

## **CAIS School Uniform, Dress Code and Personal Appearance**

The rules and guidelines for uniform and personal appearance, apply to all students on school premises, at school related activities, off campus at lunch (Grade 10 to 12) or at any time while wearing the school uniform.

### **General Uniform Guidelines**

1. School uniform should be:

- Worn on campus and at CAIS sponsored activities unless indicated otherwise by the School
- Clean and tidy without stains or tears
- Sized correctly for the student
- Worn properly

2. Uniform seasons:

- Summer Uniform can be worn all year around.
- Winter Uniform may only be worn between 1st November and 28th February.

3. P.E. Uniform:

CAIS has an official School P.E. Uniform which students must wear during P.E. 'House' tops are not part of the P.E. Uniform.

- Athletics footwear must have non-marking soles.
- PE shorts: length must be below mid-thigh.
- **Preparatory to Grade 5:** students may wear School P.E. Uniform to/ from school on days they have timetabled P.E. classes.
- **Grade 6:** students may not wear School P.E. Uniform to/ from school. Students must change at school.
- **High School:** students may not wear School P.E. Uniform to/ from school. P.E. Uniform may only be worn during P.E. timetabled classes.

### **Specific Uniform Guidelines**

1. Skorts may not be shorter than 8cm above the center of the knee cap.
2. No uniform modifications permitted, except lowering the hem. Any other modification must be approved by a school senior leader.
3. Undershirts if worn and visible, should be white with no writing.
4. Undergarments should not be visible.
5. Students arriving at school inappropriately attired must change or be sent home to do so.

6. Boys: shirts must be buttoned up to and including the second top button.
7. Students may choose whether to tuck in the shirt or not.
8. Belt – black with simple buckle.

## **Shoes**

1. Students may wear shoes of free choice within the following guidelines:
  - a. No LED lights or wheels to be embedded in the sole
  - b. Closed heel and toe
  - c. Heel no more than 3cm
  - d. Boots not permitted
  - e. No ornaments, large buckles or accessories on shoes
2. When representing the school in an official capacity, such as a formal ceremony or band performance, then black shoes must be worn.
3. Rainboots on heavy rain days may be worn but students must change into shoes when indoors.

## **Socks**

1. CAIS logo socks only: white, Navy blue
2. Girls may wear Black or Dark Navy Blue leggings.
3. Grades 10-12 girls have the option of wearing pantihose (black, navy or clear).

## **Jackets/Hoodies**

1. Only CAIS Logo jackets/hoodies may be worn to and from school. If there is an HK Observatory cold weather warning in place, students may wear an extra jacket (non regulation) to and from school.

## **Hats**

1. CAIS Logo only.
2. May only be worn outdoors.
3. Rooftop football pitch: Prep to G6 compulsory to wear hat.  
Grade 7-12 optional but recommended.

## **Non-Uniform Days**

Non uniform days for students are determined by Senior Leaders and are generally reserved for special occasions, for example, Book character day. Senior leaders have full and final discretion to determine appropriateness of appearance and clothing and may require change of attire if needed. Personal appearance guidelines remain in effect on non-uniform days.

## **Specific Non-Uniform Day Guidelines**

- Midriffs must be covered at all times.
- Shoulder straps of tank tops should be at least 5cm wide.
- Hemlines may not be shorter than 8cm above the center of the kneecap.
- Pants and skirts should be securely fastened around the waist.
- Shoes should be appropriate for the setting, no high heels.
- Clothing must be appropriate within a Christian school environment.
- Clothing may not include profanity, sexually suggestive, violent or drug and alcohol related themes, messages or images.
- Boys' tops must have sleeves.
- Leggings or fitted tights must be worn under a skirt, shorts or dress. No fishnet stockings.
- Uni-sex clothing may be worn by students of either gender. Male students may not wear items of female clothing.
- Students who repeatedly fail to abide by the 'Non-Uniform' day guidelines will lose this privilege.

The School uniform is provided by 'Uniform Station Ltd.' Information on ordering the school uniform is found on the school website.

## **Student Personal Appearance**

### **Jewelry and Make-up**

#### **Girls**

1. Earrings: One ear stud in lower lobe, plain silver or gold.
2. No other visible jewelry piercings permitted.
3. Necklace: single thin strand necklace, may have a small Christian medallion (cross), and must be worn under the blouse. Cannot be worn in PE.
4. No rings, bracelets, or anklets.

#### **Boys**

1. No jewelry except for single thin strand necklace, may have a small Christian medallion (cross), and must be worn under the shirt. Cannot be worn in PE.
2. No visible jewelry piercings or spacers for piercings permitted.
3. Boys may not wear make-up.

## **Girls Make-Up**

1. Nail Polish: clear only.
2. Discreet foundation permitted, however, eye shadow, lipstick or coloured make up is not permitted.
3. Eyeliner/ mascara/ fake eyelashes are not permitted.

## **Hair guidelines**

1. No extreme hairstyles including shaved heads, dreadlocks, patterns in hair, unnatural hair colours, spiked hair, mohawks.
2. Hair is to be off the eyes.
3. Boys hair should be short and neatly groomed, not past the uniform shirt collar. No braids, hairbands or ties. Headbands may be worn in P.E. and sports.
4. Boys must be cleanly shaved.
5. Girls – Simple hairbands/ ties of any colour may be worn. No oversized ornaments/ accessories.

## **Hair Colour**

1. Primary School: Student's own natural hair colour.
2. High School:
  - a. Grade 7 – 9: Student's own natural hair colour.
  - b. Grade 10 – 12: Student's own natural hair colour with modest highlights permitted using natural hair colours only.

## **Eyewear**

1. Clear contact lenses only.
2. Only prescription glasses are allowed: Lenses are to be clear.

## **Watches**

1. Smart watches that can receive or send messages are not permitted on campus.

## **Tattoos**

1. Students are discouraged from acquiring tattoos while attending school. Tattoos must be covered.
2. This guideline covers permanent tattoos, temporary tattoos, and ink markings.