



Regis Campus Dress Code (Regis Middle School & Regis High School) *"Modesty Matters"*

A dress code promotes a positive school atmosphere, emphasizing academics and promoting good behavior. Dress codes have proven to increase achievement by encouraging students to concentrate more on their studies and less on their wardrobe. Students at Regis Middle School and Regis High School are expected to dress in a God-pleasing manner with a focus on the dignity of the human body. We hope that parents/guardians will give students proper guidance in dress matters. Students must comply with the dress code throughout the school day, in the building, and on field trips unless specifically excused by the administration.

ENFORCEMENT

- Violations of the dress code are to be addressed immediately. Faculty/staff and student-based reporting to administration are strongly encouraged.
- The Principal or Dean of Students will approach the student and ask him/her to change into extra clothing provided by the school or to make a phone call home to get appropriate clothing. The student will continue learning from the school office until the dress code violation has been rectified. Parents/guardians will be notified of the dress code violation.
- Students are encouraged to keep an extra dress code top and pants in their lockers in case of violations or emergencies so parents won't have to make an extra trip to school.
- The faculty and administration of Regis Catholic Schools have the final determination on the acceptability of student dress in cases of a difference of opinion.

GENERAL GUIDELINES

- Each student's appearance must be appropriate to a Catholic school setting.
- There is not to be any saying, picture, or reference on clothing inconsistent with the Catholic faith and morals. Items that reference drugs or alcohol, songs, or musical groups whose lyrics are inconsistent with Catholic teaching are inappropriate for wear.
- All items worn to school must be clean. Worn, faded, frayed, baggy, or excessively tight clothing may not be worn.
- **HAIRSTYLES & FACIAL HAIR:** Students should have clean natural colored hair that does not cover the eyes or face. For boys, the hair length should not extend past the collar in the back. Facial hair is not allowed, and the face should be clean-shaven. Acceptable added colors may include highlights or natural hair color tones. It should be maintained with regular washing, structured appointments, and acceptance of administrative advice, as necessary.
- **SHOES:** Shoes must be worn. Any sandals must be secure to the foot. Flip-flops (any footwear with a strip of material between the big and first toe which lacks an ankle and/or heel strap) will not be allowed. Laces are to be tied, and appropriate straps need to be used.
- **ACCESSORIES:** Accessories that draw undue attention to a student are not permitted. This includes, but is not limited to, makeup, hairstyles, all unreasonable body jewelry, piercings, etc. Large, dangling or hoop-style earrings should be avoided. Piercings in visible body parts, other than the ears or cartilage, are not allowed. It is the responsibility of the student to remove such piercings before the day. Considerations should be made for the timing of any new piercings.
- **BODY ART:** Tattoos may not be publicly visible. Age or parent permission is not a consideration.
- **HEADWEAR:** Caps, hats, etc., are not to be worn in the building during the school day.

SPECIAL OCCASION, DRESS-UP & DRESS-DOWN DAYS

- **Mass Days:** On Mass days, middle and high school students are expected to look their best. Boys must wear clean, ironed, button-up dress shirts with either a regular tie or bow tie. Dress slacks, belts, and dress shoes are encouraged. Boys will be allowed to wear appropriate shorts and a collared dress/polo shirt from the start of the

school year until October 15 and again from April 15 until the end of the school year only. Girls must wear dressy blouses, dress pants, skirts, or dresses. No colored denim or sweatshirts are permitted on Mass days.

- **Special Occasion and Dress Down Days:** On special occasion dress days (e.g., Homecoming, Winter Carnival, etc.) and Dress Down Days, all attire must demonstrate a standard of modesty. The school reserves the right not to allow participation in activities if the dress does not measure up to the school's standard of dress. On Dress Down Days, appropriate blue jeans, sweatshirts, leggings, t-shirts, athletic jerseys, and hooded sweatshirts may be worn. A monetary donation is usually required in exchange for casual dress. This money is donated to local and diocesan needs.

DRESS CODE

Item	Boys	Girls	Comments
Shirts	Collared and henley style shirts are allowed and acceptable. Solid colors, stripes, and plaids are encouraged. No shirt can have a logo larger than 2 inches. T-shirts, including those made of performance/athletic material and undergarment shirts, can only be worn underneath dress-code approved shirts. No graphics can be on the front or back of the shirt.	Shirts should be 3 inches wide or wider on the shoulder. No cleavage or undergarments should show. Shirts or blouses must cover the midriff at all times. Shirts with spaghetti straps, halter tops, and tank tops are not to be worn. Solid colors, stripes, and plaids are encouraged. No shirt can have a logo larger than 2 inches. No t-shirts or undergarments shirts are allowed. No graphics can be on the front or back of the shirt.	T-shirts (of any material), polo shirts, etc., with a Regis logo of any size, are allowed. Patterns will be allowed at the discretion of the administration.
Sweatshirts	Sweatshirts that are a singular solid color may be worn. No sweatshirt can have a logo larger than 2 inches. No sweatshirts of any kind are permitted to be worn at any time on a Mass day. No graphics can be on the front or back of the sweatshirt.	Sweatshirts that are a singular solid color may be worn. No sweatshirt can have a logo larger than 2 inches. No sweatshirts of any kind are permitted to be worn at any time on a Mass day. No graphics can be on the front or back of the sweatshirt.	Sweatshirts with a Regis logo of any size are allowed. Senior Privilege: Seniors who have reported their successful college, technical school, or military branch admission to the administration will be permitted to wear the sweatshirt of that university/technical school/military branch on a regular dress code day.

Sweaters & Jackets	Sweaters may be worn. This includes zip-up, quarter zip, and pullover sweaters. Sweaters that have a hood are also acceptable.	Sweaters may be worn. This includes zip-up, quarter zip, and pullover sweaters. Sweaters that have a hood are also acceptable. Denim jackets are permissible.	Denim jackets cannot be distressed in any manner. No holes, rips, etc., allowed. Outdoor/insulated jackets are not to be worn during the school day.
Pants	Solid-colored dress pants or solid-colored denim (excluding blue jeans) may be worn. Solid-colored dress pants MUST be worn on Mass Days. Pants must be worn at the waist. Students may NOT wear sweatpants, wind pants, athletic wear/leisure wear (i.e., Lululemon/Athleta or similar.), pajama bottoms, pants with holes, ill-fitting pants, distressed denim, and/or spandex. No undergarments should show.	Solid-colored dress pants or solid-colored denim (excluding blue jeans) may be worn. Girls must wear either solid-colored dress pants or a skirt/dress on Mass Days. Pants must be worn at the waist. 'Skinny pants' are permitted if they are a 'pants' material with stitching and/or pockets that are consistent with the term 'pants.' Students may not wear sweatpants (with or without pockets), wind pants, athletic wear/leisure wear (i.e., Lululemon/Athleta or similar.), pajama bottoms, pants with holes, yoga pants, leggings, ill-fitting pants, and spandex. No undergarments should show.	** The addition of blue jeans was temporary and under evaluation. Due to the amount of dress code violations, it will not be continued during the 2022-23 school year. Colored denim/pants cannot be distressed in any manner. No holes, rips, etc., allowed.
Shorts	Solid-colored dress shorts (not athletic or jeans) will be allowed from the start of the school year until October 15 and again from April 15 until the end of the school year. Shorts should be no shorter than four inches above the knee.	Solid-colored dress shorts (not athletic or jeans) will be allowed from the start of the school year until October 15 and again from April 15 until the end of the school year. Shorts should be no shorter than four inches above the knee.	Shorts length should be no shorter than four inches above the knee. ** No jean shorts are allowed.
Skirts/Dresses	Skirts/dresses are not permitted for boys.	Skirts/dresses should fit properly. Dresses with spaghetti straps, halter tops, and tank tops are not to be worn. Sleeveless dresses should be 3 inches wide or wider at the shoulder. No cleavage should show. We encourage Spandex shorts to be worn under skirts/dresses to ensure modesty.	Dress and/or skirt length should be no shorter than four inches above the knee. If a dress/skirt is shorter than the approved length, a student must wear leggings under the dress/skirt.

INTERNAL FUNCTIONING OF THE DRESS CODE

- Teachers or students who see a student not following the dress code are to tell the Dean of Students or Principal about the violation.
- The administrator will meet with him/her in a manner, time, and place to not draw the attention of others when informing them of the violation.
- A record of all infractions will be kept.

Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased at a price. Therefore, glorify God in your body. 1 COR 6:19-20

DSP 5690 (Diocesan School Policy 5690) states that the manner of dress helps the student grow in the virtue of modesty which is at the foundation of self-respect of others. It further states that dress codes safeguard and promote the Christian learning environment and that expectations are raised positively when there is a different style of dress for school than for other more casual and relaxed venues. For an additional reflection on clothing choices, refer to CCC 2522 (Catechism of the Catholic Church 2522).