

St. Mary's Catholic School, Mansfield
Dress Down Requirements

Whether in school uniform or out of uniform, students represent St. Mary's Catholic School and should dress modestly and accordingly. Therefore, clothing and attire worn by students at any and all school events should reflect and support the mission of St. Mary's Catholic School. The following apply to *all grades* within the school.

On dress down days, we will follow the "longest finger rule" in assessing the length of shorts, skirts, dresses, and tops. To check for yourself, stand with your shoulders relaxed. Put your arms straight down by your sides. Where your longest finger (typically your middle finger) ends is the length that is allowed for shorts, skirts, dresses, and tops.

- Shorts, skirts, and dresses should not be shorter than your longest finger. (See rule above.)
- Form fitting yoga pants, leggings, and "jeggings" are allowed **only** if you wear a top that follows the *longest finger rule*.
- Tank tops of any kind are not allowed. Shoulders should be covered.
- Messages on t-shirts should be appropriate.
- Undergarments should not be visible. Undergarments should not show above the waistline of pants, should not show through clothing, nor should any undergarment straps show outside of tops.
- Tops should fully cover the "cleavage" area of the chest, the back, and the midriff area. If raising your arms exposes your midriff, do not wear it.
- Sneakers are the preferred footwear. Flip-flops and other types of backless sandals are not allowed.

If you look in the mirror and aren't sure if you should wear it...don't!