

WHAT TO WEAR

SECONDARY SCHOOL DRESS CODE FOR 2009-2010



Heritage Christian Academy is dedicated to training young men and women to become self-disciplined members of the body of Christ. Each student and staff member shares the responsibility of developing and exhibiting a school spirit that honors our Lord Jesus Christ. The way a student dresses reflects the respect he or she has toward the Academy, their peers and those placed in authority. In keeping with this philosophy, students are asked to exercise discretion in their clothing choices for school days and school functions.

The overall goal of the dress code policy is to encourage HCA students towards NEATNESS and MODESTY. Working toward these goals through a dress code rather than a uniform system intentionally leaves students a greater measure of individual choice. However, dress codes also leave room for student interpretation in choices of attire and staff interpretation in the enforcement of guidelines. HCA policy attempts to be very clear about appropriate boundaries. However, there may be gray areas. As a general rule, an outfit a parent or student questions at home is generally best left at home.

YOUNG MEN AND WOMEN GRADES 6-12

1. **Pants.** Neat blue jeans are permitted on both Casual Fridays (every week unless indicated otherwise by the Administration to accommodate special events or exceptions) and on special dress-down days (as announced by the administration). Students may also have opportunities to win additional jeans days in friendly competition or to purchase them in support of special support opportunities (such as the Mission Trip). Cargos, khakis, corduroys and slacks are examples of good every-day options. Frayed, torn or ripped pants, noticeably worn or faded pants, excessively baggy or tight pants, and drawstring or elastic waist pants are outside dress code. Wind and sweat pants are reserved for home and athletic wear.
2. **Shirts.** HCA long- and short-sleeved spiritwear may be worn at any time with the exception of current-year sports team warm ups and jerseys (see the Other Guidelines section for HPW and information on coaches' endorsements on game day athletic wear). Other athletic styled and logo t-shirts are reserved for home or athletic wear.
3. **Sweaters and Sweatshirts.** Young men and women may wear neat sweaters, track jackets and hoodies. HCA sweatshirts may be worn at any time. Athletic fleece is permitted for hoodies along with popular fabrics such as polar fleece, french terry, jersey knits, and neat thermal knits.
4. **Screen Prints and Logos.** Neat knits with screen-printed designs are permitted except for images with words, negative themes, or pop culture icons. Please use discretion. Logos other than HCA are reserved for home or athletic wear. Visible name brand logos that are three inches or smaller are permitted.
5. **Shorts.** All of September and all of May are approved as shorts days at students' discretion (every day unless indicated otherwise by the Administration to accommodate special events or exceptions). At other times when the weather is expected to be exceptionally warm, the Administration may declare additional shorts days. For both young men and women, shorts should be mid-thigh or longer. Jean shorts are permitted on Casual Fridays.
6. **Hair.** Natural colors are acceptable, including blonding for both men and women. Extreme styles or colorings may require adjustments.
7. **Hats and sunglasses** are for outdoor wear only.
8. **Camouflage** is for home or athletic wear only.
9. **Fragrances.** Please be considerate of those who are affected by strong smells and suffer from fragrance induced allergies by refraining from wearing bold fragrances at school.

YOUNG MEN

1. **Pants.** Young men should wear pants that are clean and in good condition. Belts are not required providing that pants are well-fitting and underwear is not exposed.
2. **Shirts.** Shirts may be worn untucked (unless indicated otherwise by the Administration to accommodate special events or exceptions). Neat Henley shirts or dressy knits with neatly bound necklines without collars are acceptable dress code attire. A-shirts and tanks are reserved for home only.
3. **Underwear** should always be completely covered.
4. **Hair.** Hair may be styled to the student's preference as long as hair is trimmed at or above the eyebrows in the front and to collar-length or above in the back. Eyes must be clearly visible. Students whose hair is unkempt will be asked to get a haircut. All male students must be clean-shaven.
5. **Jewelry.** Jewelry will be modest and in good taste. Any adornments requiring piercings must be removed for school attire.

YOUNG WOMEN

1. **Pants.** Young women should wear pants which are clean and in good condition. When a skirt or tunic dress meets dress code length, leggings are an acceptable addition. Careful selection of pants that are appropriately modest when seated, as well as when standing, is important. There should be no skin exposed on the lower back when ladies are seated. Pants (gauchos, capris or otherwise) are defined as falling several inches below the kneecap to just above the floor. Bermudas (knee length shorts) are reserved for shorts days.
2. **Dresses and skirts.** Ladies may wear dresses and skirts that extend to the top of the knee or below. Revealing slits should be avoided. Denim skirts, jumpers and dresses are appropriate.
3. **Tops.** In keeping with modesty, young women may choose tops that are not form fitting and are loose fitting enough that the outline of undergarments is not accentuated. Shirt length should insure that no matter what posture is assumed, skin is not exposed in the abdomen or lower back. Strappy tanks, off-the-shoulder styles and over-exposed necklines are not acceptable. Sleeveless shirts are permitted if the shoulder width is at least two inches and the top meets other modesty criteria.
4. **Sheer Fabrics.** Garments that are sheer or lacy must have a layer underneath that meets all dress code standards. A student may be requested to cover or replace an item of clothing that is inappropriate. Undergarments should never be exposed.
5. **Cosmetics** used sparingly that present a conservative look are appropriate.
6. **Jewelry.** Jewelry will be modest and in good taste. Pierced jewelry should be limited to ears only. Any other jewelry requiring piercing must be removed for school attire.

OTHER GUIDELINES

Just For Fun Days...

HCA Administration will provide students with dress down days on occasion, designated as extra jeans days, spirit days, or special occasion theme days. Students will receive notice via homeroom announcements and the HCA website. Dress code applies for the rest of a student's attire unless specifically noted.

HPW Dress Code 6-12...

1. **Pants/Shorts.** Athletic shorts must be a modest length, mid-thigh or longer. Jean shorts, boxers, cut-offs, cargo shorts and short shorts are not appropriate for HPW classes. Windpants or sweatpants are appropriate.
2. **Tops.** Long-sleeved shirts, sweatshirts or t-shirts are appropriate. T-shirts must be athletic, loose fitting and a length that no matter what the activity, skin is not exposed on the abdomen or back. Sleeveless or tank tops are not appropriate for HPW. HCA athletic jerseys and practice jerseys are reserved for team wear only.
3. **Shoes.** Socks and athletic shoes must be worn. No hard-soled shoes are permitted. Students are encouraged to have a "gym only" pair of shoes to insure preparedness and to protect the gym floor.
4. **Jewelry.** As a precaution against injury, no unnecessary jewelry should be worn in class. Students must be in full, appropriate HPW dress to participate in class.

Athletic Teams...

At their coaches' discretion, Athletic teams may wear their team warm ups (shirts, jerseys or wind suits) together as a team on game days as an incentive to their fans to come and cheer them on. Athletes are requested to reserve their non-dress code warm ups and jerseys for sanctioned team days only.

Field Trips and Special Occasions...

Regular HCA dress code attire applies during all field trips unless a specific exception is made and announced prior to the field trip. Students participating in special programs will be notified if specific attire is required. Examples include musical concerts or contests, Recognition Ceremony, High School Formal, Graduation, etc.

RESPECTING DRESS CODE

Students should come to school in dress code attire. Noncompliance may result in a dress code citation when noted by a staff member any time school is in session. Following the third citation and all subsequent citations, a student is eligible for an administrative detention. Citations function much like three strikes and an out with only outs to follow. Students receiving a citation will be notified verbally or in writing by the HCA staff member issuing the citation. For issues of modesty, staff members will make a concerted effort to notify students in a discrete manner and seek a way to correct the situation in a way that minimizes missed class time. Whenever possible, young ladies with modesty citations will be provided with a plain, classic style shirt to wear over their outfit instead of waiting for the delivery of new items from home.

Consistent problems following dress code guidelines may result in alternate action by the administration. Should an individual student have dress code questions, they should consult the Administration. Mrs. Butler welcomes your questions and comments on dress code at 763-463-2235. Thank you!