



UPPER SCHOOL APPEARANCE STANDARDS

(Updated August 2022)

North Hills Christian School desires to maintain an appropriate educational environment, while honoring God. The standard of dress outlined in our student handbook is designed to reflect **modesty, neatness, and appropriateness**. Studies have shown that appearance, dress, and grooming make the school atmosphere more conducive to a focus on academics and learning. All students are encouraged to dress in a manner that honors God and reflects well on NHCS. Inappropriate or offensive writing or images (i.e. guns, drugs, tobacco or alcohol references, sexual innuendos) are not permitted.

NHCS depends on our parents/guardians to work with the school in maintaining these appearance standards. Parents/guardians can help in maintaining our appearance standard by ensuring their student is dressed and groomed appropriately before they leave for school. If a student arrives at school dressed in a manner that is not modest or appropriate, the student will contact their parents to bring them a change of clothes. It is understood that enrollment in NHCS means a pledge on the part of both students and parents to abide by the appearance standard.

Students are expected to follow the Appearance Standards below while on the NHCS campus and during school-sponsored events. Infractions will be addressed by NHCS administration.

Note to Parents and Visitors to Campus: Please do not wear clothing to campus that contradicts the appearance standard set for our students.

Shirts/Tops: No visible midriff when participating in normal school activities, such as sitting at a desk or getting books from a locker. No visible cleavage. Sheer tops are not permitted unless worn with at least a full tank or undershirt. Tops may be sleeveless as long as the straps are at least 3-fingers wide and undergarments are not showing.

Skirts/ Dresses: Slits and hems must not come more than three inches above the crease of the back of the knee.

Pants/Shorts: Rips and holes in pants are permitted but must not be higher than fingertip-length. Shorts must be longer than fingertip length, when the student is standing upright with arms at their sides.

Bottoms should fit appropriately. No undergarments should be visible. Leggings are permitted as pants as long as a top that is longer than fingertip length (when the student is standing upright with arms at their sides) is worn. **Athletic shorts and athletic pants are permitted as long as they adhere to all other appearance standards.**

Shoes: All students' shoes must be secured as designed.

Hats/Hoods: Hats are permitted. Hoodies are permitted, but hoods should not be worn on the head in the school buildings.

Tattoos: Tattoos displaying inappropriate material are not permitted.

Physical Education: To receive credit for participation and dressing out, all upper school students must wear the approved NHCS P.E. uniform. The P.E. uniform includes a school-approved spirit shirt (can be ordered through the NHCS receptionist). P.E. shorts/pants are to be black in color. All students must wear tennis shoes or other rubber-soled shoes for P.E. class.

Field Trips: Students should adhere to regular school day appearance standards for any off-campus events, unless otherwise specified by the facilitating faculty member.

Athletic Practices: Shorts must be longer than fingertip length, when the athlete is standing straight up with arms at their sides. No biker shorts or Spandex, unless covered by shorts that meet the fingertip requirement. Appropriate footwear is required.

Athletic Game Days: Male athletes should wear a dress shirt and dress pants. Female athletes should wear dresses, skirts or dress pants and a blouse. Athletes may wear school-approved warm ups or team tee-shirts/hoodies unless the coach has determined a different combination of attire. Contact the Athletic Director if you have any questions. All other requirements of the appearance standard will still apply.

Spirit Days: Fridays are designated as “school spirit days”. Students are encouraged to wear NHCS apparel and school/house colors on these days. All other requirements of the appearance standard will still apply.

School-Sponsored Banquets/Ceremonies: Girls should wear dresses, skirts or dress pants and a blouse. Boys should wear a dress shirt and dress pants. For formal events, please see NHCS Upper School Formal Attire Appearance Standard.