Why Should Students Wear School Uniforms?

by Madeleine Borrey

‘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, we don’t judge students on their achievements or lack thereof. 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 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 outsource to 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 helps prevent non-students from getting inside the campus, thereby avoiding the possibility of them committing disruptive acts. It also reduces 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, art, 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 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 students. 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.
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 are to be purchased from http://shop.cem.org.au and delivered to the College.
Junior Girls Summer & Winter
Years P to 6

To be worn on dress uniform days.

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 (optional)
- Blazer
Senior Girls Summer & Winter
Years 7 to 12

To be worn on dress uniform days.

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/Black stockings or tights (optional)
- Blazer
- Formal Hat
Junior Boys Summer
Years P to 6

To be worn on dress uniform days.

Junior Boys Summer Uniform Items:

- Short sleeve shirt
- Shorts
- Socks
- Slouch hat
- Black polishable school shoes (not available from CEM e-store)
- Jumper (optional)
To be worn on dress uniform days.

Senior Boys Summer Uniform Items:

- Short sleeve shirt
  *(long sleeve optional)*
- Long pants or Shorts
  *(However long pants are required for formal occasions)*
- Socks
- Black leather belt
- Black polishable school shoes
  *(not available from CEM e-store)*
- Formal hat
- Jumper *(optional)*
Junior Boys Winter
Years P to 6

To be worn on dress uniform days.

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
Years 7 to 12

To be worn on dress uniform days.

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)
Uniform Accessories

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

Hair Ribbon

Formal Hat
Formal Hat to be worn with the dress uniform whenever outside. Years 10 - 12 (compulsory from 2019).

Junior
Years P - 5

With sports uniform only.

Senior Bag
Years 7 - 12 (compulsory)

Junior Bag
Years P - 6 (compulsory)

Junior
Years P - 5

Secondary
Years 6 - 12
Uniform Guide

**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”.

![Uniform Examples]

**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.
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, etchings, 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 to be worn with the dress uniform whenever outside for formal occasions & excursions. Years 10 - 12 (compulsory from 2019).
- 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.
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.

Clear studs, flat or round are not permitted in any extra piercings.

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.

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

**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.

**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.
Uniforms 2018 - Australian Christian College

Uniform Guide
(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, including mirrored sunglasses.

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.

Formal shirts
Boys formal shirts are to be tucked in at all times.

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.
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”.

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 folded down and covering the ankle.

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

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.

Sport shoes should be designed for sport, i.e. be flexible and support arches.

*Please refer to next page for specific examples of shoes permitted.*
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**Examples of Permitted school shoes – Girls**

- Clarks Infinity Adiva
- Clarks Indy
- The Athlete's Foot

**Examples of Permitted school shoes – Boys**

- Clarks Daytona Deakin
- Clarks 24seven
- Clarks
- Clarks Dusty
- Slatters Trent
- Roc Strobe
- The Athlete's Foot Apex Max
- The Athlete's Foot Apex

**Examples of permitted sports shoes**

**Examples of sports shoes not permitted**