email, text, internet, etc. are prohibited for middle school students during the school day.

Undershirts: Any shirt worn under the uniform shirt may not be distracting. In addition, the uniform shirt must completely cover the undershirt; the undershirt may not be hanging out of either the sleeves or the bottom of the uniform shirt.

10.2 P.E. Uniform Dress Code

The P.E uniform, including the PE shoes, must be left at school on an on-going basis. A rotation of items is expected for laundering purposes. All students have a PE locker in addition to the locker located in the middle school hallway.

- **Shirts:** All P.E. t-shirts must have a VCES, VCMS, VCS or CYO logo. There is no color requirement for the logo shirts. A solid dark blue, black or grey shirt may also be worn.



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- **Shorts:** Shorts must be predominately black, blue, or grey. Shorts must not be more than two inches higher than the kneecap and may hang as low as the bottom of the kneecap. Shorts shorter than two inches from the top of the kneecap, or longer than the bottom of the kneecap are not acceptable. Please purchase “Basketball” shorts for PE class (longer style).
- **Shoes and Socks:** Athletic tennis shoes and athletic socks are required on P.E. days

10.3 Spirit Dress Code (Fridays and other designated days)

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 may 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, fleece jacket or vest bearing the logo of VCMS, VCS or a VCS approved/sponsored activity such as CYO, music camps, sports camps, etc.). The logo must be visible at all times. It cannot be covered by non-uniform clothing or 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.

10.4 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 that meets at least 50% of the day’s specified colors. Any other garments must conform to the free-dress guidelines as described below in 10.6 and must be worn in conjunction with the article of clothing that is the designated color.

Examples of special dress occasions and clothing requirements:

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

Picture Day: Free Dress Day (see 10.6)

Goodbye to Summer/Hawaiian/Beach Day: Bright colors and floral prints

Halloween: Black, orange, purple

Lazy Dress Days: Sweats, full coverage PJs

Thanksgiving: Brown, orange, yellow, and red

Christmas: Red and green

Spirit Week: Dress requirements will be announced

Valentine’s Day: Red, pink and purple

Mardi Gras: Purple, green, and yellow

St. Patrick’s Day: Green



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Rejuvenation Week: Dress requirements will be announced

May/June Special Dress Day for 8th Grade Students: Dates & requirements will be announced

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10.5 Formal Dress

Valley Catholic Middle School's Graduation, Speech Tournament, Formal Presentation Days, and National Junior Honor Society Induction ceremony are formal dress days. Students are expected to adhere to the following guidelines:

- Clothing should be neat, tasteful and hemmed.
- Skirts, dresses, or slits can be no more than two inches above the knee.
- If skirts/dresses have a sheer layer, solid layer must be no more than two inches above the knee.
- All shirts, blouses, and dresses must have a modest neckline.
- Stomachs and backs must be covered.
- No sheer, midriff, tight, or clingy tops.
- No stomach or back skin can show when both arms are raised above shoulder height.
- Sleeves should extend at least three inches down the arm beyond the edge of the shoulder.
- Shorts and jeans of any color or style are not acceptable.
- Other dress issues, including hair and make-up must meet all VCMS regulations outlined in section 10.1.

Girls' Attire:

- Dressy skirt and a blouse, dress shirt, and/or sweater, and dress shoes
- Dress slacks and a blouse, dress shirt, and/or sweater, and dress shoes
- Dress and dress shoes
- **No athletic shoes or flip-flops**

Boys' Attire:

- Dress slacks, belt, dress shirt, and/or sweater, and dress shoes
- Shirts must be fitted, tucked in and worn with a belt.
- Ties and/or blazers are optional but are strongly encouraged
- Shorts and jeans of any color or style are not acceptable for the graduation Mass or ceremony.
- **No athletic shoes or flip-flops**

10.6 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.

- Shorts should be neat, tasteful and hemmed.
- Shorts, dresses, or slits 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.



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- Students' hair must be clean, neatly groomed, and not interfere with eyesight.
- No extreme cuts, styles, colors, or designs cut into the hair are allowed. The interpretation of "extreme" is the school's.
- Mustaches and beards may be worn if neat and trimmed.
- 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
- Specifically noted as inappropriate are garments with holes or in disrepair, tattered clothing, visible underwear, spandex 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 apply to extra-curricular events.