26-27 Uniform Policy | Middle School

Uniforms are an integral part of who we are as a Sacred Heart community. Wearing the school uniform sends the messages to students that they are part of a larger community, being a student is something to be proud of, and school is important. At Forest Ridge, we value the inner character of our students rather than their outside appearance. In uniform, students are freed from focusing on their appearance and instead direct their attention to their studies and activities. Thank you for helping support our school's uniform policy.

Students are expected to be in uniform by 8:30 a.m. every day and remain in uniform until 3:30 p.m. If they are not in uniform when they arrive to school, it is their responsibility to check in with the Dean of Students or the Assistant Dean of Students for support in getting into uniform.

There are three variations of the school uniform:

1. Daily Uniform—This version of the uniform is worn on most school days.
2. Dress Uniform—This version of the uniform may be worn any day and is required on special occasions throughout the school year.
3. Non-Uniform Dress—This version of the uniform is often worn on the first Friday of each month.

Below are the Uniform Requirements for the 2026–2027 school year.

DAILY UNIFORM

Each day, you must wear a shirt, bottoms, shoes, and socks/tights/leggings that align with the expectations below. Outerwear (sweater, sweatshirt, vests, and jackets) are optional. Athletes may wear the jersey with uniform bottoms or their team uniform warmups on game days only.

Shirt	**Polo Shirt or Turtleneck**: Plain white, forest green or navy with collar; long or short sleeve; no logos, other than optional Forest Ridge logo *Purchase from: Lands' End Uniform* ***FRIDAYS ONLY* Forest Ridge Spirit Wear Tops**: FR Spirit Wear T-shirts or long-sleeved shirts can be worn in place of the polo or turtleneck on Fridays *Purchase from: FR Spirit Wear Shop or Lands' End*
Bottoms	**Black-Watch Plaid Skirt or Skort**: No shorter than 4 inches above the knee, must wear shorts under skirt that do not extend beyond hemline of skirt *Purchase from: Flynn O'Hara* **Khaki Skirt or Skort**: No shorter than 4 inches above the knee, must wear shorts under skirt that do not extend beyond hemline of skirt *Purchase from: Flynn O'Hara or Lands' End Uniform* **Navy Skort**: No shorter than 4 inches above the knee *Purchase from: Lands' End Uniform* **Chino or Corduroy Dress Pants**: Full length only; light tan or light brown (no army green or brown or blue); no denim, linen, sweatpants or yoga pant

	material; no cargo pockets or outside pockets (except for 2 standard back pockets) *Purchase from: Anywhere* **Khaki Shorts**: No shorter than 4 inches above the knee and do not extend beyond the knee, no cargo pockets *Purchase from: Anywhere* **Forest Ridge Branded Sweatpants**: Navy sweatpants ONLY. Cannot be worn underneath skirt. Jogger or straight leg. *Purchase from: Lands' End Uniform*
Sweater	**Green Sweater**: Cardigan or Pull Over *Purchase from: Flynn O'Hara or Lands' End Uniform*
Sweatshirts, Vests and Jackets	**Forest Ridge Sweatshirt**: Forest green, navy or gray only; must have school name or logo *Purchase from: Lands' End Uniform* **Forest Ridge Vest**: Forest green or navy fleece or down vest; must have school logo *Purchase from: Lands' End Uniform* **Forest Ridge Jacket**: Forest green or navy fleece or down jacket; must have school logo *Purchase from: Lands' End Uniform* **Forest Ridge Branded Full-Zip Sweatshirt**: Gray, navy, or forest green only, must have school logo *Purchase from: Lands' End Uniform* **Forest Ridge Branded Quarter-Zip**: Gray, navy, or forest green only; must have school logo *Purchase from: Lands' End Uniform* ***NEW* Forest Ridge Branded Sweatshirts from Spirit Shop**: Gray, pink, or light blue branded sweatshirts ONLY, mint green sweatshirt is NOT part of the uniform *Purchase from: FR Spirit Shop (800 Building)* ***MIDDLE SCHOOL ONLY* Forest Green Crewneck Sweatshirt**: Plain, forest green crewneck sweatshirt; should not have any logos or graphics *Purchase from: Anywhere* ***FRIDAYS ONLY* Forest Ridge Sports Team, Club or Class Sweatshirt**: Must be an approved Forest Ridge sports team, class, or club sweatshirt *Purchase from: Club/Group/Team*
Socks, Tights and Leggings	**Tights**: Solid black or forest green (no patterns, rips, or textures like fishnets) *Purchase from: Anywhere*

	Black Leggings: Plain, solid black leggings (no decoration, pattern or athletic pants) may be worn in place of tights, must fit tightly around the legs, no bootcut leggings. No yoga pants or sweatpants under skirts. Must be worn under a skirt; cannot be worn alone as pants *Purchase from: Anywhere* **Ankle/Crew Socks**: May wear any color *Purchase from: Anywhere* **Knee High Socks**: Solid forest green only; cannot be worn over leggings *Purchase from: Anywhere*
Shoes	**Shoes or Boots**: Comfortable to walk in and navigate campus; no open backed or open toed shoes; no heel or platform higher than 2 inches; no slippers. *Purchase from: Anywhere*
Accessories	Accessories that are potentially unsafe are not permitted at school, including but not limited to: studded belts, chains, spikes, handcuffs, safety pins, etc. Belts must be functional, not decorative. ***NEW*** Hats are not part of the daily uniform or the dress uniform. This includes, but is not limited to, baseball hats, beanies, FR-branded hats, and winter hats.
Notes	No holes or rips in any uniform item (tops, bottoms, and tights/leggings). Cropped tops are not allowed as part of any of the uniform options.

DRESS UNIFORM

For Dress Uniform days, you must wear one item from each section below: shirt, bottom, sweater, socks/tights/leggings, and shoes. Sweatpants and sweatshirts are not permitted on Dress Uniform days.

Shirt	**Polo Shirt**: Plain white with collar; long or short sleeve; no logos, other than optional Forest Ridge logo *Purchase from: Anywhere*
Bottoms	**Black-Watch Plaid Skirt**: No shorter than 4 inches above the knee, must wear shorts under skirt that do not extend beyond hemline of skirt *Purchase from: Flynn O'Hara* **Chino or Corduroy Dress Pants**: **F**ull length only; light tan or light brown (no army green or brown or blue); no denim, linen, sweatpants or yoga pant material; no cargo pockets or outside pockets (except for 2 standard back pockets) *Purchase from: Anywhere*
Sweater	**Green Sweater**: Cardigan or Pull Over *Purchase from: Flynn O'Hara or Lands' End Uniform*
Socks, Tights and Leggings	**Tights**: Solid black or forest green (no patterns or rips) *Purchase from: Anywhere* **Black Leggings**: Plain, solid black leggings (no decoration, pattern or athletic pants) may be worn in place of tights, provided they are tucked into black dress boots, with no socks showing. Must be worn under a skirt; cannot be worn alone as pants. Must fit tightly around the legs, **no bootcut leggings.** No yoga pants or sweatpants under skirts. *Purchase from: Anywhere* **Knee High Socks**: Solid forest green; cannot be worn over leggings *Purchase from: Anywhere* **White Dress Socks:** Knee high or ankle socks; no tube or sports socks *Purchase from: Anywhere*
Shoes	**Black Dress Shoes**: No hiking boots, cowboy boots or rain boots; soles of shoes must be black or dark brown, no white or light-colored soles; no sparkles, pattern or other colors on shoes or boots; no open toes or backs; no heel or platform higher than 2 inches *Purchase from: Anywhere*

	Black Dress Boots: No hiking boots, cowboy boots or rain boots; must be worn with tights or black leggings; soles of shoes must be black or dark brown, no white or light-colored soles; no sparkles, pattern or other colors on boots; no heel or platform higher than 2 inches *Purchase from: Anywhere* **Black Athletic Shoes/Sneakers**: Dress shoes or dress boots are preferred, but students may wear all black athletic shoes/sneakers; soles of shoes must be black or dark brown, no white or light-colored soles; no sparkles, pattern or other colors on shoes or boots; no open toes or backs; no heel or platform higher than 2 inches *Purchase from: Anywhere*
Accessories	Hats, sunglasses, and neck scarves may not be worn during class, assemblies, or liturgies. Accessories that are potentially unsafe are not permitted at school, including but not limited to: studded belts, chains, spikes, handcuffs, safety pins, etc. Belts must be functional, not decorative.
Notes	No holes or rips in any uniform item (tops, bottoms, and tights/leggings). Cropped tops are not allowed as part of any of the uniform options.

NON-UNIFORM DRESS

Middle School students may wear non-uniform dress on the first Friday of the month and on their birthday. If the first Friday of the month is a scheduled Dress Uniform day, students are expected to wear Dress Uniform and the Non-Uniform Dress day may be rescheduled by the Dean or Students or Assistant Dean of Students. If a student's birthday lands on a weekend or school break, the Assistant Dean of Students will help them find an alternative day for their birthday Non-Uniform Dress day.

When selecting items to wear on Non-Uniform Dress days, please be sure that they align with these expectations.

Notes	• Entire area from armpit to 3-4" above the knee must be covered. • Clothing should not contain any messages, symbols, or references of profanity, drugs, alcohol, violence, or disrespect to a group or individual. • Clothing options should not include culturally appropriated elements.
Tops	• Tops must have straps that are at least 1" wide. • Tops cannot be see-through. • Tops must fully cover undergarments. • Tops must fully cover the area of the body from the armpit to the top of the pants/bottoms. • Cropped tops are not allowed to be worn on non-uniform dress days.
Bottoms	• Bottoms must fully cover undergarments. • Distressed denim is permitted as long as the tears land below the knee.
Shoes	• Shoes must have a heel or platform less than 2".
Accessories	• Accessories that are potentially unsafe are not permitted at school, including but not limited to: studded belts, chains, spikes, handcuffs, safety pins, etc.