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Why Should Students Wear School Uniforms?
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‘Part of a high-quality education is learning how to present yourself to the world, and that’s what a school uniform is all about.’ says Former Australian Prime Minister, Julia Gillard.

Should students be required to wear uniforms? The answers may vary. Teachers, administrators, parents and students alike have expressed different views over this controversial issue.

For some people, a uniform is a symbol of unity and wearing one will bring about teamwork and a sense of solidarity in the college. For others, it impresses the idea that students are not allowed the freedom to express and should conform to the strict rules set by the institution.

With the heated debates over school uniforms showing no signs of cooling off any time soon, it’s the perfect time to discuss its importance in the college.

So today, learn about the seven reasons why wearing uniforms are beneficial not only for the students, but also for the teachers, parents and administrators.

1. Removes social barriers and bridges gaps

Wearing a single standard of dress code takes away the pressure of what to wear, so students are less likely to focus their attention on how they look. They will not be judged on their appearance, but on their achievements. As a result, they become more focussed on learning. Also, it removes social barriers and eliminates prejudice amongst students. Those who come from lower-income families don’t have to face ridicule and bullying from other students because of the less-expensive clothing options that they wear. This creates a healthier and happier learning environment, which enables students to study well and develop their skills without distractions.

2. Saves up on costs

One of the greatest benefits of a uniform is that it is cost-effective. Buying a new set, which can last for years, is more economical compared to buying a new wardrobe each month. Educational institutions have different ways of sourcing their apparel. Most of them hire school uniform suppliers who provide an affordable range of items like shirts, pants, skirts and blazers for regular days, and jerseys and jackets for sporting activities.

3. Promotes unity and equality among students

Uniforms help build unity, promote discipline and a sense of community within the campus. Like jerseys used in sports, they instil the spirit of teamwork. This can develop positive values because it urges students to study hard or perform well during competitions to bring honour to the college.

4. Provides safe and positive learning environment

Wearing a proper uniform can reduce violence inside the campus. How? It makes it easy for authorities and administrators to recognise students from outsiders. It prevents non-students from getting inside the campus, thereby avoiding the possibility of them committing disruptive acts. It also minimises the likelihood of gangs from forming inside the school, thus promoting a safe and comfortable atmosphere where students can learn and develop their skills without worrying about their safety.
5. **Encourages individual self-expression**

With a unified dress code, students find ways to express themselves creatively instead. As a result, they focus their attention on aspects that would help show their personalities, such as participating in various activities like the performing arts, sports, painting, etc.

6. **Instils deep rooted sense of discipline**

Wearing a proper school wear makes students hesitant to do any mischievous activity that can destroy the reputation of or discredit the education institution that they are a part of.

7. **Helps overcome inferiority complex**

Dressing in a uniform helps students take pride in their appearance, boosting their self-confidence and overcoming any inferiority complex. A student attending an institution that requires a uniform will become more comfortable in expressing themselves through other forms of interaction without focussing so much on outward appearance. It makes a student conscious of his or her individuality, which in turn helps boost self-esteem and confidence.

**Bottom Line**

Wearing a uniform provides students with a myriad of benefits. It not only promotes a better learning environment, but it also instils positive values in them. This assists in developing their character and helps them become better individuals.

So, in order to provide a better learning environment, instil positive values in students, develop character and individuality and become better young people we ask all families to be supportive of our uniform expectations.
Australian Christian College Uniform Guide

As we strive to deliver a purposeful education that supports students spiritual, academic, social and physical development. We view uniforms as a key element in fostering a sense of unity and equality among the student body.

The uniforms are comfortable, contemporary, flexible and affordable. You can view colour uniform designs within this document.

Questions about the uniform can be directed to accounts@cem.org.au. Uniform items can be purchased from http://shop.cem.org.au and delivered to the College.
Junior Girls Summer & Winter

To be worn on dress uniform days in Terms 1 & 4.

Junior Girls Summer/Winter Uniform Items:

- Dress
- Short dress socks
- Hair Ribbon
- Black polishable school shoes (not available from CEM e-store)
- Slouch hat
- Jumper (optional)
- Navy stockings or tights
- Blazer
Senior Girls Summer & Winter Uniforms

To be worn on dress uniform days in Terms 1 & 4.

Senior Girls Summer/Winter Uniform Items:

- Dress
- Short dress socks
- Hair Ribbon
- Black polishable school shoes (not available from CEM e-store)
- Slouch hat/cap (sport)
- Jumper (optional)
- Navy stockings or tights
- Blazer
- Formal Hat
Junior Boys Summer

To be worn on dress uniform days in Terms 1 & 4.

Junior Boys Summer Uniform Items:

- Short sleeve shirt
- Shorts
- Socks
- Slouch hat
- Black polishable school shoes (not available from CEM e-store)
- Jumper (optional)
Senior Boys Summer

To be worn on dress uniform days in Terms 1 & 4.

Senior Boys Summer Uniform Items:

- Short sleeve shirt (long sleeve optional)
- Long pants
- Shorts (optional)
- Socks
- Black leather belt
- Black polishable school shoes (not available from CEM e-store)
- Formal hat
- Jumper (optional)
Junior Boys Winter

To be worn on dress uniform days in Terms 2 & 3.

Junior Boys Winter Uniform Items:

- Blazer
- Short sleeve shirt
- Long sleeve shirt (optional)
- Trousers
- Tie
- Socks
- Black polishable school shoes (not available from CEM e-store)
- V-neck vest (optional)
- Jumper (optional)
- Slouch hat
Senior Boys Winter

To be worn on dress uniform days in Terms 2 & 3.

Senior Boys Winter Uniform Items:

- Blazer
- Short sleeve shirt (optional)
- Long sleeve shirt
- Trousers
- Tie (must be worn with blazer)
- Socks
- Black leather belt
- Black polishable school shoes (not available from CEM e-store)
- Jumper (optional & worn under blazer)
- Formal hat
Unisex Sports

To be worn on sports days as notified by the school.

Unisex Sports Uniform Items:

- Tracksuit top
- Tracksuit pants (optional)
- Polo shirt
- Sports shorts
- Singlet top (optional during competition sports)
- Slouch hat
- Surf hat (optional)
- Baseball hat (optional during competition sports)
- Plain white sports socks (not available from CEM e-store)
- Predominantly white sports shoes (not available from CEM e-store)
Uniform Accessories

**Senior Bag**
(compulsory)

**Junior Bag**
(compulsory)

**Hair Ribbon**

**Formal Hat 6-12**
(compulsory)

**Junior Bag**
(compulsory)

**Slouch hat to be worn with dress uniform and sports uniform.**

**Secondary**

**With sports uniform only.**
Uniform Guidelines

**Style of uniforms**
Only the styles available for purchase from the school uniform shop are acceptable.

**Interchanging uniform items**
Dress and sports uniform items should not be interchanged, except for the slouch hat.

Sports shoes and hats must be brought to school and worn during recess or lunch while playing active games on the oval. These must be changed to correct dress uniform before the start of lessons in the following period.

Sport and dress uniforms cannot be “mixed and matched”.

**Size and condition of uniform items**
All uniform items should be of a size appropriate to the wearer. In particular, oversized jumpers and sports shirts are not acceptable. Girls dresses must reach the floor when kneeling (below knee length).

Uniform items should be replaced when excessively faded, torn (unless tidily repaired), worn or undersized.
Uniform Guidelines

Hair
Students are to wear their hair in a clean, neat and tidy manner.

- Girls’ hair must be secured away from the face if it extends beyond the shoulders.
- Boys’ hair must not be touching the collar.
- Fringes must not extend below the eyebrows.
- Hair that could fall over the face should be tied back securely.
- Extreme hairstyles, including shaved or “number 1s”, mohawks, tracks, dreadlocks and extreme undercuts are not acceptable.
- Hair should not be coloured to an unnatural colour or pattern.
- Beards and moustaches are not permitted. Students must be clean shaven at all time.

Hair Accessories
Only the specified hair ribbons, available from the e-store, may be worn with the dress uniform. Plain black or navy blue headbands may be worn to secure hair away from face. Only black or navy blue hair elastics may be worn with the sports uniform. Scrunchies are not permitted to be worn.

Hats
The wearing of hats when outside is an important precaution against the incidence of skin exposure.

- School hats are to be worn for outside activities all year round for all students, including coming to and from school.
- Formal hat must be worn with dress uniform for formal occasions & excursions
- Slouch hats, surf hats or baseball caps may be worn with the uniform when outside at school.
- Hats in poor condition or with writing on the outside or underside of brim will be required to be replaced.
- Hats should be worn outside for all school activities, even those not requiring the wearing of uniform. Non-uniform hats may be worn when students are out of uniform, but the style must provide a level of sun protection equivalent to the school hats.
Uniform Guidelines
(continued)

Jewellery

Earrings
Females only with pierced ears may wear one pair of small studs or sleepers, in the earlobes, one in each ear. Additional earrings, fancy earrings, or large earrings are not permitted.

Certain physical activities may require the complete removal of earrings for safety reasons.

Rings
Wearing of rings is not allowed, as safety issues can arise during a variety of school activities.

Necklaces and Chains
Necklaces, chains and other jewellery worn around the neck should not be worn while in school uniform. Medical information chains may be worn.

Body Piercing and Body Art
This activity is not encouraged by the school. Body piercing ornaments must not be worn while in school uniform. Tattoos must be completely covered.

Other Jewellery Items
Other than wristwatches, items of jewellery not mentioned above must not be worn while in school uniform.

Makeup
Years 10 to 12 female students are permitted to wear discreet foundation only.

Coloured nail polish is not permitted. If worn outside school, coloured nail polish should be removed completely before arriving at school.

Nails should be neatly trimmed and false nails are not permitted.
Uniform Guidelines
(continued)

Sunglasses
The wearing of sunglasses when outside is optional. Students who elect to wear sunglasses should ensure that their glasses comply with AS 1067. Neutral colours such as black, brown or burgundy are preferred. Sunglasses that attract excessive attention are not acceptable.

Students wearing sunglasses should remove them when talking with other students or staff.

Jumpers
The length of jumpers should not be longer than mid-buttock, and sleeves should come neatly to the wrist and not be stretched to cover the hands.

Dress Length
While kneeling on the floor, dresses are to reach the floor.

Blazers
Students are required to wear their blazer when travelling to and from school, at assemblies, official events, or as requested by the school.

If not worn in class, blazers should be hung on the back of the student's chair. Blazers must not be placed in bags, or left on top of bags outside classrooms.

Sports shirts
Sports shirts may be worn untucked.

When tracksuit jackets are worn, the sports shirt should not protrude below the tracksuit jacket. If necessary, the shirt should be tucked in.

Tracksuit pants
Tracksuit pants should be worn zipped up. Wearing these unzipped increases wear and tear on tracksuit pants.

Girls Socks and Stockings
Girls are not permitted to wear both socks and stockings with winter uniform. No anklets are to be worn. Socks must be worn
Uniform Guidelines

(continued)

folded down and covering the ankle.

Boys Socks
All socks should properly cover the ankle and be clearly visible above the shoe.

Sport shoes
Sport shoes should be designed for sport, i.e. be flexible and support arches. Only predominantly white sports shoes are permitted.

Dress shoes
Black polishable school shoes are to be worn; however, junior school students are permitted to wear velcro fastened black leather shoes. Dress black shoes with pointed toes, buckles or anything else that draws attention are not permitted.

Identification and Ownership
All uniform items should be clearly and appropriately labelled with the current owner’s name. Printed labels are highly recommended.

Wearing uniform off campus
Students wearing uniform off campus (travelling to and from school, shopping after school, on excursions, etc.) are expected to remain in complete uniform and strictly adhere to all grooming requirements.

Leaving school in the afternoon
Students leaving school at the end of the day are expected to wear full uniform correctly. Some after school activities necessitate students changing before leaving school. In this situation they should completely remove all uniform items and leave in “civilian clothes.”