

Lourdes Academy
Student Dress and Grooming Code 2025-2026
5th-12th Grade
(Updates in red)

General Statement

The purpose of the Student Dress and Grooming Code is to foster a respectful, professional learning environment with particular emphasis on neatness, modesty, and cost effectiveness. Parents or guardians are expected to support the school's enforcement of the Student Dress and Grooming Code, thus reinforcing an environment best suited to learning and faith development.

General Guidelines

- Clothing must be neat, clean and free of rips/tears/fraying. **Rips/tears/fraying are not acceptable on out of dress code days/casual for cause.**
- Clothing must always meet modesty guidelines. It may not be excessively baggy, tight, low cut or short. Bra straps and/or cleavage may not be showing. No midriff tops may be worn at any time. Midriff and lower back must remain covered when sitting, standing and moving.
- Outerwear may not be worn with the exception of fleece, sweaters, ¾ zip tops or vests that follow solid red, solid white, solid gray or solid black color requirements (no hooded sweatshirts).
- Hats and sunglasses are to be removed upon entering the school building.
- Additional clothing options may be added.

HATS/CAPS/HOODS

- Hats, caps, hoods, bandanas, and sweatbands are not to be worn inside the building or on field trips unless supporting a school-sponsored cause or at the discretion of the principal or teacher. **Hats are not allowed on out of dress code days unless announced by administration.**

GROOMING/ACCESSORIES

- All hairstyles must be kept neat, clean and a natural hair color. Extreme hairstyles (mohawks, faux-hawks, shaved designs, etc.) are not permitted.
- Hair accessories such as feathers or colored hair may not be worn unless it supports an approved school-sponsored event or cause.
- Temporary (or real) tattoos are not permitted.
- Jewelry must not be excessive or distracting.
- Piercings are not permitted, with the exception of the ears.
- Excessive makeup or perfume may not be worn, non-tinted/non-colored chapstick is allowed.

PHYSICAL EDUCATION

- Shoes must have velcro or laces and must be non-marking.
- Students may wear athletic/running shorts for physical education classes. Please keep modesty in mind when considering length. The school reserves the right to declare if shorts are unacceptable due to length.

CASUAL DAYS/ATHLETIC EVENT DAYS

The school administration may deem certain days as Casual Days. Students should check the announcements or online school calendar for designated Casual Days. Clothing may never display inappropriate advertisements, content or slogans that do not align with Catholic values. Leggings are not acceptable on casual days. Sleeveless or tank tops are not allowed. Tattered, torn, tight and revealing clothing is not acceptable.

Attire for school-sponsored activities: Attire for on and off-campus activities must be appropriate and modest. Tank tops, tube tops, see-through tops, and tops which show bare midriffs are not to be worn to any school function. This includes class trips, athletic events, dances, musicals, retreats, etc.

GAME DAYS FOR ATHLETES

At the discretion of the coach and administration - teams may wear their jerseys on game days, as long as they adhere to the school dress code. Dress code bottoms must be worn. Warm-ups and wind suits are not permissible.

DRESS FOR JESUS DAYS (MASS DAYS)

- No t-shirts, hooded sweatshirts or windbreakers throughout the day.
- Collared shirt (polo, dress shirt, quarter zip, etc.) of any color. Dress shirts must be buttoned. Patterns allowed.
- Blouses, dresses and cardigans of any color and/or pattern.
- Crew neck sweatshirts, cardigans, and sweater vests must be worn with a dress code collared shirt underneath.
- No cut-outs, shoulder baring, midriff showing or low-cut tops; no straps, tank tops, camisoles or undergarments visible outside or through top. Sheer and lace may be part of the outfit as long as these other criteria are met.
- The only denim allowed are jean jackets.
- Bra and tank top straps must be covered by clothing. Using hair to cover straps is not permissible.
- Cargo pants are not allowed

DRESS CODE VIOLATIONS

When in doubt, ask for clarification from the administration. The school reserves the right to interpret and take disciplinary action on violations of the Dress and Grooming Code. In individual circumstances, the school reserves the right to declare certain clothing or grooming unacceptable. Parents will be asked to bring an appropriate change of clothing if necessary. A student is subject to disciplinary action for any dress that violates the specific requirements of the Dress and Grooming Code. Violations are referred to and interpreted by the administration, whose decision will be final.

TOPS

Shirts:

- Solid red, solid white, solid gray or solid black polo (polo is defined as a collared shirt. Collar must fold over. Can be long or short sleeves).
- Solid red, solid white, solid gray or solid black oxford; only the top two buttons may be unbuttoned.
- Solid red, solid white, solid gray or solid black turtleneck.
- Solid red, solid white, solid gray or solid black shirts may be worn underneath dress code polos or oxfords.
- Solid red, solid white, solid gray or solid black polos with a Lourdes Academy Logo are acceptable.
- Solid red, solid white, solid gray, solid black or Lourdes Academy ¾ Zip tops are acceptable.

Note: Tops that have an accent of another dress code color are acceptable. For example: a red ¾ zip shirt with a black stripe on each side is acceptable.

Fleece/Sweaters/Vests:

- Solid red, solid white, solid gray or solid black crew neck sweatshirts, cardigans, and sweater vests must be worn with a dress code collared shirt underneath.
- Solid red, solid white, solid gray or solid black crew neck sweaters, fleece and ¾ Zip tops do not need a dress code collared shirt underneath.
- No hooded sweatshirts.

Logos:

- Lourdes Academy logos are acceptable on all dress code tops.
- Brand logos are acceptable if they are smaller than a Post-it-note.

BOTTOMS

Pants:

- Solid black, solid gray or solid tan khaki dress style pants.
- Solid black, solid gray or solid tan corduroys with *no rivets* or contrasting stitching are acceptable.
- Solid black, solid red, solid gray or solid white solid non-patterned leggings/tights may be worn underneath skirts.
- **Not Permitted:** joggers, cargo pants or shorts, pajama/lounging pants, athletic/sweatpants, denim pants (Black jeans), tight pants (such as jeggings, skinny pants and spandex).
- Leggings are not permitted as pants and may only be worn underneath skirts/dresses/jumpers.

Capris:

- Solid black, solid gray or solid tan khaki dress style capris may be worn from April through October.

Shorts:

- Solid black, solid gray or solid tan khaki dress style shorts may be worn from April through October. Additional days may be added at the discretion of administration. **Shorts with leggings are not permitted at any time. Shorts must be no shorter than fingertip length when standing with arms straight down.** Athletic shorts are not permitted.
- Shorts may not be worn to church. Students may change into shorts during the lunch period.

Skirts, Jumpers and Rompers:

- Solid red, solid white, solid gray, solid khaki, solid black, or Lands' End approved plaid* (see below) skirts and jumpers may be worn (*even when worn with tights or leggings*). **Skirts and jumpers must be no shorter than fingertip length when standing with arms straight down.** Jumpers must be worn with a dress code shirt underneath **or a solid red, white, gray, or black non-collared shirt.**
- Rompers must have a collared dress code shirt underneath
- Leggings/tights/panty hose must be worn under skirts, jumpers, rompers and dresses from November - April

Dresses:

- Solid red, solid white, solid gray or solid black dresses (long or short sleeved) may be worn. **Dresses must be no shorter than fingertip length when standing with arms straight down** (*even when worn with tights or leggings*).
- Leggings/tights/panty hose must be worn under skirts, jumpers, rompers and dresses from November - April

Shoes & Socks/Hosiery:

- Shoes must be worn at all times.
- **Only shoes that enclose the entire foot are permitted November - March**
- **Flip-flops, slippers, crocs and heely shoes are not permitted ever**
- Sandals must have a heel strap or have 2 or more straps that go over the top of the foot. Sandals may be worn from April through October.
- **Socks must be worn from November-March.**
- Shoes with laces must be tied.
- Heels should be no more than one inch in height.

Lands' End Approved Plaid:

Lourdes Academy has **ONE** approved a Lands' End plaid that is acceptable for our dress code. To view/ purchase jumpers or skirts in the approved plaid, please visit: www.landsend.com. 1) Click: School (near the top of the page) 2) Click the box that says "Find My School" 3) Search for Lourdes using the Preferred School Number: **900172636** 4) Fill out the information for your student(s) 5) Click either "Save School" or "Shop Now".