

Uniform Philosophy

The primary purpose of Frassati Catholic High School's uniform is 1) to help our students grow intellectually in habits of ordered, logical thinking and 2) to ensure a look of unity and equality within our school community as well as to promote the search for deeper qualities on which to build self-confidence and Christian identity.

The uniform of Frassati Catholic High School is traditional and classic. Students must present a neat, clean and modest appearance at all times. Anything that takes away from the overall classic appearance of our uniform (including, but not limited to, visible tattoos, body piercing, excessive or heavy jewelry and unnatural coloring or styling of hair) is not allowed and considered "out of uniform." Students out of uniform without prior permission of the administration will be issued a Uniform Notification. Three Uniform Notifications will result in a lunch detention.

Frassati Catholic High School's philosophy that underlies our school dress code is based on the nature of the human person, a mysterious and wonderful union of body and soul. This union is such that our body influences our soul and vice versa. How we dress our bodies can influence the powers of our soul, particularly the intellectual power to a certain degree. When we dress more formally, for example, our manners tend also to follow suit, and we use a heightened diction in our speech and are more refined in our actions. It is interesting to note that recent studies⁴⁰ show that students whose dress is orderly, neat, and sharp tend to be more orderly and sharp in their thinking, also.

Our school uniform reflects the spirit of Frassati Catholic and the seriousness with which we pursue intellectual excellence. Our approach to academic excellence is not sloppy or haphazard; neither is our dress code. Our students strive for order and precision in their thinking. Their clean, crisp, and sharp school uniform should reflect and support this goal.

Uniform Policy

All students are required to wear the full uniform of Frassati Catholic High School to school at all times unless otherwise permitted. All uniforms must be in good repair, properly hemmed and appropriately sized.

CASUAL UNIFORM

Gentlemen

Must be purchased from Risse Uniform Company

- White, black, or cobalt blue polo shirt (short or long sleeve) with uniform logo
- Shirt must be tucked in at all times.
- Khaki pants (flat front or pleated) Pants must be worn at the waist.

Seniors only Gray Polo Shirt (short or long sleeve) with senior uniform logo

Outerwear Options

- Black or cobalt blue fleece with uniform logo purchased from Risse or Lands' End
- Black or cobalt blue outerwear options found in the Spirit Store – *Uniform Store* (with uniform logo)
- Frassati Catholic letter jacket

⁴⁰ http://www.utdallas.edu/research/tsp-crc/pdf/seminar_paper_imberman.pdf

Seniors only Gray option for outerwear with senior uniform logo; Senior shirt or sweatshirt 4th Quarter

***NOTE:** The uniform store labels the crew neck sweatshirts as “Hoodies”. There are no hoodies available in this section and hooded sweatshirts are not an option for the casual uniform.*

May be purchased elsewhere

- Black Leather Belt
- **Solid black** shoes with black laces, stitching, and soles (no open-toed or backless shoes, no boots, Uggs, or Crocs; heels should be 1” or less)
 - *If the shoe has shoelaces, they must be black and tied properly.*
- Black ankle or crew socks must have no branding, multi-colored patterns, or markings may be visible.
- All undershirts must be plain white.

Ladies

Must be purchased from Risse Uniform Company

- White, cobalt blue, or black polo shirt (girls cap sleeve or long sleeve) with uniform logo
 - Shirt must be tucked in at all times.
- Cobalt Blue Plaid Skirt-Contour Style - Hem must be at the knee.
 - When you’re standing, the skirt should touch at the top of the knee; the hemline may not be above the top of the knee. Alternatively, the hemline may be at the middle of the knee or bottom of the knee, but should not be below the bottom of the knee.

Seniors only Gray polo shirt (short or long sleeve) with senior uniform logo

Outerwear Options

- Black or cobalt blue fleece with uniform logo purchased from Risse or Lands’ End
- Black or cobalt blue outerwear options found in the Spirit Store – *Uniform Store* (with uniform logo)
- Frassati Catholic letter jacket

Seniors only Gray option for outerwear with senior uniform logo; Senior shirt or sweatshirt 4th Quarter

***NOTE:** The uniform store labels the crew neck sweatshirts as “Hoodies”. There are no hoodies available in this section and hooded sweatshirts are not an option for the casual uniform.*

May be purchased elsewhere

- Black Socks- ankle, crew, knee-high, or opaque tights—no branding, multi-colored patterns, or markings may be visible
- **Solid black** shoes with black laces, stitching, and soles (no open-toed or backless shoes; no boots, Uggs, or Crocs; heel should be 1” or less)

- *If the shoe has shoelaces, they must be black and tied properly.*
- All undershirts must be plain white.

DRESS UNIFORM

Gentlemen

Must be purchased from Risse Uniform Company

- White Oxford Button-down Collar shirt with uniform logo (long or short sleeve)
- Blue/White/Black Striped Uniform Tie
- Khaki pants (flat front or pleated) - Pants must be worn at the waist.
- Black quarter zip sweater with uniform logo (required November 1 – March 31)

May be purchased elsewhere

- Black Leather belt
- **Solid black** dress shoes or black Sperrys.
 - *Dress shoes do not include boots, sneakers, canvas, backless or open-toed shoes of any kind.*
 - *If the shoe has shoelaces, they must be black and tied properly; heel should be 1” or less.*
- Black Crew socks
- All undershirts must be plain white.
- Gentlemen may choose to wear the oxford shirt with or without the tie and with or without the sweater on casual uniform days.

Seniors only Gentlemen may wear a non-uniform tie, but it must be primarily in the school color scheme of blue, gray, and white.

Ladies

Must be purchased from Risse Uniform Company

- White Oxford Button-down Collar shirt with uniform logo (long or short sleeve) - Shirts must be tucked in at all times.
- Cobalt Blue Plaid Skirt-Contour Style - Hem must be at the knee.
 - When you’re standing, the skirt should touch at the top of the knee; the hemline may not be above the top of the knee. Alternatively, the hemline may be at the middle of the knee or bottom of the knee, but should not be below the bottom of the knee.
- Black V-neck sweater with uniform logo (required November 1 – March 31)

May be purchased elsewhere

- Black Orlon Knee-Hi or Black Opaque Nylon Knee-Hi or Black Opaque Tights
- **Solid black** dress shoe or black Sperry
 - *Dress shoes do not include boots, sneakers, canvas, backless or open toed shoes of any kind.*

- *If the shoe has shoelaces, they must be black and tied properly; heel should be 1" or less.*
- All undershirts must be plain white.
- Ladies may choose to wear the oxford shirt with or without the sweater on casual uniform days.

SPIRIT DRESS DAYS

On Fridays or other days specifically designated, students may wear any Frassati logo shirt, sweatshirt, hoodie, or fleece with their uniform skirt (ladies) or khaki pants (gentlemen) and solid black uniform shoes. All other Uniform requirements apply such as belts and socks.

Additional Uniform Policy Information

- Sweaters or sweatshirts must be worn properly or carried – not tied around the waist
- The uniform must not be altered in any way, including monogramming or writing on it.
- The hood of any garment must remain down while on campus.
- No colored T-shirts or white T-shirts with writing may be worn under the school uniform shirt
- No bright-colored undergarments may be worn with the white shirt
- Non-uniform jackets, sweatshirts and sweaters, may not be worn during school hours. All such items must be placed in lockers before 7:45 a.m. and remain there throughout the school day.
- No pajama pants, sweatpants or any type of non-uniform leggings may be worn during the school day.
- A uniform oxford shirt must be worn under a uniform sweater and a uniform polo shirt must be worn under outerwear options (except on Spirit Dress Days).
- Hats, caps, visors, bandanas, sweatbands, scarves, non-Frassati hooded garments, etc., may not be worn during school hours.

Gentlemen's Grooming Code

- No facial hair is permitted. Gentlemen must be clean shaven every day. Sideburns must not extend past the end of the ear. Excessive sideburns are not allowed.
- Hairstyles must be neat and clean. Hair must be above the collar in back, above the ears so the ears are visible, and above the eyebrows. Frassati Catholic High School reserves the right to require a young man cut his hair because it is excessively long.
- No distracting hairstyles are permitted. Ponytails, spiked hair, or designs cut into the hair are not permitted.
- No unnatural color/bleaching. Hair may not have two distinctive natural colors.
- No body ornamentation is allowed. This includes, but is not limited to: earrings, tattoos, body piercing (nose or tongue piercing), or nail polish. Tattoos must be covered by clothing.
- Gentlemen may not wear make-up or earrings on school property or to school functions.

Ladies' Grooming Code

- Light make-up is allowed. Dark colors are not permitted.
- Hairstyles should be neat and clean. No distracting hairstyles, colors, or designs are allowed. No unnatural colors are permitted, i.e. blue, red, or purple. Hair may not have two distinctive natural colors. Hair should be out of the eyes at all times.
- Earrings are to be small, should match, and be unobtrusive. They are to be worn in the earlobes (up to two per lobe; no cartilage piercing). Hoops are not allowed over 2" in diameter.
- No other body piercing is permitted. No tongue or nose piercings are permitted.
- Nail polish should be simple and not distracting.
- Tattoos must be covered by clothing.

Uniform Accessories

Jewelry must complement the neat, clean, and modest appearance which the uniform conveys. Excessive and/or gaudy accessories are unacceptable.

DRESS CODES FOR DANCES AND OTHER EVENTS

Gentlemen's Formal Attire (Prom)

- Suits and Tuxedos
 - Gentlemen may wear a formal suit or tuxedo.
 - Suits and tuxedos should be clean, well-fitted, and in good condition.
- Shirts
 - A formal dress shirt is required.
 - Shirts should be buttoned up and tucked in at all times.
 - Sleeveless shirts are not allowed. Long sleeves are preferred.
- Ties and Bow Ties
 - A tie or bow tie is required.
- Pants
 - Formal dress pants are required.
 - Jeans are not permitted.
 - Pants should fit properly and not sag below the waistline.
- Shoes
 - Formal dress shoes are required. Ensure shoes are polished and in good condition.
 - Socks should be dark.
 - Sneakers, sandals, or other casual footwear are not permitted. Shoes must be worn at all times.
- Accessories and Grooming
 - Belts or suspenders are required.
 - No ear piercings.
 - Accessories must complement the attire and be modest in appearance. Excessive and/or gaudy accessories are not permitted.

- Grooming should be neat and presentable. Please adhere to the *Parent and Student Handbook* “Gentlemen's Grooming Code.”

Gentlemen’s Semi-Formal Attire (Spirit Week Dance, Homecoming Dance, Mother/Son & Father/Daughter Dance, Baccalaureate Mass, Commencement)

- Suits and Blazers
 - A suit or a blazer is optional.
- Shirts
 - A dress shirt is required.
 - Sleeveless shirts are not permitted.
 - Shirts should be buttoned up and tucked in at all times.
- Ties and Bow Ties
 - A tie or bow tie is required.
- Pants
 - Dress pants are required. Chinos or khakis are also acceptable.
 - Jeans and shorts are not permitted.
 - Pants should fit properly and not sag below the waistline.
- Shoes
 - Dress shoes are required. Ensure shoes are polished and in good condition.
 - Sneakers, sandals, or other casual footwear are not permitted.
- Accessories and Grooming
 - Belts or suspenders are required.
 - Ear piercings are not permitted.
 - Accessories must complement the attire and be modest in appearance. Excessive and/or gaudy accessories are not permitted.
 - Grooming should be neat and presentable. Please adhere to the Parent and Student Handbook “Gentlemen's grooming code”

Gentlemen’s Business Attire (Awards Ceremonies, Pier Giorgio Formation Days)

- Shirts
 - A collared shirt is required. Options include dress shirts, polo shirts, or button-down shirts.
 - Shirts should be tucked in for a neat appearance.
- Sweaters and Layers
 - Sweaters, cardigans, or vests can be worn over collared shirts.
 - Blazers or sport coats are optional, but recommended.
- Pants
 - Dress pants, chinos, or khakis are required.
 - Pants should fit properly and not sag below the waistline.
 - Jeans and shorts are not permitted.
 - Belts must be worn.
- Shoes

- Dress shoes, loafers, or dress boots are required. Ensure shoes are polished and in good condition.
- Sneakers, sandals, or other casual footwear are not permitted.
- Accessories and Grooming:
 - Accessories must complement the attire and be modest in appearance. Excessive and/or gaudy accessories are not permitted.
 - Grooming should be neat and presentable. Please adhere to the *Parent and Student Handbook* “Gentlemen's Grooming Code.”

Ladies’ Formal Attire (Prom)

- Dress Length
 - Dresses should be mid-calf or longer. Floor-length gowns are encouraged.
 - Slits in dresses should not extend higher than the top of the kneecap.
- Neckline and Bodice
 - Necklines should be modest and must leave no more than 4-5 inches bare chest between the collarbones at the sternum and the top of the dress; no cleavage may show.
 - Backs of dresses should fall no lower than 6-8 inches from the nape of the neck.
 - Strapless dresses, spaghetti straps, off-the-shoulder styles or one-shoulder styles are permitted.
- Midriff and Cut-Outs
 - Dresses should not expose the midriff or have cut-outs that reveal the stomach or sides.
 - Sheer fabrics over these areas are also not permitted.
- Fabric and Fit
 - Dresses should be made of opaque materials; sheer or see-through fabrics are not permitted unless they are used as an overlay with a modest lining underneath.
 - The fit of the dress should not be excessively tight. Dresses should allow for comfortable movement and should not cling excessively to the body.
- Shoes
 - Dress heels or dressy flat shoes are required.
 - Athletic shoes and overly casual shoes are not permitted.
 - Ensure shoes are comfortable and safe for dancing and walking. Shoes must be worn at all times.
- Accessories and Additional Attire
 - Shawls, boleros, or wraps must be worn to the event, and if needed, during the dance, over ladies’ dresses or gowns.

Ladies’ Semi-Formal Attire (Spirit Week Dance, Homecoming Dance, Mother/Son & Father/Daughter Dance, Baccalaureate Mass, Commencement)

- Dress Length
 - Dresses should be knee-length or longer. Hemlines should reach at least to the top of the knee.
 - A gown may be worn, but is not required; other acceptable semi-formal options for girls are a dress or skirt with a fancy blouse.
 - Slits in dresses should not extend higher than the top of the kneecap.
- Neckline and Bodice
 - Necklines should be modest and must leave no more than 4-5 inches bare chest between the collarbones at the sternum and the top of the dress; no cleavage may show.
 - Backs of dresses should fall no lower than 6-8 inches from the nape of the neck.
 - Strapless dresses, spaghetti straps, off-the-shoulder styles or one shoulder styles are permitted.
- Midriff and Cut-Outs
 - Dresses should not expose the midriff or have cut-outs that reveal the stomach or sides.
 - Sheer fabrics over these areas are also not permitted.
- Fabric and Fit
 - Dresses should be made of opaque materials; sheer or see-through fabrics are not allowed unless they are used as an overlay with a modest lining underneath.
 - The fit of the dress should not be excessively tight. Dresses should allow for comfortable movement and should not cling excessively to the body.
- Shoes
 - Dress heels or dressy flat shoes are required
 - Athletic shoes and overly casual shoes are not permitted.
 - Ensure shoes are comfortable and safe for dancing and walking. Shoes must be worn at all times.
- Accessories and Additional Attire
 - Shawls, boleros, or wraps must be worn to the event, and if needed, during the dance, over ladies' dresses or gowns.

Ladies' Business Attire (Awards Ceremonies, Pier Giorgio Formation Days)

- Tops and Blouses
 - Blouses, collared shirts, or tailored tops are permitted.
 - Necklines should be modest and must leave no more than 4-5 inches bare chest between the collarbones at the sternum and the top of the neckline; no cleavage may show.
 - Tops should not expose the midriff.
 - Sweaters, cardigans, and blazers can be worn over tops.
- Pants and Skirts
 - Dress pants, slacks, or khakis are permitted.

- Skirts and dresses should be knee-length or longer. Hemlines should reach at least to the top of the knee.
- Avoid excessively tight or form-fitting pants and skirts.
- Dresses
 - Dresses should follow the same guidelines as skirts and tops.
 - Necklines should be modest, and hemlines should reach at least to the top of the knee.
 - Sleeveless dresses are acceptable if they have wider straps (at least two inches) and do not expose the midriff.
- Shoes
 - Dress shoes, flats, dressy sandals or low-heeled shoes are required.
 - Athletic shoes and overly casual shoes are not permitted.
- Accessories
 - Accessories must complement the attire and be modest in appearance. Excessive and/or gaudy accessories are not permitted.

Non-Uniform Days

Non-uniform days are approved by the administration. The following are the guidelines which must be observed on any out-of-uniform day unless otherwise stated by the administration.

The Dress Code for attendance at athletic events, performances and any other after school hours or weekend activities on campus are the same as a non-uniform school day.

- Footwear
 - Appropriate footwear must be worn at all times. Open-toe or backless shoes are not permitted.
- Condition and fit of Clothing
 - Skirts and dresses must be knee-length, with the hem reaching the top of the knee.
 - Shorts must be at least fingertip length.
 - Clothing must fit properly. No excessively tight or loose clothing is allowed.
 - Shoulders, backs, chests, and midriffs must be covered at all times (no low-cut necklines).
 - Clothing must be neat, clean, and modest in appearance.
 - Clothing may not be torn, cut, slit, ragged, or have holes.
- Inappropriate Messaging
 - Clothing must not contain or advertise substances illegal for teens (drugs, alcohol, tobacco products) or display inappropriate or offensive language or imagery.
- Body Modifications
 - Visible body piercings, except for earrings, and tattoos are not permitted.
- Headwear

- Hats, caps, visors, bandanas, sweatbands, and scarves are not permitted during school hours.
- Prohibited Items of clothing
 - See-through clothing
 - Sweatpants, pajamas, and spandex pants
 - Leggings, Yoga pants, and stretch tights are not considered pants. If worn, they must be paired with shorts or a skirt/dress of appropriate length.
 - No Croc style footwear

Additional Guidelines for Spirit Dress-up Days and Costume Days

- All guidelines for Non-Uniform Days and:
 - No masks or hats may be worn during class time
 - Face paint may be worn to school but may not be applied on school grounds.
 - Weapons may not be used as costume accessories
 - Ladies and gentlemen may not impersonate the other sex

Students who choose not to follow the dress code for any event will not be permitted to enter until they are dressed appropriately. Frassati Catholic students are responsible for ensuring any approved guests comply with the dress code.