

Valley Catholic Middle School Uniform and Dress Code Information 2024-2025

Purchasing Uniforms:

Our students wear uniforms. Please be diligent in looking at and complying with the dress code. Students must comply with all its components. When obtaining clothing for next school year, please ensure the items meet the waist, length, style, color, and logo requirements.

Note: Rampart plaid is no longer permitted.

The VCMS Uniform Policy has been updated, and families may purchase any shorts, skorts, or skirts from an official uniform line. Please find a brand that fits your child at both the waist and length as outlined in the dress code. Skirts, skorts, and shorts shorter than three inches from the crease in the back of the kneecap are unacceptable.

Excerpt from Valley Catholic Middle School Handbook section IX. Student Dress and Appearance

Students' attire has an important influence on their attitude toward learning in any school. Factors for determining the dress code include regard for the peer group and adults with whom the student works, individual expression, modesty, self-respect, and pride for Valley Catholic. "Appropriate" describes a dress that is proper for the task. 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 are primarily responsible for personal appearance, the school administration interprets dress code regulations. Students violating the dress code will be sent to find appropriate clothing in the uniform closet, in their PE locker, or borrow from a classmate. In some cases, the student may be asked to call a parent or guardian to bring appropriate garments to the school. Repeated disregard of the dress code will result in disciplinary action.

9.1 Valley Catholic Middle School Dress Code

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

VCMS students need three different school uniforms

1. The daily uniform is typically worn Monday through Thursday
2. Spirit dress worn on Friday
3. PE uniform

Valley Catholic Middle School Daily Uniform worn Monday through Thursday: Students wear uniforms daily unless special non-uniform days are announced. All uniform tops must have the VCS logo and be purchased through Lands End Uniform or Schoolbelles. 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: Lands End Uniform, Schoolbelles, Tommy Hilfiger, Target’s 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 are acceptable. 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 three inches from the crease in the back of the knee. Shorts shorter than three inches from the crease in the back of the knee are not acceptable.

Skirts and Skorts: Female students may also wear solid navy blue or khaki skirts and/or skorts (fitted at the waist). Skirts and skorts shorter than three inches from the crease in the back of the knee are unacceptable. **NOTE: Rampart Plaid is no longer permitted.**

Shirts: All shirts must be purchased through Lands End Uniform or Schoolbelles, 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.
- Any polo, oxford, turtleneck, or mock turtleneck top, in the colors listed above, with the VCMS logo, offered through Lands End Uniform or Schoolbelles 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 Schoolbelles 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 Schoolbelles or Lands End Uniform with the VCS logo is acceptable. This includes polo, oxford, turtleneck, and mock turtleneck.

Note: Any VCS sweatshirts purchased at locations other than Schoolbelles 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 Schoolbelles or Lands End Uniform and must contain the VCS logo. Any navy jacket offered through Schoolbelles or Lands End Uniform is acceptable with the VCS logo, including, polartec, letterman/varsity, and hooded squall.

Shoes: All shoes must have a closed toe, a closed heel, 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, clogs, or high-heeled shoes are not allowed. Athletic shoes must be worn for all PE classes.

Socks: If socks, leggings, 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 discretion.

Yoga pants, 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. The leggings and tights must be solid white, khaki, gray, blue, or black.

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 individually. The interpretation of “distracting” is the school’s.

Make-Up: Light makeup is acceptable. Glitter of any kind or heavily applied makeup is not acceptable. This includes eyeliner, mascara, lipstick, etc. The school's interpretation of light makeup 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: Hats, caps, visors, earbuds, bandanas, and sunglasses are not allowed 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 smartwatches, activity counters, earbuds, 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.

Masks: When students are expected to wear uniforms, masks must be solid in color. Small prints, plaids or small logos (such as a Nike Swoosh) may be visible, provided the print or logo is not distracting. Distracting styles, colors, or designs vary and are addressed individually. The interpretation of “distracting” is the school’s.

9.2 P.E. Uniform Dress Code

The P.E uniform, including the PE shoes, must be left at school on-going. 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 PE 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 gray shirt may also be worn.
- **Shorts:** Shorts must be predominately black, blue, or gray. Shorts must not be more than three inches higher than the crease in the back of the knee. Shorts shorter than three inches from the crease at the back of the knee are unacceptable. Please purchase “Basketball” shorts for PE class (longer style).
- **Shoes and Socks:** Athletic tennis shoes and athletic socks are required on P.E. days.

9.3 Spirit Dress Code (Fridays and other designated days)

Every Friday is a Spirit Dress Day; if the last school day of the week is not a Friday, the last school day is a Spirit Dress Day. Spirit dress days are designed 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 9.1, 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 a 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 (section 9.6 *Free Dress*) are acceptable to wear in conjunction with one or more of the tops listed above. No sweatpants, pajama pants, leggings, yoga pants, athletic shorts, or sweat shorts are permitted.

9.4 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 9.1 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 section 9.6 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 section 9.6 *Free Dress*)
- Goodbye to Summer/Hawaiian/Beach Day: bright colors and floral prints
- Halloween: black, orange, purple
- Lazy Dress Days: sweats, full-coverage pajamas
- Christmas: red and green
- Spirit Week: dress requirements will be announced
- Valentine’s Day: red, pink and purple
- St. Patrick’s Day: green
- Rejuvenation Week: dress requirements will be announced

9.5 Formal Dress

Certain days of the year are designated as 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 three inches above the crease at the back of the knee.
- Skirts/dresses with a sheer layer need a solid layer no more than three inches above the crease at the back of 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.
- Jeans, shorts, sweatpants, pajama pants, leggings, yoga pants, athletic shorts, or sweat shorts are prohibited.
- Other dress issues, including hair and make-up must meet regulations outlined in section 9.1.

9.6 Free Dress

Occasionally, students may be given a Free Dress Day. On these occasions, students may wear clothing that adheres to the following, based on the 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 three 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.

- Clothes should be for daytime wear; pajamas are not acceptable.
- Students may not wear sweatpants, pajama pants, yoga pants, sweat shorts, or leggings
- 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, beards, goatees are not allowed. Sideburns should not extend below the earlobe.
- 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 masks as well as clothing worn at school-sponsored extracurricular events or extra-curricular events where the student is acting as a representative of Valley Catholic School.

***The school's interpretation of "extreme" and "appropriate" is the same.**

9.7 Students Representing the School

Valley Catholic encourages advisors and coaches of school activities to establish high standards in behavior, dress, and grooming for students representing VCS in public. Advisors and coaches may require dress and grooming standards beyond those required for class. Students will be notified of the expectations, and any student not in compliance may be denied participation.