

## Uniform Guidelines

Uniforms are a symbolic way for us to show our connection to our OLPH community and to help our students increase their creativity. By taking the decision of attire out of their daily thought process and interaction, we free up their minds to prepare for the day ahead and give their best effort in their quest for learning. Therefore, Our Lady of Perpetual Help has instituted a school uniform policy that requires students to wear the approved uniform. Students are expected to observe guidelines of modesty, neatness and cleanliness in their dress. Teaching our students to pay attention to appearance fosters independence, confidence, responsibility, and respect.

Many articles of clothing are available in various colors and styles with the OLPH logo. However, only clothing specified in the Student Uniform Dress Code is considered acceptable wear.

**Approved Vendor List:** To ensure quality and standardization of uniform apparel throughout the school, all clothing items will be purchased from the following approved vendors list:

Educational Outfitters	Lands' End School Uniforms	Pro Logo Depot (limited item selection)
2271 Gunbarrel Road	1 Lands' End Lane	515 Airport Rd.
Chattanooga, TN 37421	Dodgeville, WI 53595	Chattanooga, TN 37421
(423) 894-1222	1-800-469-2222	(423) 553-0800
<a href="http://www.educationaloutfitters.com">www.educationaloutfitters.com</a>	school code 900040718 <a href="http://www.Landsend.com">www.Landsend.com</a>	<a href="http://www.prologodepot.net">www.prologodepot.net</a>

***All uniform items should be marked appropriately with the student's name. OLPH School is not responsible for misplaced items.***

**General Uniform Guidelines apply to grades K-8th.**

### **Personal Appearance:**

1. Hair must be neat, well groomed and not cause a distraction.
2. Bizarre cuts, unnatural colors, or designs on the head are not allowed.
3. No hats or hoods are to be worn inside.
4. Shirts and blouses will be tucked in at all times.
5. Rolling of skorts is not permitted.
6. T-Shirts are to be plain white with no logos, graphics or artwork. Long sleeve T-Shirts are not to be worn under short sleeve shirts.
7. **All uniforms must be clean, not torn and of an appropriate size.**

**Girls: Kindergarten- 3rd Grade**

<b>Jersey Knit Dress:</b>	K-3rd	-Must have OLPH logo -Navy Long or short sleeve
<b>Jumpers:</b>	OLPH plaid jumpers	-The length should be 2 inches above the knee or longer. -Boxer or athletic shorts should be worn under the jumper however the shorts should not be visible
<b>Skorts:</b>	-Navy blue skorts are an option during the shorts season	-Skorts may be worn April through October, weather permitting, and at the principal's discretion -The length should be 2 inches above the knee or longer.
<b>Pants:</b>	Navy blue, non faded, chino style pants	-All pockets should be internal pockets only; please refrain from the wearing of cargo pockets. -Pants should be a traditional chino fit and absent of "jean" or skinny fit"
<b>Shorts:</b>	Navy blue, non faded, chino style shorts	-Shorts may be worn April through October, weather permitting, and at the principal's discretion
<b>Belts:</b>	Appropriate solid black, brown or navy belts must be worn	-Belts must be worn with shorts or pants
<b>Blouses:</b>	-White oxford button down collar blouse OR white polo shirt -A white Peter Pan collar shirt should be worn only under the jumper	-All shirts must have the OLPH logo -Long and short sleeve -Only the collar button may be unbuttoned -Shirts must be tucked in at all times
<b>Socks:</b>	-Solid Navy blue, black, or white ankle socks, knee sock or tights may be worn	
<b>Shoes:</b>	-Solid brown or black leather loafer, lace-up shoe -Black, brown, or navy Mary Jane style shoes -White, black and grey tennis	-Shoes must be tied or fastened at all times -Shoes must have less than a 1 inch heel

	shoes; no other colors are allowed on the tennis shoe	
<b>Jewelry:</b>	May be worn as long as it is school appropriate and not a distraction in class	-The only pierced jewelry allowed is one pair of earrings
<b>Make-up:</b>	-Nail polish may be used as long as it is not a distraction in class	
<b>P.E. Uniform</b>	-3rd-5th grades are to wear the “Rams Athletics” shirt and navy blue mesh shorts with OLPH logo -Navy blue or grey OLPH crewneck sweatshirt and/or plain navy blue sweatpants may be worn at the discretion of the P.E. teacher	-Jewelry should be put away during class for safety reasons -Any non-marking tennis shoes may be worn
<b>Other:</b>	-Navy blue sweaters, vests, or fleece jackets -Navy blue or grey crewneck sweatshirts -Navy blue or grey quarter zip sweatshirts	-Jackets or sweatshirts must have the OLPH logo

**Boys: Kindergarten - 5th grade**

<b>Pants:</b>	Navy blue, non faded, chino style pants	-All pockets should be internal pockets only; please refrain from the wearing of cargo pockets. -Pants should be a traditional chino fit and absent of “jean” or skinny fit” -Shorts may be worn April through October, weather permitting, and at the principal’s
<b>Shorts:</b>	Navy blue, non faded, chino style shorts	

		discretion
<b>Belts:</b>	Appropriate solid black, brown or navy belts must be worn	-Belts must be worn with shorts or pants
<b>Shirts:</b>	-Light blue or white oxford with button down collar shirt OR white polo shirt	-All shirts must have the OLPH logo -Long or short sleeve -Only the collar button may be unbuttoned -Shirts must be tucked in at all times
<b>Socks:</b>	Navy blue, black, or white socks that are above the ankle must be worn	
<b>Shoes:</b>	-Solid brown or black leather loafer OR lace up shoe -White, black and grey tennis shoes; no other colors are allowed on the tennis shoes	-Shoes must be tied or fastened at all times -Shoes must have less than 1 inch heel -High tops of any kind are not allowed
<b>Jewelry:</b>	May be worn as long as it is school appropriate and is not a distraction in class	-No piercings
<b>P.E. Uniform</b>	3rd-5th grades are to wear the "Rams Athletics" shirt and navy blue mesh shorts with OLPH logo -Navy blue or grey OLPH crewneck sweatshirt and/or plain navy blue sweatpants may be worn at the discretion of the P.E. teacher	-Jewelry should be put away during class for safety reasons -Any non-marking tennis shoes may be worn
<b>Other:</b>	-Navy blue sweaters, vests, or fleece jackets -Navy blue or grey crewneck sweatshirts -Navy blue or grey quarter zip sweatshirts	-all jackets or sweatshirts must have the OLPH logo

Girls: 3rd-5th

<b>Skorts:</b>	Navy skorts are to be worn	-The length should be 2 inches above the knee or longer.
<b>Pants:</b>	Navy, chino style pants	-All pockets should be internal pockets only; no cargo pockets -No skinny style or jean style pants
<b>Shorts:</b>	Navy, chino style shorts	-Shorts may be worn April through October, weather permitting, and at the principal's discretion -All pockets should be internal pockets only; no cargo pockets
<b>Belts:</b>	Appropriate solid black, brown or navy belts must be worn	-Belts must be worn with shorts or pants
<b>Blouses:</b>	-White oxford button down collar blouse OR the navy blue polo shirt	-All shirts must have the OLPH logo -Long and short sleeve -Only the collar button may be unbuttoned -Shirts must be tucked in at all times
<b>Socks:</b>	-Navy blue, black, or white socks that are above the ankle must be worn -Navy blue, black, or white knee socks, tights, or ankle length leggings are permitted	-No short sport socks or "fad" socks
<b>Shoes:</b>	-Solid brown or black leather loafer OR lace up shoe -White, black and grey tennis shoes; no other colors are allowed on the tennis shoes	-Shoes must be tied or fastened at all times -Shoes must have less than 1 inch heel -High tops of any kind are not allowed
<b>Jewelry:</b>	May be worn as long as it is school appropriate and not a distraction in class	-The only pierced jewelry allowed is one pair of earrings

<b>P.E. Uniform</b>	The “Rams Athletics” shirt and navy blue mesh shorts with OLPH logo must be worn -Navy blue or grey OLPH crewneck sweatshirt and/or plain navy blue sweatpants may be worn at the discretion of the P.E. teacher	-Jewelry should be put away during class for safety reasons -Any non-marking tennis shoes may be worn
<b>Other:</b>	-Navy blue sweaters, vests, or fleece jackets -Navy blue or grey crewneck sweatshirts -Navy blue or grey quarter zip sweatshirts	-all jackets or sweatshirts must have the OLPH logo

### Girls: 6th-8th

<b>Skorts:</b>	Olph Plaid skorts are to be worn	-The length should be 2 inches above the knee or longer.
<b>Pants:</b>	Khaki, chino style pants	-All pockets should be internal pockets only; no cargo pockets -No skinny style or jean style pants
<b>Shorts:</b>	Khaki, chino style shorts	-Shorts may be worn April through October, weather permitting, and at the principal’s discretion -All pockets should be internal pockets only; no cargo pockets
<b>Belts:</b>	Appropriate solid black, brown or navy belts must be worn	-Belts must be worn with shorts or pants
<b>Blouses:</b>	-White oxford button down collar blouse OR the navy blue polo shirt	-All shirts must have the OLPH logo -Long and short sleeve -Only the collar button may be unbuttoned -Shirts must be tucked in at all times

<b>Socks:</b>	-Navy blue, black, or white socks that are above the ankle must be worn -Navy blue, black, or white knee socks, tights, or ankle length leggings are permitted	-No short sport socks or “fad” socks
<b>Shoes:</b>	-Solid brown or black leather loafer OR lace up shoe -White, black and grey tennis shoes; no other colors are allowed on the tennis shoes	-Shoes must be tied or fastened at all times -Shoes must have less than 1 inch heel -High tops of any kind are not allowed
<b>Jewelry:</b>	May be worn as long as it is school appropriate and not a distraction in class	-The only pierced jewelry allowed is one pair of earrings
<b>Make-up:</b>	-Nail polish may be used as long as it is not a distraction in class -Moderate amount of make-up is allowed	-The appropriateness of the make-up will be determined by the school administration
<b>P.E. Uniform</b>	The “Rams Athletics” shirt and navy blue mesh shorts with OLPH logo must be worn -Navy blue or grey OLPH crewneck sweatshirt and/or plain navy blue sweatpants may be worn at the discretion of the P.E. teacher	-Jewelry should be put away during class for safety reasons -Any non-marking tennis shoes may be worn
<b>Other:</b>	-Navy blue sweaters, vests, or fleece jackets -Navy blue or grey crewneck sweatshirts -Navy blue or grey quarter zip sweatshirts	-all jackets or sweatshirts must have the OLPH logo

### **Middle School Boys: 6th-8th**

<b>Pants:</b>	Khaki, chino style pants	-All pockets should be internal pockets only; no cargo pockets -No skinny style or jean style pants
<b>Shorts:</b>	Khaki, chino style shorts	-Shorts may be worn April- October, weather permitting, and at the principal’s discretion -All pockets should be

		internal pockets only; no cargo pockets -Shorts should be no shorter than two inches above the knee
<b>Belts:</b>	Appropriate solid black, brown or navy belts must be worn	-Belts must be worn with shorts or pants
<b>Shirts:</b>	-White oxford button down collar shirt OR the navy blue polo shirt	-All shirts must have the OLPH logo -Long and short sleeve -Only the collar button may be unbuttoned -Shirts must be tucked in at all times
<b>Socks:</b>	-Navy blue, black, or white socks that are above the ankle must be worn	-No short sport socks or "fad" socks
<b>Shoes:</b>	-Solid brown or black leather loafer OR lace up shoe -White, black and grey tennis shoes; no other colors are allowed on the tennis shoes	-Shoes must be tied or fastened at all times -Shoes must have less than 1 inch heel -High tops of any kind are not allowed
<b>Jewelry:</b>	May be worn as long as it is school appropriate and is not a distraction in class	-No piercings
<b>P.E. Uniform</b>	The "Rams Athletics" shirt and navy blue mesh shorts with OLPH logo must be worn -Navy blue or grey OLPH crewneck sweatshirt and/or plain navy blue sweatpants may be worn at the discretion of the P.E. teacher	-No jewelry should be worn for safety reasons -Any non-marking tennis shoes may be worn
<b>Other:</b>	-Navy blue sweaters, vests, or fleece jackets -Navy blue or grey crewneck sweatshirts -Navy blue or grey quarter zip sweatshirts	-all jackets or sweatshirts must have the OLPH logo
<b>OLPH Tie:</b>	This will be required for Middle School Dress Uniform	-2 options of a tie are available at Educational Outfitters or St. Cecilia's Closet.

**Middle School Dress Uniform:** The Dress Uniform will be worn by the 6<sup>th</sup>-8<sup>th</sup> grades on Fridays and on any All School Mass days.

- **Boys:** Khaki pants, white oxford with button down collar, OLPH approved tie (available at Educational Outfitters), leather or lace up dress shoes. Tennis shoes are not to be worn on Dress Uniform days unless there is a documented medical need.
- **Girls:** OLPH plaid skort, white oxford with button down collar. leather or lace up dress shoes. Tennis shoes are not to be worn on Dress Uniform days unless there is a documented medical need.

**Out of Uniform:** Throughout the year, certain days will be designated as out-of-uniform days. The following items are appropriate dress for these occasions

and other school-related functions such as field trips and dances:

**Examples Include:** Dresses or skirts of appropriate length (uniform length), dress pants, jeans, loose fitting athletic pants, uniform length shorts (April through October, weather permitting), April through October-Middle school (grades 6-8) may wear sandals with a strap across the heel.

**Please refrain** from clothing with offensive or inappropriate language or pictures, spaghetti straps or bare-shoulder dresses, fatigues, halter tops, tank tops, muscle shirts, cut off shorts, miniskirts, flannel or pajama-type pants, legging or open toe or open heel shoes.

**A friendly reminder that Uniform dress is always appropriate!**

**Non-** Dresscode outerwear will be gathered by the teacher and can be picked up at the office at the end of the day. Should apparel need to be collected on a regular basis we will gladly hold the outerwear until the next school break.

#### **COVID-19 Adjustments**

Students in grades 3-5 will be able to come to school in their PE uniform on the days they have PE.

*Please note that this is subject to change as the year progresses and may adjust to include more grade levels.*

### **Academics at Our Lady of Perpetual Help**

#### **EARLY CHILDHOOD | PreK3, PreK4 and Kindergarten | (Wonder)**

Early childhood at OLPH offers a safe and nurturing environment that fosters confidence in the learning process. Our play-based curriculum offers hands-on

experiences that promote collaboration and curiosity. At OLPH, your son or daughter will begin to discover the joy of learning through the balance of independent exploration and small group instruction.

### **ELEMENTARY | Grades 1 -5 | (Witness)**

Our elementary school builds on the excitement of the love of learning established in our early childhood begins to establish a foundation that supports the confidence of our students. Teachers create a learning environment that helps each child to learn his or her strengths and use them to discover his or her voice

### **MIDDLE SCHOOL | Grades 6-8 (Wisdom)**

In a PreK-8 community, our Middle School students have the opportunity to exercise greater responsibility and autonomy in the school. Academically, our middle schoolers are challenged to reach higher standards in a supportive environment. Teachers work collaboratively to create meaningful assignments for students that promote critical thinking, creativity, collaboration, communication and citizenship.

### **Athletics at OLPH**

Athletics at OLPH are an extension of our classroom experience and begin for our students as early as third grade. Whether it's on the field, around the track or on the court the values and virtues of our school continue to be ever present. Sports are a way for our students to take risks, learn from their mistakes, and work together in a team environment. Whether it is Fall, Winter or Spring all of our students have the opportunity to explore a wide array of sports all year long. The sports program offers children the opportunity to learn and practice the skills and virtues of our faith every day, including good sportsmanship, teamwork, self-discipline, humility, compassion, and respect for others. Students wishing to participate in any extracurricular activity shall follow the Diocesan policies.

- **Policy # 3000:** All student athletes must have insurance coverage in order to be eligible to participate in sports/extracurricular activities. All students participating in organized sports activities **shall be covered with medical insurance. Students must present written evidence of adequate insurance coverage.** All arrangements for student insurance should be completed during the first ten days of the school term.
- **Policy # 3010:** Students wishing to try out for **any** school sanctioned athletic activities must provide **written evidence of a recent physical examination.** A “**recent physical examination**” is defined as one that has **taken place within a twelve-month period.** Athletic physical forms and sign up forms are posted on our website and are available in the school office. **Students must be in school for the entire day in order to be allowed to participate in an athletic event. The only exception will be for a verified scheduled doctor or dental appointment.**

**Coaching:** All coaches are expected to abide by the rules of the TSSAA (Tennessee Secondary School Athletic Association) and ISC (Independent School Conference), as well as the directives of OLPH and the Diocese of Knoxville. All coaches must be Virtus trained. Anyone who wants to coach should contact the Athletic Director.

A family that has joined the OLPH Booster Club will be pay a sports fee of \$60.00 per student, per sport, prior to the start of each sport, with a maximum of \$180 per student (per school year). Families that are not Booster Club members will pay a fee of \$75.00 per student, per sport, prior to the start of each sport. This fee pays for stipends of coaches and the officiating of games. The Family Athletic Booster Club Membership fee is \$40.00 per school year. This fee subsidizes uniforms, equipment and field maintenance. OLPH also offers a Grandparent Athletic Booster Club Membership of \$25.00 per school year.

**The following sports will be offered based on student interest:**

### **Fall**

Cross Country | Grades 3-8 | Boys & Girls

Tennis | Grades 5-8 | Boys & Girls

Cheerleading | Grades 7-8 | Girls

Football | Grades 5-8 | Boys

### **Late Fall**

Soccer | Grades 4-8 | Boys and Girls

### **Winter**

Cheerleading | Grades 7-8 | Girls

Basketball | Grades 5-8 | Boys & Girls

### **Spring**

Track | Grades 3-8 | Boys & Girls

Volleyball | Grades 4-8 | Girls

Golf | Grades 5-8 | Boys & Girls

Baseball | Grades 6-8 | Boys

### **Covid-19 Adjustment**

Students that are participating in the Hybrid model are ineligible to participate in extracurriculars or athletics.

If a family chose Hybrid for the first 9 weeks and wants to adjust, they can do so on case by case basis or at the end of the first quarter.