

Blessed Sacrament Dress Code

The School Committee of the Blessed Sacrament Parish Education Commission has reviewed recent issues with the existing Dress Code. The Dress Code to-date has been difficult for faculty to enforce, as well as difficult for parents to follow. With that in mind, the School Committee set about to simplify the Dress Code, make it more economical for families, reduce parent-child conflict over what is/is not permissible, and minimize the tendency for competitive fashion between classmates.

Research shows that how children dress affects how they act and learn in school. As parents and teachers, we can agree that we want to maximize our children's learning experience and minimize external stressors and distractions at school.

General Guiding Principles

For all clothing, brand and source of clothing are not restricted but styles must remain in the spirit of the Dress Code. To be in the spirit of the Dress Code, clothing must be in good condition, meaning there are no visible undergarments, no fraying, no holes/rips/patches, not tight or low cut, not baggy, wide, dirty or sloppy, and without exposed midriff. Faculty and staff reserve the right to make the final judgment on what is acceptable. By no longer restricting source of clothing, families are free to purchase clothing from stores of their choosing. If a student does not comply with the Dress Code, the administration will contact parents to bring appropriate clothing.

Acceptable Clothing: Monday - Thursday

Pants: Cotton/twill solid navy blue, gray, brown, black, tan khaki or green khaki pants in good condition (see above). Girls may wear any style cotton/twill pants in solid navy blue, gray, brown, black, tan khaki or green khaki. Brand is not restricted. No jeans.

Shirts: Collared shirts (short- or long-sleeved) of any solid color or design but without graphics, fashion logos, or words; crew necked shirts (short- or long-sleeved) of any solid color or design, but without graphics, fashion logos, or words; fleece and sweatshirts of any color but without graphics, fashion logos, or words, and any Blessed Sacrament spirit wear (shirts, sweaters, sweatshirts, crew neck shirts) or clothing with the Blessed Sacrament Logo. Sweaters are permitted in any solid color or design but without graphics, fashion logos or words.

Shorts/Skorts: Cotton/Twill solid navy blue, gray, brown, black, tan khaki or green khaki shorts/skorts of a length that hits the top of the knee and of any style that maintains the look and integrity of uniform shorts. Brand is not restricted. Dates shorts may be worn are not restricted.

Skirts, Jumpers and Dresses: All skirts, jumpers and dresses must be of a length that hits the top of the knee. Leggings may be worn under skirts, but skirts must still meet the length requirement.

Liturgy Days Dress Monday-Thursday Dress Code.

Acceptable Clothing: Friday

Jeans: Jeans in good condition and in the spirit of the dress code (see above). Please note: Some liturgy days fall on Fridays, especially for junior high.

All other clothing subject to Monday – Thursday requirements.

Unacceptable Clothing: Monday - Friday

The following are explicitly not permitted:

Hats of any style, shoes without back or back straps, tube tops, spaghetti strap tops, sweatpants, sweat suits, clothing that bares any undergarments or midriff during normal movement, clothing with inappropriate messages, skirts or dresses with slits above the knee, shirts hanging lower than shorts, skorts, or skirts, pants/shorts worn low, or "sagging" or dragging on the ground