

**DEMAREST MIDDLE SCHOOL
DEMAREST, NEW JERSEY**

August, 2011

PHYSICAL EDUCATION DRESS CODE

The students will be required to wear one item in each of the following categories:

T-shirts

Polo shirt

Sweat Top (short or long sleeve)

NO button down shirts

NO sweaters

**Sneakers (rubber soled and they have to
have laces that will be tied)**

NO docksiders

NO dress shoes

Gym shorts

Sweat pants

No jeans

NO dress pants

Athletic socks

White with colored stripes or colored socks allowed

NO JEWELRY

If a student does not wear one of the items from the above categories, he/she will be considered unprepared which can lower his/her grade.

Also, a student is not allowed to wear jewelry. The only exception would be a necklace which must be placed under his/her clothing. Every other piece of jewelry must be removed. Rope bands on the wrist are not considered jewelry. All jewelry should be locked in their physical education locker with their personal locks to attain personal safety.

For girls, all head wear must be secured closely to their heads to prevent accidents. Depending on the activity, if an object protrudes from the hair and is a safety hazard, this object will be removed.

There is a wide variety of athletic gear on the market that the children can choose from. If there is a discrepancy in the clothes that the student wears to physical education, I will not mark the student as unprepared for that day, but will advise the student not to wear the item again. For example, a student might wear a piece of athletic gear that has numerous stylish zippers on the item which could be a safety hazard in the physical education activity. If you have any questions on any of the above information, please contact me at 768-6061.

**Mrs. Kathleen Frazer
Mr. Walter Gonzales
Demarest Middle School
Physical Education Instructors**