

# **FCS SECONDARY CAMPUS DRESS CODE GUIDELINES**

## **2024-2025**

Updated 7/1/2024

### **GOALS OF DRESS CODE**

An important goal of a dress code is to teach young people that in life, different types of dress are appropriate for different occasions and/or environments. Fremont Christian School (FCS) parents, guardians, and students accept the decision of FCS administration as final in matters of school policies and procedures, including the dress code which is established for a high school college preparatory environment. To that end, students at FCS are expected to be clean and neat in their personal appearance, observing standards of modesty and moderation. “Modesty in dress” at FCS requires that students refrain from wearing such items as tight-fitting, body-hugging, revealing, sagging, or extremely baggy clothing, which displays visible cleavage, bare midriffs, undergarments, etc. Clothing items which distract from Fremont Christian School’s academic environment are also prohibited. Since the parent, guardian, or homestay host is the primary educator of the student, it is a parental responsibility to ensure that the student is in correct dress code on a daily basis while on campus and at school functions.

The school reserves the right to regulate against fads or fashions that reflect negatively on the school and/or student, are distracting, and/or not in keeping with FCS mission, values, and goals. Interpretation and decisions in matters pertaining to dress code are necessary; thus FCS administration is the final and sole authority of what is, or is not, acceptable for students while they are representing Fremont Christian.

IF A CLOTHING ITEM IS NOT ADDRESSED IN THE INFORMATION BELOW, ASSUME IT IS EXCLUDED.  
 YOU ARE WELCOME TO CHECK AN ITEM WITH AN ADMINISTRATOR BEFORE WEARING  
 THE ITEM TO SCHOOL

**SCHOOL UNIFORM DRESS CODE**

Examples of uniform dress code can be viewed via the Lands End link on the FCS website.

|                       |  |
|-----------------------|--|
| Shirts                | <ul style="list-style-type: none"> <li>● Black or white polo shirts purchased from an online or local uniform retailer</li> <li>● Current year, approved FCS uniform, USB, and USSE T-shirts</li> <li>● Current year, approved, specialty club/group shirts/sweatshirts are allowed on Club Days as noted in the Weekly Bulletin. The design and purchase of these items must be done through the FCS contract with BSN Sports (only senior shirts and USB apparel exempt from this requirement). The deadline for design and approval of club/group apparel is October 1. Any designs submitted after this date will be considered for the following school year. Advisors will work with the principal for each request.</li> <li>● Approved Senior class t-shirts/sweatshirts may be worn every day.</li> </ul> |
| Pants/Shorts          | <ul style="list-style-type: none"> <li>● Pants/shorts must fit properly; body hugging or oversized pants may not be worn           <ul style="list-style-type: none"> <li>● Pants/shorts must be made of uniform-style materials like cotton twill. Materials like fleece, polyester, nylon, denim, and other casual or sport fabrics may not be worn.</li> </ul> </li> <li>● Acceptable colors: khaki (tan) or black</li> <li>● Uniform shorts must be no shorter than 4” from the bend in the back of the knee.</li> <li>● Pants/shorts must be hemmed properly with no distressing, holes and fraying</li> </ul>  |
| Skirts/Skort          | <ul style="list-style-type: none"> <li>● Uniform skirt or skort must fit properly, body hugging skirts may not be worn           <ul style="list-style-type: none"> <li>● Skirts/skort must be made of uniform-style materials like cotton twill. Materials like fleece, polyester, nylon, denim, leather, and other casual or sport fabrics may not be worn.</li> </ul> </li> <li>● Acceptable colors: khaki(tan) or black</li> <li>● Straight or pleated uniform style</li> <li>● All skirts/skort must be no shorter than 4” from the bend in the back of the knee</li> </ul>   |
| Outerwear             | <p>FCS approved uniform shirts must be worn under approved outerwear. All outerwear must follow the guidelines below.</p> <ul style="list-style-type: none"> <li>● FCS uniform sweatshirts are to be purchased through the school office.</li> <li>● Athletic sweatshirts approved to be worn on game days.</li> <li>● Only sweaters purchased through the Lands End website link on the FCS website.</li> <li>● Approved FCS Letter jacket</li> <li>● Black or black/grey jackets/raincoats (small logos/details in other colors are acceptable). Non-FCS sweatshirts (hoodies) with zippers or pullovers are not considered jackets!</li> </ul>  |
| Layered Clothing      | <ul style="list-style-type: none"> <li>● School uniform items may be layered</li> <li>● Plain white or black, long sleeved shirts with no hoods may be worn under uniform shirts</li> </ul>  |
| Hats<br>Headcoverings | <ul style="list-style-type: none"> <li>● School beanies with the FCS logo are allowed to be worn outside only and may be purchased in the school office</li> <li>● Uniform sweatshirt hoods may be worn only outdoors</li> <li>● No other head coverings are allowed (i.e. no bandannas, no hats, no scarves, no baseball hats)</li> <li>● Outerwear with hoods: Hoods may not be worn in class</li> </ul>   |
| PE Uniforms           | <ul style="list-style-type: none"> <li>● Required for high school students taking a PE class on campus.</li> <li>● Junior high students do not change for PE but should choose uniform approved clothing suitable for activity.</li> <li>● PE Uniforms are purchased through the secondary office</li> </ul>   |

## UNIFORM AND SPECIAL DRESS ACCESSORIES GUIDELINES

In addition to the Fremont Christian School Uniform or Special Dress requirements, the following Uniform and Special Dress Accessories Guidelines must also be followed.

The following are considered unacceptable for girls and boys at all times unless notified otherwise:

- Tattoos (permanent, temporary, or henna) and any writing on skin
- Any religious dress or religious symbols on accessories that are not representative of either the FCS or Harbor Light Church Statement of Faith.
- Any accessories that advertise or promote which have not been pre-approved by the Head of School.

|                     | <b>Girls</b>  | <b>Boys</b>   |
|---------------------|---|---|
| Jewelry             | <ul style="list-style-type: none"> <li>● No New Age, Occult, mystical or skull accessories</li> <li>● Earrings no more than 7 total and no flesh tunnels type or gauges.</li> <li>● No more than 5 total bracelets, 5 total necklaces, and 5 total rings.</li> <li>● No facial or body piercing except girl's pierced ears</li> <li>● No spiked or stud style jewelry</li> </ul>  | <ul style="list-style-type: none"> <li>● No New Age, Occult, mystical or skull accessories</li> <li>● No earrings</li> <li>● No more than 5 total bracelets, 5 total necklaces, and 5 total rings.</li> <li>● No facial or body piercings including gauges and flesh tunnels</li> <li>● No spiked or stud-style jewelry</li> </ul>  |
| Hair                | <ul style="list-style-type: none"> <li>● No radical haircuts, striping or designing by shaving</li> <li>● Subtle natural colors</li> </ul>  | <ul style="list-style-type: none"> <li>● Must be neat, clean, and well-groomed in appearance, bangs out of the eyes, hair length (back and sides) no longer than the top of shoulder and no more than 1.5 inches below the bottom of the earlobe.</li> <li>● No radical haircuts, striping or designing by shaving</li> <li>● Subtle natural colors</li> <li>● Thin, plain headbands or elastic bands may be used to keep hair in the neat, well-groomed style.</li> <li>● Facial Hair Guidelines:               <ul style="list-style-type: none"> <li>● Grade 9 and 10 students are expected to shave as needed to maintain a neat, clean appearance without any recognizable facial hair.</li> <li>● Grade 11 and 12 students may grow facial hair that is neatly trimmed and does not present an unkempt appearance. Neatly trimmed requires that hair length not exceed 9mm in length (setting 6 on a standard beard trimming device). All facial hair needs to maintain a neat, clean appearance.</li> <li>● Because a "neat, clean appearance" is a subjective standard, it is expected that all high school students will cooperate with all school decisions regarding facial hair.</li> </ul> </li> <li>● Hair Donation Programs: See additional information</li> </ul> |
| Shoes               | <ul style="list-style-type: none"> <li>● Shoes must be safe for the student wearing them while walking on uneven pavement and up and down stairs regardless of style. Parents are expected to help students choose shoes that are safe for daily wear on the FCS campus.</li> <li>● Shoes with a back or backstrap are highly recommended.</li> <li>● Flip flops, sport slides, slippers, or shower sandals are never acceptable</li> </ul> |   |
| Hats/Head Coverings | <ul style="list-style-type: none"> <li>● No change from School Uniform Dress Code</li> </ul>  |   |
| Make up             | <ul style="list-style-type: none"> <li>● Junior High: very little make-up</li> <li>● High School: no extreme make-up</li> </ul>   | <ul style="list-style-type: none"> <li>● None</li> </ul>  |

## STUDENT SPECIAL DRESS GUIDELINES

Days are announced in the Weekly Bulletin

Students are expected to remain in dress code while on campus and when attending all FCS events. These events include but are not limited to the following: athletic competitions, social events, performing arts events, formal ceremonies, and field trips, etc., unless explicitly directed otherwise by the FCS administration. These guidelines are for any on-campus or off-campus events sponsored by FCS.

|   |       |   |
|---|-------|---|
| Pants/Shorts<br>Skirts/Skort – Girls only | All   | <ul style="list-style-type: none"> <li>● Pants which fall at or below the knee may be worn (<i>i.e. capris or cropped pants, athletic wear that falls below the knee, or other bottoms that fall below the knee</i>)</li> <li>● Only uniform shorts (no shorter than 4” from the bend in the back of the knee) may be worn on free dress days.</li> <li>● Skirts/dresses are to be no shorter than 4” from the bend in the back of the knee.</li> <li>● Jeans/pants must be hemmed, no distress and without holes or fraying</li> <li>● Form-fitting or body hugging styles are not allowed.</li> <li>● Poly-blend athletic training or track pants without holes or frayed hems</li> <li>● No Pajama bottoms, athletic fleece type pants/sweats/joggers, etc. are allowed</li> <li>● Leggings/tights/yoga pants are not to be worn as pants. These items may be worn under skirts/shorts following the length guidelines.</li> <li>● All regular uniform guidelines for fit apply</li> </ul> |
| Shirts/ Tops                              | Boys  | <ul style="list-style-type: none"> <li>● T-shirt okay with the following exceptions: no plain white, no objectionable pictures, writings or secular music groups</li> <li>● No tanks, muscle shirts, PE tops, or bare midriffs</li> </ul>   |
|   | Girls | <ul style="list-style-type: none"> <li>● T-shirts - same as boys</li> <li>● Sleeveless shirts okay (sleeveless means fabric covers the shoulder completely and does not have a large opening showing undergarments.)</li> <li>● No see-through material shirts/sweaters (mesh, lace, etc.) even if wearing a tank-top underneath</li> <li>● The shirt and/or blouse must overlap the pants so that the midsection is not revealed even with the student’s arms raised.</li> </ul>   |
| Shoes                                     | All   | <ul style="list-style-type: none"> <li>● No change from that stated in Uniform Accessories Guidelines</li> </ul>  |
| Jewelry                                   | All   | <ul style="list-style-type: none"> <li>● No change from that stated in Uniform Accessories Guidelines</li> </ul>  |
| Hair/Hats/Head Coverings                  | All   | <ul style="list-style-type: none"> <li>● No change from that stated in Uniform Guidelines</li> </ul>  |
| Make up                                   | All   | <ul style="list-style-type: none"> <li>● No change from that stated in Uniform Accessories Guidelines</li> </ul>  |

## STUDENT FORMAL DRESS GUIDELINES

These guidelines are for Homecoming, Prom, or other formal events sponsored for high school students by FCS. All clothing must be pre-approved to avoid embarrassment for students or guests at the event. Information about how to gain approval no less than 5 days before the event will be provided with ticket information.

|                          |               |   |
|--------------------------|---------------|---|
| Girls                    | Dresses       | <ul style="list-style-type: none"> <li>● No revealing necklines, sides or backs (below midpoint/traditional bra-line), i.e. cannot be low-cut in front/back/sides or with immodest mesh or see through material. Further, undergarments (including a bra) must be worn with all attire.</li> <li>● No dress or skirt hem length no shorter than 4” from the bend in the back of the knee when hands are raised above the head.             <ul style="list-style-type: none"> <li>● Slits are to be measured from the top of the slit and must fit within the 4” guideline for dresses or skirts.</li> </ul> </li> <li>● No dress or skirt should be tight or form fitting so as to be immodest.</li> <li>● Please note that a dress should fit these guidelines at all times during the evening, especially during dancing. Modesty must be accommodated at all times. Please arrange for alterations so that straps are not falling, tops are not riding up to reveal stomachs, and that bodices fit appropriately at all times. Clothing must be pre-approved to avoid embarrassment for students and guests at the event.</li> <li>● Dress pants with a dressy top are also acceptable attire for girls.</li> </ul> |
| Boys                     | Formal Attire | <ul style="list-style-type: none"> <li>● Nice suits with ties or tuxedos are acceptable. Casual dress, i.e. jeans, baggy attire, is inappropriate.</li> </ul>   |
| Shoes                    | All           | <ul style="list-style-type: none"> <li>● No change from that stated in Uniform Accessories Guidelines</li> </ul>  |
| Jewelry                  | All           | <ul style="list-style-type: none"> <li>● No change from that stated in Uniform Accessories Guidelines</li> </ul>  |
| Hair/Hats/Head Coverings | All           | <ul style="list-style-type: none"> <li>● No change from that stated in Uniform Guidelines</li> </ul>  |
| Make up                  | All           | <ul style="list-style-type: none"> <li>● No change from that stated in Uniform Accessories Guidelines</li> </ul>  |

## **HAIR DONATION PROGRAM GUIDELINES FOR MALE STUDENTS**

A male student may wish to donate hair to a non-profit organization that provides hairpieces to financially disadvantaged people who are suffering from long-term medical hair loss. Because participating hair donors must grow their hair to a minimum length of 10 inches and FCS male students must maintain a specific hair style with length limits, participation in any donor program seems to present a conflict.

However the school understands a male student's compassionate and sincere desire to serve others and helps those in need. At the same time, students cannot abuse the privilege of donor participation to circumvent the hair code. As a result, any male student who expresses a desire to participate in a hair donor program must comply with all of the following conditions:

1. Students must submit a signed note from a parent/homestay host or legal guardian to the Vice-Principal before the third week of every school year for approval.
2. The length of the student's hair must be a minimum of 5 inches by the third week of the school year.
3. Participation is limited to grades 6-11.
4. Students must keep their hair well-groomed, with hair longer than top of shoulders/bottom of neck banded close to the head and tucked under the collar.

A student's participation can be suspended for any of the following reasons and additional discipline consequences may be deemed necessary.

1. Failure to cut hair before the last week of class.
2. Failure to present proof of hair donation to Vice-Principal.
3. Failure to keep hair groomed properly.

These regulations are present to allow students the opportunity to serve others in need without compromising the spirit behind the existing dress code guidelines. The secondary campus will continue to allow this service opportunity as long as the privilege is not abused.