



## 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 in good repair. Lands' End (or an equivalent, in style and color options) is acceptable uniform attire.
- Students are expected to remove hats when indoors.
- Only uniform sweaters can be worn during school hours.
- Only ear and nose piercings are allowed.

### **School Uniforms**

Uniforms are required of all Maharishi School students. Please mark all uniform items with the

student's name. If students are out of uniform during school hours, they will be asked to change before attending class and may be sent home.

Uniform items include:

**Pant or Skirt options:**

- Plaid uniform skirt (three styles available at Lands' End). Skirts must be of a reasonable length. *Shorts or tights are recommended to facilitate asanas.*
- Navy or Khaki pants or skirts. **NO JEANS OR SWEATPANTS**

**Blouse or Shirt options:**

- White, woven long or short sleeve blouse with collar OR polo shirt with school insignia in gray, blue or green (see Lands' End)
- White long or short sleeve button-down collar shirt
- Brown or black belt

**Sweater Options:**

- Cardigans or pullovers (single color, no hoods, without striping, patterns or logos) in the following colors: evergreen, navy, white, yellow, light gray, medium gray
- Maharishi School logo spirit-wear sweatshirts (Lands' End)

**Shoes and Socks**

- Opaque tights: navy or black leggings
- Socks: navy, black, white, or brown
- Brown or black dress belt
- Shoes: dark brown, black dress loafers, oxfords, or flats, or athletic shoes. Heels should be low and soles should not leave scuff marks.

If you choose Lands' End for your uniform, when you visit their website 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](http://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.

If you have any questions regarding shoes, please check with the School office before purchasing shoes or keep the receipt and bring them in for approval before wearing them.

### **Middle and Upper School PE Uniforms**

Upper School 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

### **Indoor athletic shoes**

All students need athletic shoes to be worn for indoor PE. When PE is held outside, students will be required to wear appropriate outdoor footwear. Clogs or sandals will not be permitted.

### **Optional PE attire:**

- Evergreen hooded pullover sweatshirt
- Evergreen crew sweatshirt
- Evergreen hooded zip-front sweatshirt