



# American Heritage School Student Uniform Policy

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

Purpose and Implementation	Dress Standards
<p>We believe that properly wearing the uniform</p> <ul style="list-style-type: none"> <li>• Displays unity, modesty, neatness, and dignity;</li> <li>• Demonstrates respect for self, education, teachers, and fellow students;</li> <li>• Facilitates focus on learning and service, rather than on clothing and accessories;</li> <li>• Supports an appropriate distinction between the genders; and</li> <li>• Reminds students of their commitment to live by the American Heritage Mission Statement.</li> </ul> <p>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.</p> <p>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.</p> <p>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.</p> <p>Definitions for terms used in the uniform policy:</p> <ul style="list-style-type: none"> <li>• Conservative: Restrained; avoiding showiness</li> <li>• Modest: Modesty excludes short skirts, tight clothing, and other revealing attire</li> <li>• Non-distracting: Not drawing attention to oneself</li> <li>• Small: Fine, minute, diminutive, slender, thin, little, of small diameter</li> <li>• Subtle: Fine, thin, delicate, slight, faint, refined, difficult to perceive</li> </ul> <p>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.</p>	<ul style="list-style-type: none"> <li>• Clothing should fit appropriately (neither tight nor baggy).</li> <li>• Pants on boys and young men should be conservative in style and not tight or slim fitting.</li> <li>• Alterations, other than hemming, are NOT permitted!</li> <li>• 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.</li> <li>• 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.</li> <li>• Undershirts and camisoles must be plain white. Undershirt sleeves may not extend beyond the cuff of the uniform sleeve.</li> <li>• Socks must be worn at all times. Alternatively, girls may wear tights and HS girls may wear nylons (See appropriate section for details).</li> <li>• Uniform approved jackets and sweaters are permitted in the building and may not be worn around the waist.</li> <li>• Personal coats or jackets may only be worn inside the building when going to, or coming from, outside activities and during lunchtime.</li> <li>• Hats and baseball caps may not be worn during school hours with the exception of a winter hat worn outside for warmth.</li> <li>• Clothing should be clean and well-maintained (properly hemmed, unstained, free from holes and fading, etc.).</li> <li>• Shirts must be tucked in at all times during school hours except during recess and when participating in outside athletic activities.</li> </ul> <div style="text-align: right; background-color: #e0e0e0; padding: 10px;"> <p><b>Dennis Uniforms</b>            3560 Main Street SLC, Utah            801-287-9200            Primary Uniform Supplier for AHS</p> </div>



# Middle School Uniforms, Grades 7–8

Boys' Mon-Thursday Uniform, Grades 7–8	Girls' Mon-Thursday Uniform, Grades 7–8
<p>Any variation of the following may be worn:</p> <ul style="list-style-type: none"> <li>• Dennis navy pant (no cuff)*</li> <li>• Dennis long sleeve polo, white or red</li> <li>• Dennis short sleeve polo, white or red</li> <li>• Dennis white oxford shirt with button down collar* (long sleeve or short sleeve)</li> <li>• Conservative tie to be worn with Dennis oxford shirt (optional)</li> <li>• Dennis navy polyester vest, cardigan, or pullover</li> <li>• Dennis navy polartec vest or jacket</li> <li>• Dennis navy quarter-zip sweatshirt</li> <li>• Spirit wear jacket – sold only by AHS</li> <li>• Dennis red performance polo "New"</li> </ul>	<p>Any variation of the following may be worn:</p> <ul style="list-style-type: none"> <li>• Dennis Macbeth Plaid Longer Length Skort (must touch kneecap)</li> <li>• Dennis Macbeth Plaid Knife Pleated Jumper (must touch kneecap)</li> <li>• Dennis Macbeth Plaid Box Pleated Skirt (must touch kneecap)</li> <li>• Dennis Light Navy Box Pleated Skirt (must touch kneecap)</li> <li>• Dennis long sleeve polo, white or red</li> <li>• Dennis short sleeve polo, white or red</li> <li>• Dennis navy polyester vest, cardigan, or pullover</li> <li>• Dennis navy polartec vest or jacket</li> <li>• Dennis navy quarter-zip sweatshirt</li> <li>• Spirit wear jacket – sold only by AHS</li> <li>• Snug-fitting black or navy shorts that do not extend below the hem-line MUST be worn daily.</li> <li>• Skirts, skorts, and jumpers must touch the kneecap.</li> <li>• Dennis red performance polo "New"</li> </ul>
<p><b>Boys' Friday Dress Uniform, Grades 7–8</b></p>	<p><b>Girls' Friday Dress Uniform, Grades 7–8</b></p>
<p>Required:</p> <ul style="list-style-type: none"> <li>• Dennis navy pant (no cuff)*</li> <li>• Dennis white oxford shirt with button down collar* (long sleeve or short sleeve)</li> <li>• Dennis solid red tie</li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>• Dennis navy polyester vest, cardigan, or pullover</li> <li>• Dennis navy polartec vest or jacket</li> <li>• Dennis navy quarter-zip sweatshirt</li> <li>• Spirit wear jacket – sold only by AHS</li> </ul>	<p>Required:</p> <ul style="list-style-type: none"> <li>• Dennis Light Navy Box Pleated Skirt (touches the kneecap).</li> <li>• Dennis white oxford shirt with button down collar* (long sleeve or short sleeve)</li> <li>• Dennis navy polyester vest</li> <li>• Dennis red crossover tie</li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>• Dennis navy polyester cardigan or pullover</li> <li>• Dennis navy polartec vest or jacket</li> <li>• Dennis navy quarter-zip sweatshirt</li> <li>• Spirit wear jacket – sold only by AHS</li> </ul>
<p><b>Boys' Special Events Dress Uniform, Grades 7–8 (Picture Day, ALL concerts, and devotionals)</b></p>	<p><b>Girls' Special Events Dress Uniform, Grades 7–8 (Picture Day, ALL concerts, and devotionals)</b></p>
<p>Required:</p> <ul style="list-style-type: none"> <li>• Dennis navy pant (no cuff)*</li> <li>• Dennis white oxford shirt with button down collar* (LONG SLEEVE ONLY)</li> <li>• Dennis solid red tie</li> </ul> <p>May be worn in class for warmth, but NOT during a Special Event:</p> <ul style="list-style-type: none"> <li>• Dennis navy polyester vest, cardigan, or pullover</li> <li>• Dennis navy polartec vest or jacket</li> <li>• Dennis navy quarter-zip sweatshirt</li> <li>• Spirit wear jacket – sold only by AHS</li> </ul>	<p>Required:</p> <ul style="list-style-type: none"> <li>• Dennis navy box pleat skirt (touches the kneecap).</li> <li>• Dennis white oxford shirt with button down collar* (LONG SLEEVE ONLY)</li> <li>• Dennis navy polyester vest</li> <li>• Dennis red crossover tie</li> </ul> <p>May be worn in class for warmth, but NOT during a Special Event:</p> <ul style="list-style-type: none"> <li>• Dennis navy polyester cardigan or pullover</li> <li>• Dennis navy polartec vest or jacket</li> <li>• Dennis navy quarter-zip sweatshirt</li> <li>• Spirit wear jacket – sold only by AHS</li> </ul>
<p><b>Boys' P.E. Uniform, Grades 7–8</b></p>	<p><b>Girls' P.E. Uniform, Grades 7–8</b></p>
<p>Recommended:</p> <ul style="list-style-type: none"> <li>• Dennis white short-sleeve shirt with AHS logo</li> <li>• Dennis navy P.E. shorts or sweatpants</li> <li>• Secure-fitting athletic shoes with non-marking soles</li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>• Approved AHS shirt</li> <li>• AHS athletic shorts</li> <li>• Ankle socks</li> </ul>	<p>Recommended:</p> <ul style="list-style-type: none"> <li>• Dennis heather gray short-sleeve shirt with AHS logo</li> <li>• Dennis navy P.E. shorts or sweatpants</li> <li>• Secure-fitting athletic shoes with non-marking soles</li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>• Approved AHS shirt</li> <li>• AHS athletic shorts</li> <li>• Ankle socks</li> </ul>

\* 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	Girls' Grooming
<p>The standard for all accessories is small, conservative, subtle, and non-distracting.</p> <ul style="list-style-type: none"> <li>• Hair ornaments must be Macbeth plaid or SOLID:               <ul style="list-style-type: none"> <li>◦ Black</li> <li>◦ White</li> <li>◦ Brown</li> <li>◦ Navy</li> <li>◦ Red</li> <li>◦ Gold</li> <li>◦ Silver</li> </ul> </li> <li>• Earrings must be a single, matching pair               <ul style="list-style-type: none"> <li>◦ K-12 girls may wear non-dangling studs</li> <li>◦ 7-12 girls may also wear simple gold or silver earrings that are smaller than one inch</li> </ul> </li> <li>• Girls may wear a single necklace which should fall above the third button down on the shirt.</li> <li>• Choker-style necklaces are not permitted.</li> <li>• Rings are limited to one per hand.</li> <li>• No bracelets (including bracelets-style watchbands)</li> <li>• No wristbands</li> <li>• No anklets</li> <li>• Scarves may not be worn in the building.</li> <li>• Eyeglasses must have lenses and must be non-distracting.               <ul style="list-style-type: none"> <li>◦ Sunglasses may not be worn in the building.</li> </ul> </li> <li>• Blankets or shawls may not be worn in the building.</li> </ul>	<ul style="list-style-type: none"> <li>• Hairstyles should be neat and clean.</li> <li>• Avoid extreme and distracting hair colors and styles.</li> <li>• Body marking is not allowed, including tattoos, washable tattoos, or marking on the skin with ink or marker.</li> <li>• No body piercing is allowed except for a single piercing in each ear.</li> <li>• 9th–12th grade girls are allowed to wear nail polish in the following colors (ALL nails must be the same color):               <ul style="list-style-type: none"> <li>◦ Transparent</li> <li>◦ Natural</li> <li>◦ Red</li> <li>◦ White</li> <li>◦ Blue</li> <li>◦ Brown</li> <li>◦ Tan</li> <li>◦ Gray</li> <li>◦ Green</li> <li>◦ Pink</li> <li>◦ No neon colors</li> <li>◦ No patterns or accessories</li> </ul> </li> <li>• Makeup should be subtle and conservative.               <ul style="list-style-type: none"> <li>◦ No glitter</li> </ul> </li> </ul>
Boys' Accessories	Boys' Grooming
<ul style="list-style-type: none"> <li>• Boys may wear a single watch.</li> <li>• Boys may wear one ring per hand.</li> <li>• No earrings, necklaces, bracelets, or wristbands.</li> <li>• Boys may wear a solid black, navy, gray (non-metallic) or brown belt.</li> <li>• Scarves may not be worn in the building.</li> <li>• Blankets or shawls may not be worn in the building.</li> <li>• Eyeglasses must have lenses and must be non-distracting.               <ul style="list-style-type: none"> <li>◦ Sunglasses may not be worn in the building.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Boys' hair must be trimmed above the collar, leaving the ear uncovered. Hairstyles should be neat and clean.</li> <li>• Hair should be relatively short.</li> <li>• Sideburns must not extend below the earlobe or onto the cheek.</li> <li>• Young men should be clean-shaven.</li> <li>• Avoid extreme and distracting hair colors and styles.</li> <li>• Body marking is not allowed, including tattoos, washable tattoos, or marking on the skin with ink or marker.</li> <li>• No nail polish.</li> <li>• No makeup.</li> <li>• No body piercing is allowed.</li> </ul>



# 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
<p>Athletic or casual styled shoes must be:</p> <ul style="list-style-type: none"> <li>• Secure fitting</li> <li>• Conservative in style and appearance</li> <li>• Flat or low-heeled (less than one inch)</li> <li>• Color and laces must be black, navy, brown, gray, or white.</li> <li>• Conservative accents of any color are acceptable.</li> <li>• NO rollers, lights, characters, slippers, moccasins, moccasin styles, open toes, open heels, bold or distracting designs (including plaid, checkered, polka-dot, floral, heavily striped), etc.</li> <li>• Laces must be worn in shoes intended to have laces</li> <li>• Boots should not be worn in the building, but are acceptable outside the building</li> <li>• 9-12 Boys may wear khaki shoes</li> </ul>	<p>Socks (boys and girls):</p> <ul style="list-style-type: none"> <li>• Must be worn at all times.</li> <li>• Solid black, navy, gray, or white</li> <li>• Must rise at least 3" above the ankle</li> <li>• NO stripes or patterns of any kind</li> <li>• Knee socks acceptable for girls (plain or cable knit)</li> </ul> <p>Socks (boys, Grades 9-12):</p> <ul style="list-style-type: none"> <li>• May also wear khaki and dark brown socks, Monday-Thursday</li> </ul> <p>Tights (girls only):</p> <ul style="list-style-type: none"> <li>• K-6 girls may wear solid black, navy, gray, or white (cable or opaque)</li> <li>• 7-12 girls may wear unpatterned, opaque black or navy.</li> <li>• NO stripes or patterns of any kind</li> </ul> <p>Leggings (girls, Grades K-6 only):</p> <ul style="list-style-type: none"> <li>• Must be snug fitting and cover the ankle</li> <li>• Solid black, navy, white, or gray</li> <li>• Well-maintained, no holes or staining</li> <li>• Leggings may replace the daily required shorts</li> <li>• NO stripes or patterns of any kind</li> </ul> <p>Nylons (girls, Grades 9-12 only):</p> <ul style="list-style-type: none"> <li>• Black, navy, or tan (skin toned)</li> <li>• Must be waist high</li> <li>• Well-maintained, no holes or runs</li> </ul>
Friday Dress Shoes	Friday Dress Socks
<p>Casual or Dress styles must be:</p> <ul style="list-style-type: none"> <li>• Solid, dark shoes with conservative black or brown sole</li> <li>• Black, navy, or dark brown</li> <li>• Laces must be the same color as the body of the shoe (ie-black shoe, black laces.)</li> <li>• No accents or additional colors</li> <li>• Conservative in style and appearance</li> <li>• Flat or low-heeled (less than one inch)</li> <li>• No boots</li> </ul>	<p>Boys K-12</p> <ul style="list-style-type: none"> <li>• Solid black or navy socks</li> <li>• Must rise at least 3" above the ankle</li> </ul> <p>Boys 9-12</p> <ul style="list-style-type: none"> <li>• Solid black, navy, dark brown or khaki socks.</li> </ul> <p>Girls K-6</p> <ul style="list-style-type: none"> <li>• Black or navy tights (cable or opaque)</li> <li>• Girls knee socks, black or navy, (plain or cable knit)</li> </ul> <p>Girls 7-8</p> <ul style="list-style-type: none"> <li>• Navy tights (opaque only, no cable knit)</li> </ul> <p>Girls 9-12</p> <ul style="list-style-type: none"> <li>• Tan nylons</li> <li>• Navy or black tights (opaque only, no cable knit)</li> </ul>
Special Event Dress Shoes (Picture day, ALL concerts, & devotionals)	Special Event Dress Socks (Picture day, ALL concerts, & devotionals)
<p>Dress shoe styles must be:</p> <ul style="list-style-type: none"> <li>• Formal DRESS shoes (no athletic shoes)</li> <li>• Solid, dark shoes with conservative black or brown sole</li> <li>• Black, navy, or dark brown</li> <li>• Laces must be the same color as the body of the shoe (ie-black shoe, black laces.)</li> <li>• No accents or additional colors</li> <li>• No contrasting stitching</li> <li>• Conservative in style and appearance</li> <li>• Flat or low-heeled (less than one inch)</li> <li>• No boots</li> </ul>	<p>Boys K-12</p> <ul style="list-style-type: none"> <li>• Solid black or navy socks</li> <li>• Must rise at least 3" above the ankle</li> </ul> <p>Boys 9-12</p> <ul style="list-style-type: none"> <li>• Solid black, navy, dark brown or khaki socks.</li> </ul> <p>Girls K-6</p> <ul style="list-style-type: none"> <li>• Black or navy tights (cable or opaque)</li> </ul> <p>Girls 7-8</p> <ul style="list-style-type: none"> <li>• Navy tights (opaque only, no cable knit)</li> </ul> <p>Girls 9-12</p> <ul style="list-style-type: none"> <li>• Tan or skin-toned nylons</li> </ul>
Shoes	Outdoor Shoes
<ul style="list-style-type: none"> <li>• Secure fitting with non-marking soles</li> <li>• Appropriate and comfortable for athletic activities</li> <li>• Suitable for both indoor and outdoor use</li> <li>• All colors are acceptable</li> </ul>	<ul style="list-style-type: none"> <li>• Boots of any kind are not allowed in the building but may be changed into for outdoor use.</li> </ul>

# Additional Uniform Supplier Options

Grades K–6 Boys' Uniform Pant	Grades 9–12 Girls' Uniform Skirts
<p>Lands'End item # 403847-BP8</p> <ul style="list-style-type: none"> <li>• School Uniform Boys Iron Knee Blend Plain Front Chino-Classic Navy</li> </ul> <p>Lands'End item # 403853-BP3</p> <ul style="list-style-type: none"> <li>• School Uniform Boys Stain Resistant Plain Front Chino Pant-Classic Navy</li> </ul> <p>Lands'End item # 231069-BP3</p> <ul style="list-style-type: none"> <li>• School Uniform Boys Iron Knee Blend Pleat Chino Pant-Classic Navy</li> </ul> <p>Lands'End item # 470225-BP6</p> <ul style="list-style-type: none"> <li>• School Uniform Boys Lands'End Perfect Chino Pant-Classic Navy</li> </ul>	<p>Lands'End item # 430803-BP2</p> <ul style="list-style-type: none"> <li>• School Uniform Girls Solid Box Pleat Skirt Below the Knee-Khaki only</li> </ul> <p>Lands'End item # 430813-BP6</p> <ul style="list-style-type: none"> <li>• School Uniform Girls Solid A-line Skirt Below the Knee-Khaki only</li> </ul>
Grades 7–8 Boys' Uniform Pant	Grade 12 Girls' Gray Uniform Skirt
<p>Lands'End item # 403847-BP8</p> <ul style="list-style-type: none"> <li>• School Uniform Boys Iron Knee Blend Plain Front Chino-Classic Navy</li> </ul> <p>Lands'End item # 403853-BP3</p> <ul style="list-style-type: none"> <li>• School Uniform Boys Stain Resistant Plain Front Chino Pant-Classic Navy</li> </ul> <p>Lands'End item # 231069-BP3</p> <ul style="list-style-type: none"> <li>• School Uniform Boys Iron Knee Blend Pleat Chino Pant-Classic Navy</li> </ul> <p>Lands'End item # 470225-BP6</p> <ul style="list-style-type: none"> <li>• School Uniform Boys Lands'End Perfect Chino Pant-Classic Navy</li> </ul>	<p>Elderwear Brand, Becky Thatcher style #3972TN Gray Skirt (must fall below the kneecap).</p> <p>Can be purchased at Classy Uniforms in Pleasant Grove.</p>
Grades 9–12 Boys' Uniform Pant	Special Considerations
<p>Lands'End item # 403847-BP8</p> <ul style="list-style-type: none"> <li>• School Uniform Boys Iron Knee Blend Plain Front Chino-Classic Navy or Khaki</li> </ul> <p>Lands'End item # 403853-BP3</p> <ul style="list-style-type: none"> <li>• School Uniform Boys Stain Resistant Plain Front Chino Pant-Classic Navy or Khaki</li> </ul> <p>Lands'End item # 231069-BP3</p> <ul style="list-style-type: none"> <li>• School Uniform Boys Iron Knee Blend Pleat Chino Pant-Classic Navy or Khaki</li> </ul> <p>Lands'End item # 470225-BP6</p> <ul style="list-style-type: none"> <li>• School Uniform Boys Lands'End Perfect Chino Pant-Classic Navy or Khaki</li> </ul>	<p>Special considerations will be determined, as needed, by the AHS Principals and the Uniform Committee members. Please submit your request via email.</p> <p>Kinder–6th grade to Charne Adams: cadams@ahsmail.com 7th–12th grade to Liz Acuna: eacuna@ahsmail.com</p>
Grades K–12 Boys' White Oxford Dress Shirt	<div data-bbox="966 1375 1291 1722" data-label="Image"> </div>
<p>The following brands are permitted as long as they follow the guidelines stated below.</p> <p>Chaps brand may be purchased at Kohl's Stafford brand may be purchased at JCPenney, and Kirkland brand may be purchased at Costco.</p> <ul style="list-style-type: none"> <li>• An oxford shirt has a basket-weave pattern that combines two yarns woven lengthwise against a heavier yarn crosswise.</li> <li>• Must have a button-down collar</li> <li>• No logos or embroidery</li> <li>• White only, no cream or off-white.</li> <li>• Must be a heavily weighted fabric that is opaque</li> <li>• Should not be tight or form-fitting</li> </ul>	

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!