



MIDDLE/UPPER SCHOOL UNIFORM AND DRESS CODE POLICY

Why have a school uniform or dress code?

Cost, Convenience, Coherence

Having a common school uniform supports an equitable, orderly, coherent learning environment. Students define and distinguish themselves by their words and actions, not by the expense of their clothing. The policy simplifies clothing decisions and reduces costs.

Core Values

Students demonstrate **Respect** for their peers, teachers, and administrators—and for their own appearance—when they comply with the dress code guidelines.

Taking **Responsibility** for—and pride in—personal appearance is one important aspect of student development.

The Policy

The School's dress code policy is that every student must be in full uniform whenever he or she is in the School facilities. Students should also be in uniform for School-sponsored activities unless prior exceptions are made, including field trips, academic competitions, and social and recreational events. If the student is a spectator in an extracurricular activity, such as a sports event, then dress should be appropriate to the occasion.

Students whose appearance does not meet our policy standards will be asked by the teacher to make immediate improvement. Teachers take a leading role in correcting uniform policy infractions.

General Points

To maintain a coherent and neat appearance, the following points will be observed by all Maharishi School students:

- Uniforms are required to always be clean, properly fitting, and presentable.
- Only solid white undergarments are to be worn under the uniform shirt/blouse.
- Leg warmers are for outdoor wear in colder weather and may not be worn in the classrooms.
- Students will remove hats when indoors.
- Only uniform sweaters can be worn during school hours.
- Students are required to maintain a clean and well-groomed appearance.

School Uniforms

Uniforms are required of all Maharishi School students. Please mark all uniform items with your name to avoid lost and unidentifiable items.

When you visit the Lands' End uniform site, you'll find that there are two web portals for Maharishi School students, one for girls and one for boys. You may choose to wear items from either of the portals.

Middle and Upper School Uniform Guidelines are listed as choices for all students in grades 7 through 12. Please see the guidelines below to see available choices.

To place an order with Lands End: Go online to: www.landsend.com/school. Click on "Find My School", and look up Maharishi School. You may also phone Lands End at 1-800-469-2222.

By expanding our uniform options, we are sustaining our policy regarding diversity inclusion and support. Please feel free to contact us if you have questions about uniforms or any other aspect of our policies.

Pants/Skirts Options:

- White plaid uniform skirt (three styles available at Lands' End). Skirt can be no shorter than to top of the knee. Skirt must be worn with navy or black leggings BELOW knee length or longer or navy or black tights.
- Navy uniform pants (Lands' End), see choices online
- Khaki uniform pants (Lands' End), see choices online

Blouse or Shirt Options:

- Lands' End polo shirt **w/ logo** (white, grey, navy or green – Students coming from the Lower School may continue to wear yellow polos with logos.)
- White, woven long or short sleeve blouse w/pointed collar (see Lands' End)
- White long or short sleeve button-down collar shirt, worn with:
 - Yellow knitted tie (Middle School)
 - Tie of choice (Upper School)
 - Brown, cordovan or black belt

Sweater Options:

- Maize button-front drifter cardigan sweater (Lands End)
- Maize cable hooded sweater (Lands End)
- Maize or white fine gauge cardigan (Lands End)
- Evergreen drifter zip-front cardigan sweater (Lands End)
- Evergreen Fleece T-100 Half-zip with optional logo (Lands End)
- Cardigans or pullovers without turtlenecks (single color, no hoods, without striping, patterns or logos) in the following colors: Evergreen, navy, white yellow, light grey, medium grey
- Maharishi School logo spirit-wear sweatshirts (**available through Lands' End**)

NOTE: All sweaters and sweatshirts must be worn OVER blouses, shirts, or polos.)

Shoes and Socks

Opaque tights- navy or black or leggings (required with skirts)

Shoes: any close-toed shoes in good condition (no sandals or boots). Heels should be no higher than one inch when measured from the back of the heel.

PE Dress Code:

Athletic shoes: All students need PE shoes (high top preferred) to be worn **inside only** for PE. When PE is held **outside**, students are required to wear appropriate outdoor footwear. (Most parents purchase a pair of tennis shoes specifically to be worn to and from school and to double for outside PE.) **Clogs or sandals will not be permitted.**

PE Dress Guidelines

Students should wear clothing suitable for athletic performance, not their regular school uniform. The following guidelines should be followed:

- T-shirts with sleeves (without logos that might be offensive) and that cover the midriff
- Shorts with an inseam of at least 6 inches
- Long pants or sweatpants