

American Heritage School **Student Uniform Policy**

Updated: June 29, 2017, See Parent Handbook, Section 12

Purpose and Implementation

We believe that properly wearing the uniform

- Displays unity, modesty, neatness, and dignity;
- Demonstrates respect for self, education, teachers, and fellow students:
- Facilitates focus on learning and service, rather than on clothing and accessories;
- Supports an appropriate distinction between the genders; and
- Reminds students of their commitment to live by the American Heritage Mission Statement.

All male students at AHS are expected to wear the boys' uniform and abide by the dress and grooming standards set forth for boys, and all female students are expected to wear the girls' uniform and abide by the dress and grooming standards set forth for girls.

Students wearing the proper uniform will be admitted to class; the uniform standard will be in place until 3:10 p.m. each school day.

We trust that students and parents will govern themselves by the spirit of the uniform policy. Many items and variations are not specifically prohibited but are outside the spirit of the policy and thus are not permitted.

Definitions for terms used in the uniform policy:

- Conservative: Restrained; avoiding showiness
- Modest: Modesty excludes short skirts, tight clothing, and other revealing attire
- Non-distracting: Not drawing attention to oneself
- Small: Fine, minute, diminutive, slender, thin, little, of small diameter
- Subtle: Fine, thin, delicate, slight, faint, refined, difficult to perceive

Please refer to the AHS website for complete information about the uniform, including full-color photos, ordering information, FAQ's, shopping lists, and the current official uniform policy.

Dress Standards

- Clothing should fit appropriately (neither tight nor baggy).
- Pants on boys and young men should be conservative in style and not tight or slim fitting.
- Alterations, other than hemming, are NOT permitted!
- Skirts, shifts, jumpers, and skorts on girls and young women should be modest in length and fit. The minimum length should allow for the skirt to naturally fall below the kneecap.
- K-12 girls and young women must wear snug-fitting black or navy biker style shorts daily under skirts, shifts, jumpers, and skorts (except when K-6 girls wear approved leggings). Biker style shorts may not extend below the hemline of the uniform.
- Undershirts and camisoles must be plain white. Undershirt sleeves may not extend beyond the cuff of the uniform sleeve.
- Socks must be worn at all times. Alternatively, girls may wear tights and HS girls may wear nylons (See appropriate section for details).
- Uniform approved jackets and sweaters are permitted in the building and may not be worn around the waist.
- Personal coats or jackets may only be worn inside the building when going to, or coming from, outside activities and during lunchtime.
- Hats and baseball caps may not be worn during school hours with the exception of a winter hat worn outside for warmth.
- Clothing should be clean and well-maintained (properly hemmed, unstained, free from holes and fading, etc.).
- Shirts must be tucked in at all times during school hours except during recess and when participating in outside athletic activities.

Dennis Uniforms3560 Main Street SLC, Utah
801-287-9200
Primary Uniform Supplier for AHS



Elementary School Uniforms, Grades K-6

Boys' Mon-Thursday Uniform, Grades K-6 Girls' Monday-Thursday Uniform, Grades K-6 Any variation of the following may be worn: Any variation of the following may be worn: • Dennis navy knee-length shorts • Dennis Macbeth Plaid Longer Length Skort Dennis navy pant (no cuff)* Dennis Macbeth Plaid Knife Pleated Jumper • Dennis long sleeve polo, white or red • Dennis Macbeth Plaid Box Pleated Shift • Dennis short sleeve polo, white or red • Dennis long sleeve polo, white or red • Dennis white oxford shirt with button down collar* (long sleeve or · Dennis short sleeve polo, white or red short sleeve) • Dennis white Peter Pan collar blouse (long or short sleeve) · Dennis navy polyester vest, cardigan, or pullover • Dennis navy polyester vest, cardigan, or pullover • Dennis navy polartec vest or jacket • Dennis navy polartec vest or jacket • Spirit wear jacket - sold only by AHS • Spirit wear jacket - sold only by AHS Cub/Boy Scout uniform may be worn on Scout days · Snug-fitting black or navy biker style shorts that do not extend Dennis red performance polo "New" below the hemline MUST be worn daily. • Skirts, skorts, and jumpers must touch the kneecap. • Dennis red performance polo "New" Boys' Friday Dress Uniform, Grades K-6 Girls' Friday Dress Uniform, Grades K-4 Required: Required: • Dennis navy pant (no cuff)* • Dennis Macbeth Plaid Box Pleated Shift (must fall below the • Dennis white oxford shirt with button down collar* (long sleeve or kneecap)... short sleeve) • Dennis white Peter Pan collar blouse (long sleeve or short sleeve). • Dennis solid navy tie Snug-fitting black or navy biker style shorts that do not extend below the hemline when wearing socks. Optional: · Dennis navy polyester vest, cardigan, or pullover • Dennis navy polartec vest or jacket · Dennis navy polyester cardigan or pullover • Spirit wear jacket - sold only by AHS • Dennis navy polartec vest or jacket • Spirit wear jacket - sold only by AHS Boys' Special Events Dress Uniform, Grades K-6 (Picture Day, Girls' Special Events Dress Uniform, Grades K-4 (Picture Day, ALL concerts, and devotionals) ALL concerts, and devotionals) Required: Required: • Dennis navy pant (no cuff)* • Dennis Macbeth Plaid Box Pleated Shift (must fall below the • Dennis white oxford shirt with button down collar* (LONG SLEEVE kneecap). • Dennis white Peter Pan collar blouse (LONG SLEEVE ONLY). • Dennis solid navy tie May be worn in class for warmth, but NOT during a Special Event: May be worn in class for warmth, but NOT during a Special Event: · Dennis navy polyester cardigan or pullover · Dennis navy polyester vest, cardigan, or pullover • Dennis navy polartec vest or jacket Dennis navv polartec vest or jacket • Spirit wear jacket - sold only by AHS • Spirit wear jacket - sold only by AHS Girls' Special Events Dress Uniform, Grades 5-6 (Picture Day, Girls' Friday Dress Uniform, Grade 5-6 ALL concerts, and devotionals) Required: Required: • Dennis Macbeth Plaid Longer Length Skort (must touch the knee-• Dennis Macbeth Plaid Longer Length Skort (must fall below the • Dennis white Peter Pan collar blouse (long sleeve or short sleeve). • Dennis white Peter Pan collar blouse (LONG SLEEVE ONLY). • Snug-fitting black or navy biker style shorts that do not extend • Dennis navy sweater vest below the hemline when wearing socks. · Dennis navy sweater vest May be worn in class for warmth, but NOT during a Special Event: • Dennis navy polyester cardigan or pullover May be worn in class for warmth, but NOT during a Special Event: • Dennis navy polartec vest or jacket · Spirit wear jacket - sold only by AHS Dennis navy polyester cardigan or pullover • Dennis navy polartec vest or jacket

• Spirit wear jacket - sold only by AHS

Middle School Uniforms, Grades 7-8

Boys' Mon-Thursday Uniform, Grades 7-8 Girls' Mon-Thursday Uniform, Grades 7-8 Any variation of the following may be worn: Any variation of the following may be worn: Dennis navy pant (no cuff)* • Dennis Macbeth Plaid Longer Length Skort (must touch kneecap) • Dennis long sleeve polo, white or red • Dennis Macbeth Plaid Knife Pleated Jumper (must touch kneecap) • Dennis short sleeve polo, white or red • Dennis Macbeth Plaid Box Pleated Skirt (must touch kneecap) • Dennis white oxford shirt with button down collar* (long sleeve or • Dennis Light Navy Box Pleated Skirt (must touch kneecap) · Dennis long sleeve polo, white or red • Conservative tie to be worn with Dennis oxford shirt (optional) · Dennis short sleeve polo, white or red • Dennis navy polyester vest, cardigan, or pullover · Dennis navy polyester vest, cardigan, or pullover • Dennis navy polartec vest or jacket • Dennis navy polartec vest or jacket • Dennis navy quarter-zip sweatshirt • Dennis navy quarter-zip sweatshirt • Spirit wear jacket - sold only by AHS Spirit wear jacket – sold only by AHS • Snug-fitting black or navy shorts that do not extend below the hem-· Dennis red performance polo "New" line MUST be worn daily. • Skirts, skorts, and jumpers must touch the kneecap. Dennis red performance polo "New" Boys' Friday Dress Uniform, Grades 7-8 Girls' Friday Dress Uniform, Grades 7-8 Required: • Dennis navy pant (no cuff)* • Dennis Light Navy Box Pleated Skirt (touches the kneecap). • Dennis white oxford shirt with button down collar* (long sleeve or Dennis white oxford shirt with button down collar* (long sleeve or short sleeve) short sleeve) • Dennis solid red tie • Dennis navy polyester vest • Dennis red crossover tie Optional: • Dennis navy polyester vest, cardigan, or pullover • Dennis navy polartec vest or jacket Dennis navy polyester cardigan or pullover · Dennis navy quarter-zip sweatshirt • Dennis navy polartec vest or jacket • Spirit wear jacket - sold only by AHS • Dennis navy quarter-zip sweatshirt • Spirit wear jacket – sold only by AHS Boys' Special Events Dress Uniform, Grades 7-8 (Picture Day, Girls' Special Events Dress Uniform, Grades 7-8 (Picture Day, ALL concerts, and devotionals) ALL concerts, and devotionals) Required: Required: • Dennis navy pant (no cuff)* • Dennis navy box pleat skirt (touches the kneecap). • Dennis white oxford shirt with button down collar* (LONG SLEEVE • Dennis white oxford shirt with button down collar* (LONG SLEEVE ONIY) ONLY) • Dennis solid red tie • Dennis navy polyester vest May be worn in class for warmth, but NOT during a Special Event: • Dennis red crossover tie May be worn in class for warmth, but NOT during a Special Event: · Dennis navy polyester vest, cardigan, or pullover • Dennis navy polartec vest or jacket • Dennis navy polyester cardigan or pullover • Dennis navy quarter-zip sweatshirt • Dennis navy polartec vest or jacket • Spirit wear jacket - sold only by AHS • Dennis navy quarter-zip sweatshirt • Spirit wear jacket - sold only by AHS Boys' P.E. Uniform, Grades 7-8 Girls' P.E. Uniform, Grades 7-8 Recommended: Recommended: • Dennis heather gray short-sleeve shirt with AHS logo • Dennis white short-sleeve shirt with AHS logo • Dennis navy P.E. shorts or sweatpants • Dennis navy P.E. shorts or sweatpants • Secure-fitting athletic shoes with non-marking soles • Secure-fitting athletic shoes with non-marking soles Optional: Optional: Approved AHS shirt Approved AHS shirt AHS athletic shorts AHS athletic shorts • Ankle socks Ankle socks

High School Uniforms, Grades 9-12

Boys' Mon-Thursday Uniform, Grades 9-12	Girls' Mon-Thursday Uniform, Grades 9–12
Any variation of the following may be worn: • Dennis navy or khaki pant (no cuff)* • Dennis long sleeve polo, white, red, green, or navy • Dennis short sleeve polo, white, red, green, or navy • Dennis white or blue oxford shirt with button down collar* (long sleeve or short sleeve) • Conservative tie to be worn with Dennis oxford shirt (optional) • Dennis navy polyester vest, cardigan, or pullover • Dennis navy polartec vest or jacket • Dennis navy or forest green quarter-zip sweatshirt • Spirit wear jacket – sold only by AHS • 12th Grade only: Dennis Cardinal polo (L/S or S/S) • 12th Grade only: Dennis dark grey flannel pant • Dennis red, navy and green performance polo "New"	Any variation of the following may be worn: Dennis Macbeth Plaid Longer Length Skort (must touch kneecap) Dennis Macbeth Plaid Knife Pleated Jumper (must touch kneecap) Dennis Macbeth Plaid Box Pleated Skirt (must touch kneecap) Dennis Light Navy Box Pleated Skirt Dennis Khaki Box Pleated Skirt (must touch kneecap) Dennis long sleeve polo, white, red, green, or navy Dennis short sleeve polo, white or red, green, or navy Dennis white or blue oxford shirt with button down collar* (long sleeve or short sleeve) Dennis navy polyester vest, cardigan, or pullover Dennis navy polyester vest or jacket Dennis navy or forest green quarter-zip sweatshirt Spirit wear jacket – sold only by AHS Snug-fitting black or navy shorts that do not extend below the hemline MUST be worn daily. 12th grade only: Dennis Cardinal polo (L/S or S/S) Dennis red, navy and green performance polo "New" Gray skirt, Grade 12 only: Please see the Non-Dennis Alternatives Section.
Boys' Friday Dress Uniform, Grades 9-12	Girls' Friday Dress Uniform, Grades 9–12
 Dennis khaki pant (no cuff)* Dennis white oxford shirt with button down collar* (long sleeve or short sleeve) Dennis Albury tie Dennis navy blazer 	 Dennis navy blazer Dennis white oxford shirt with button down collar* (long sleeve or short sleeve) Dennis Albury crossover tie Dennis Khaki Box Pleated Skirt (touches the kneecap) Snug-fitting black or navy shorts that do not extend below the hemline MUST be worn daily.
Boys' Special Events Dress Uniform, Grades 9–12 (Picture Day, ALL concerts, and devotionals)	Girls' Special Events Dress Uniform, Grades 9–12 (Picture Day, ALL concerts, and devotionals)
 Dennis khaki pant (no cuff)* Dennis white oxford shirt with button down collar* (long sleeve or short sleeve) Dennis Albury tie Dennis navy blazer 	 Dennis navy blazer Dennis white oxford shirt with button down collar* (long sleeve or short sleeve) Dennis Albury crossover tie Dennis Khaki Box Pleated Skirt (touches the kneecap) Snug-fitting black or navy shorts that do not extend below the hemline MUST be worn daily.
Boys' P.E. Uniform, Grades 9-12	Girls' P.E. Uniform, Grades 9–12
Recommended: • Dennis white short-sleeve shirt with AHS logo • Dennis navy P.E. shorts or sweatpants • Secure-fitting athletic shoes with non-marking soles Optional: • Approved AHS shirt • AHS athletic shorts • Ankle socks	Recommended: • Dennis heather gray short-sleeve shirt with AHS logo • Dennis navy P.E. shorts or sweatpants • Secure-fitting athletic shoes with non-marking soles Optional: • Approved AHS shirt • AHS athletic shorts • Ankle socks

^{*} We understand that not all uniform options from Dennis Uniforms meet the needs of comfort or of every student. Please see our "Non-Dennis Alternatives" page of approved alternatives for the 2017–2018 school year.

Accessories and Grooming, Grades K-12

Girls' Accessories

The standard for all accessories is small, conservative, subtle, and non-distracting.

- Hair ornaments must be Macbeth plaid or SOLID:
 - o Black
 - o White
 - o Brown
 - o Navy
 - o Red
 - o Gold
 - o Silver
- Earrings must be a single, matching pair
 - o K-12 girls may wear non-dangling studs
 - o 7-12 girls may also wear simple gold or silver earrings that are smaller than one inch
- Girls may wear a single necklace which should fall above the third button down on the shirt.
- Choker-style necklaces are not permitted.
- Rings are limited to one per hand.
- No bracelets (including bracelets-style watchbands)
- No wristbands
- No anklets
- · Scarves may not be worn in the building.
- Eyeglasses must have lenses and must be non-distracting. o Sunglasses may not be worn in the building.
- Blankets or shawls may not be worn in the building.

Girls' Grooming

- Hairstyles should be neat and clean,
- Avoid extreme and distracting hair colors and styles.
- Body marking is not allowed, including tattoos, washable tattoos, or marking on the skin with ink or marker.
- No body piercing is allowed except for a single piercing in each ear.
- 9th-12th grade girls are allowed to wear nail polish in the following colors (ALL nails must be the same color):
 - o Transparent
 - o Natural
 - o Red
 - o White
 - o Blue
 - o Brown
 - o Tan
 - o Gray
 - C
 - o Green
 - o Pink
 - o No neon colors
 - o No patterns or accessories
- Makeup should be subtle and conservative.
 - o No glitter

Boys' Accessories

- Boys may wear a single watch.
- Boys may wear one ring per hand.
- No earrings, necklaces, bracelets, or wristbands.
- Boys may wear a solid black, navy, gray (non-metallic) or brown belt.
- Scarves may not be worn in the building.
- Blankets or shawls may not be worn in the building.
- Eyeglasses must have lenses and must be non-distracting. o Sunglasses may not be worn in the building.

Boys' Grooming

- Boys' hair must be trimmed above the collar, leaving the ear uncovered. Hairstyles should be neat and clean.
- Hair should be relatively short.
- Sideburns must not extend below the earlobe or onto the cheek.
- Young men should be clean-shaven.
- Avoid extreme and distracting hair colors and styles.
- \bullet Body marking is not allowed, including tattoos, washable tattoos, or marking on the skin with ink or marker.
- No nail polish.
- No makeup.
- No body piercing is allowed.



· Suitable for both indoor and outdoor use

All colors are acceptable

Shoes, Socks, Tights, Leggings, and Nylons

These items may be purchased through the vendor of your choice, but must abide by the standards stated below.

Monday-Thursday Shoes Monday-Thursday Socks, Tights, Leggings Athletic or casual styled shoes must be: Socks (boys and girls): Secure fitting • Must be worn at all times. • Conservative in style and appearance · Solid black, navy, gray, or white • Flat or low-heeled (less than one inch) • Must rise at least 3" above the ankle • Color and laces must be black, navy, brown, gray, or white. • NO stripes or patterns of any kind Conservative accents of any color are acceptable. Knee socks acceptable for girls (plain or cable knit) • NO rollers, lights, characters, slippers, moccasins, moccasin styles, open toes, open heels, bold or distracting designs (including plaid, check-Socks (boys, Grades 9-12): • May also wear khaki and dark brown socks, Monday-Thursday ered, polka-dot, floral, heavily striped), etc. • Laces must be worn in shoes intended to have laces • Boots should not be worn in the building, but are acceptable outside Tights (girls only): the building • K-6 girls may wear solid black, navy, gray, or white (cable or opaque) • 9-12 Boys may wear khaki shoes • 7-12 girls may wear unpatterned, opaque black or navy. • NO stripes or patterns of any kind Leggings (girls, Grades K-6 only): Must be snug fitting and cover the ankle • Solid black, navy, white, or gray · Well-maintained, no holes or staining • Leggings may replace the daily required shorts • NO stripes or patterns of any kind Nylons (girls, Grades 9-12 only): • Black, navy, or tan (skin toned) · Must be waist high · Well-maintained, no holes or runs **Friday Dress Shoes Friday Dress Socks** Casual or Dress styles must be: Boys K-12 Solid, dark shoes with conservative black or brown sole • Solid black or navy socks • Black, navy, or dark brown • Must rise at least 3" above the ankle • Laces must be the same color as the body of the shoe (ie-black shoe, Boys 9-12 black laces) • Solid black, navy, dark brown or khaki socks. • No accents or additional colors Girls K-6 Conservative in style and appearance • Black or navy tights (cable or opaque) • Flat or low-heeled (less than one inch) Girls knee socks, black or navy, (plain or cable knit) No hoots Girls 7-8 • Navy tights (opaque only, no cable knit) Girls 9-12 • Navy or black tights (opaque only, no cable knit) Special Event Dress Shoes (Picture day, ALL concerts, & devo-Special Event Dress Socks (Picture day, ALL concerts, & devotionals) tionals) Dress shoe styles must be: Bovs K-12 Formal DRESS shoes (no athletic shoes) • Solid black or navy socks • Must rise at least 3" above the ankle • Solid, dark shoes with conservative black or brown sole • Black, navy, or dark brown Boys 9-12 • Laces must be the same color as the body of the shoe (ie-black shoe, • Solid black, navy, dark brown or khaki socks. Girls K-6 black laces.) • No accents or additional colors · Black or navy tights (cable or opaque) Girls 7-8 No contrasting stitching • Conservative in style and appearance • Navy tights (opaque only, no cable knit) • Flat or low-heeled (less than one inch) Girls 9-12 • Tan or skin-toned nylons No boots **Shoes Outdoor Shoes** • Secure fitting with non-marking soles • Boots of any kind are not allowed in the building but may be changed into • Appropriate and comfortable for athletic activities for outdoor use

Additional Uniform Supplier Options

Grades K-6 Boys' Uniform Pant Grades 9-12 Girls' Uniform Skirts Lands'End item # 403847-BP8 Lands'End item # 430803-BP2 • School Uniform Boys Iron Knee Blend Plain Front Chino-Classic Navy • School Uniform Girls Solid Box Pleat Skirt Below the Knee-Khaki only Lands'End item # 403853-BP3 • School Uniform Boys Stain Resistant Plain Front Chino Pant-Classic Lands'End item # 430813-BP6 • School Uniform Girls Solid A-line Skirt Below the Knee-Khaki only Lands'End item # 231069-BP3 • School Uniform Boys Iron Knee Blend Pleat Chino Pant-Classic Navy Lands'End item #470225-BP6 School Uniform Boys Lands'End Perfect Chino Pant-Classic Navy Grade 12 Girls' Gray Uniform Skirt Grades 7-8 Boys' Uniform Pant Lands'End item # 403847-BP8 Elderwear Brand, Becky Thatcher style #3972TN Gray Skirt (must • School Uniform Boys Iron Knee Blend Plain Front Chino-Classic Navy fall below the kneecap). Lands'End item # 403853-BP3 Can be purchased at Classy Uniforms in Pleasant Grove. • School Uniform Boys Stain Resistant Plain Front Chino Pant-Classic Lands'End item # 231069-BP3 School Uniform Boys Iron Knee Blend Pleat Chino Pant-Classic Navy Lands'End item #470225-BP6 • School Uniform Boys Lands'End Perfect Chino Pant-Classic Navy Grades 9-12 Boys' Uniform Pant Special Considerations Lands'End item # 403847-BP8 Special considerations will be determined, as needed, by the AHS Princi-• School Uniform Boys Iron Knee Blend Plain Front Chino-Classic Navy pals and the Uniform Committee members. Please submit your request via email. Lands'End item # 403853-BP3 Kinder-6th grade to Charne Adams: cadams@ahsmail.com • School Uniform Boys Stain Resistant Plain Front Chino Pant-Classic Navv or Khaki 7th-12th grade to Liz Acuna: eacuna@ahsmail.com Lands'End item # 231069-BP3 • School Uniform Boys Iron Knee Blend Pleat Chino Pant-Classic Navy or Khaki Lands'End item # 470225-BP6 • School Uniform Boys Lands'End Perfect Chino Pant-Classic Navy or Grades K-12 Boys' White Oxford Dress Shirt The following brands are permitted as long as they follow the guidelines stated below. Chaps brand may be purchased at Kohl's Stafford brand may be purchased at JCPenney, and Kirkland brand may be purchased at Costco. An oxford shirt has a basket-weave pattern that combines two yarns woven lengthwise against a heavier yarn crosswise. · Must have a button-down collar No logos or embroidery • White only, no cream or off-white. Must be a heavily weighted fabric that is opaque · Should not be tight or form-fitting

We understand that not all uniform options from Dennis Uniforms meet the needs of comfort or fit for every student. The following is a list of approved alternatives for the 2017–2018 school year. Each has been carefully considered and chosen by the Uniform Committee and are the only other brands allowed by the uniform policy. The intention of these alternates is to mimic the look and style of Dennis Uniforms. Each year the item numbers and descriptions will be updated. Substitutions, other than stated above, are not in keeping with the spirit of the uniform policy. Thank you!