

## Some Thoughts On Modesty and Neatness...

Earlier this summer, DCS staff and students met to review our dress code which we now call our Modesty and Neatness Guideline. These guidelines are the result of input and suggestions by numbers of our secondary students along with several DCS teachers and staff. After much discussion and prayer, the enclosed policy was settled upon. The desire of the committee - modest, neat, and practical attire. There are a number of changes which we think you will appreciate.

Please note - there appears to be a movement towards modesty for young ladies.

According to a June 30, 2004, article in The Oregonian, “. . .classy is just the term that has been entering the vocabulary of American teenagers and college-aged women to describe a shift in how they dress — exposing less skin; ditching the micro minis, cropped tops and thong-baring jeans of previous summers. In the streets and in such stores, these items are being replaced by demure knee-length skirts, high-waisted jeans, layered T-shirts and flat shoes as a badge of hip. Teens are sending a signal that ‘they want to be feminine and ladylike more than they want to be trashy and sexy.’ Comfort and age- appropriate style increasingly take precedence over sexiness for many young women. Some experts expect the trend to gather momentum, based on peer pressure.” Even so, there are those who will continue to push the limits of modesty and proper attire. Thus, our guidelines.

Girls’ dress and appearance is where guys struggle the most. Men are wired to be visually stimulated. Provocative dress (tight fitting tops and pants, low cut tops and pants, bare tummies, high hems, exposed skin, etc.) are designed to turn guys on, sexually. Repeatedly, our young men have asked that girls refrain from dressing in a manner that would draw visual attention to themselves. Most of our girls are naïve in that area and are unaware of the impact and affect their dress has on boys. Most simply want to be “cute” and “fashionable.”

Unfortunately, our young men too, are not immune from the marketers’ motive (profit at any cost). Our boys are told and shown what is cool and necessary to be “in.” Image drives the machine and guys buy into it. They have to look a certain way in order to be considered socially acceptable. The rapsta’, gothic, skateboarders, gang-bangers attire - all with an attitude and pants that barely hang to the hips. It’s the look.

At Damascus Christian, we have sought to formulate modesty and neatness guidelines that are reasonable, respectable, and most importantly, biblical and honoring to the Lord. Scripture does not state that a hem must be at a certain length nor that all boys’ shirts must be tucked in. Part of our school modesty and neatness guidelines simply reflect the look we desire. This is true during school (student arrival to departure) and all other school-sponsored or related events and activities, including athletic practices and games. The other part of the guidelines addresses Scriptural principles that apply to how we dress (as well as other areas in our lives).

***We are commanded to glorify God in all that we do — to magnify, extol, praise; acknowledging Him as to His being, attributes and acts, His holiness.***

“Whether, then, you eat or drink or whatever you do, do all to the glory of God” (I Cor. 10:3 1).

“And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks through Him to God the Father” (Col. 3:17).

***God has given us guidelines in order to protect our girls and help keep our boys from stumbling –***

“For the commandment (Scripture) is a lamp, and teaching is light; and reproofs for discipline are the way of life...

WHY?

“...to keep you from the evil (loose) woman, from the, smooth tongue of the adulteress” (Prov. 6:23, 24).

“Discretion (discernment which enables a person to judge critically of what is correct and proper, united with caution) will guard you, understanding will watch over you... (Prov. 2:11, 12).

***The call for modest dress is given for two reasons -1) to protect the girls physically and help keep them from being a stumbling block to guys, and 2) to protect young men from lust and thus, sinning –***

“The right thing to do is quit eating meat or drinking wine or doing anything else that offends your brother or makes him sin” (Rom. 14:2 1, TLB).

“Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature” (Rom. 14:14).

“Christian women should be noticed for being kind and good, not for the way they fix their hair or because of their jewels or fancy clothes” (I Tim. 2:9, TLB).

Don’t be concerned about the outward beauty that depends on jewelry, or beautiful clothes, or hair arrangement. Be beautiful inside, in your hearts, with the lasting charm of a gentle and quiet spirit which is so precious to God” (I Pet. 3:3, 4 TLB).

***Proper dress is really a heart issue - a desire to please the Lord - to be pure and holy in all that we do -***

“Above all else, guard your affections (heart). For they influence everything else in your life” (Prov. 4:23 TLB).

“But be holy now in everything you do, just as the Lord is holy who invited you to be His child. He Himself has said, ‘You must be holy, for I am holy’” (I Pet. 1:15, 6 TLB).

“Don’t let the world around you squeeze you into its own mold, but let God remold your minds from within, so that you may prove in practice that the plan of God for you is good, meets all His demands and moves towards the goal of true maturity”

(Rom. 12:2 Phillips).

### **Some Thoughts on Addressing Inappropriate Attire for School...**

Modesty must begin at home. If your child appears ready for school in an outfit that does not conform to the DCS modesty and neatness guidelines, please address it by saying something like, "I'm sorry, but that doesn't fit the guidelines." The response will most likely be, "But everyone else wears stuff like this. The school usually doesn't say anything about it." Your response — "I don't care what others are wearing. What you're wearing does not conform to the modesty and neatness guidelines. Please change into something appropriate." There will probably be more impassioned rebuttals. Calmly hold your ground. "I don't care what others are wearing. I don't care what other families allow. You are not wearing that outfit."

Please read Pastor Steve's letter. Please review very carefully our revised Modesty and Neatness Guidelines. Note the consequences for modesty/neatness infractions for 4th through 12th grade students. Even though it may appear silly, we are serious in upholding the guidelines, to help impress upon students (and parents) that modesty and neatness are never out of fashion and purity and holiness are virtues worth establishing and maintaining.

Thank you for partnering with us in this vital area.

### **Dress Code - Modesty/Neatness Guidelines**

All DCS students are to arrive at school in compliance to the modesty/neatness guidelines and remain thus throughout the school day and at all school-related activities and events.

#### **Girls - K-3 Grade**

**Skirts/dresses, split skirts** are to be no shorter than the top of the kneecap when seated or standing. Slits are not to extend above the top of the kneecap. Sleeveless dresses and blouses are acceptable, however, there is to be no exposure of underwear. Students and parents need to check periodically over the course of the school year for physical growth resulting in skirts/dresses becoming too short or tight.

**Shorts** — walking/cargo-type shorts are acceptable during the months of September-October and April-June. The hem is to be in the area of the kneecap. No athletic, nylon, rip-stop, board or baggy (skater-style) shorts.

**Slacks, cords, and loose-fitting jeans** are acceptable for school wear, if they are clean and whole. Pants are to be hemmed, cuffs are not to drag on the ground, and pants are to be worn at the waist. Leggings (except under a dress/skirt) are not acceptable. Capri pants (not tight) and fitted cargo pants (not baggy) are acceptable. Nice overalls are acceptable with appropriate top underneath. No athletic pants, nylon rip-stop-type material, fleece,

pajama-type material, sweats, or warm-ups.

**Knit shirts that are feminine tops with pictures (geese, bears, flowers, etc.) and/or words** on them must be tasteful and conservative. Recreational clothing such as traditional men's T-shirts, sunglasses, sweatbands, etc. are not appropriate. **NO SKIN ZONE** - bare tummies and backs are not appropriate at any time. Tank tops, bare midriffs/backs, and tops with suggestive printing are not appropriate, No Spirit T-Shirts except on designated days.

**Sweatshirts/Sweaters**-Neat (clean, in good order, trim and tidy) with or without hoods (hoods are not to be worn in the buildings/classrooms) continue to be appropriate. Undergarments are not to be hanging out.

**Ornamentation** - Nose, cheek, and/or body piercing, tattoos (permanent or wash-off) and hair coloring is not appropriate. Spike jewelry (necklaces, bracelets, belts, etc.) is not appropriate.

**Hats** are appropriate when part of an ensemble. No baseball-style hats, visors, or sunglasses.

**Infractions** - If a kindergarten through third grader comes to school in attire not in compliance with the DCS modesty/neatness guidelines, a note will be sent to the parents informing them of the problem. This is to be signed and returned to the issuing teacher the following school day. If there is a second modesty/neatness guideline infraction, the teacher will call the parents to discuss the matter. A third violation will result in a Parent-Teacher conference to discuss the situation.

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#### **Girls - 4th\_12th Grade**

**Skirts/dresses, split skirts** are to be no shorter than the top of the kneecap when seated or standing. Slits are not to extend above the top of the kneecap (see diagram). Sleeveless dresses and blouses are acceptable, however, there is to be no exposure of underwear. Students and parents need to check periodically over the course of the school year for physical growth resulting in skirts/dresses becoming too short or tight.

**Shorts** - walking/cargo-type shorts are acceptable during the months of September-October and April-June. The hem is to be in the area of the kneecap. No athletic, nylon, rip-stop, board or baggy (skater-style) shorts.

**Slacks, cords, and loose-fitting jeans** (no selectively pre-faded; stone wash OK) are acceptable for school wear, if they are clean and whole. Pants are to be hemmed,

cuffs are not to drag on the ground, and pants are to be worn at the waist (see diagram). Capri pants (not tight) and fitted cargo pants (not baggy) are acceptable. Overalls are acceptable (both straps buckled) with appropriate top underneath. No athletic pants, nylon rip-stop-type material, fleece, pajama-type material, sweats, or warm-ups.

**Feminine knit shirts and tops distinguished from T-shirts by embroidery, color, collars, buttons, pockets, etc.** are acceptable including those with appropriate label printing. All tops are to be modest — loose fitting (should be able to hold at least one inch of jç fabric at both side seams under arms) with high neckline (no cleavage showing at any time — sitting, standing, or bending — see diagram, no exceptions). No undergarment is to be visible (directly, by outline, or color) outside or through any article of clothing. All outfits must observe the NO SKIN ZONE. No skin is to be visible between tops and bottoms at any time during any activity, no exceptions. Tanktops are not appropriate. No Spirit T-shirts except on designated days.

**Sweatshirts/Sweaters** - Neat (clean, in good order, trim and tidy) with or without hoods (hoods are not to be worn in the buildings/classrooms) continue to be appropriate. Undergarments are not to be hanging out.

**Ornamentation** - Nose, cheek, and/or body piercing, tattoos (permanent or wash-off) and hair coloring is not appropriate. Natural hair coloring only. Spike jewelry (necklaces, bracelets, belts, etc.) is not appropriate.

**Hats** are appropriate when part of an ensemble. Baseball-style hats, visors, or sunglasses are not appropriate.

**Infractions** - Any student wearing attire not in compliance with the DCS modesty/neatness guidelines will be asked to go immediately to the school office where they will be issued an oversized garment which will be worn the remainder of the school day. In addition, the student will be issued a modesty/neatness guideline detention and billed (the cost of the clothing item) for the oversized garment. The bill must be paid by the next school day at the school office. Failure to do so will result in an additional detention. Each modesty/neatness guideline infraction will result in a new oversized garment issued by the office and billed accordingly. Three (3) modesty/neatness guideline violations per year will result in a full-day suspension from school followed by a parent-student-staff conference prior to re-admittance. If you have a question about the suitability of an article of clothing, please bring it to the office prior to wearing it to school. Please refer to the illustration to clarify any location/definition.

The goal of our modesty/neatness guidelines is not to humiliate or embarrass any student. It is to promote and encourage modest, neat attire and to protect both young men and young women from undue exposure to immodest or inappropriate dress during the school day and at all school-related events or activities.

**All DCS students are to arrive at school in compliance to the modesty/neatness guidelines and remain thus throughout the school day and at all school-related activities and events**

### **Boys - K- 3rd grade**

**Slacks, cords, and jeans** are acceptable for school wear if they are clean and whole. Pants are to be hemmed, cuffs are not to drag on the ground, and are to be worn at the waist (please refer to diagram) - underwear is not to be showing at any time. Fitted cargo pants are acceptable (no “baggy” look). No athletic pants, nylon rip-stop material, fleece, pajama-type material, sweats, or warm-ups.

**Shorts-walking/cargo-type shorts** are acceptable during the months of September-October and April-June. They are to be worn at the waist (see diagram) with the hem length in the area of the kneecap. No athletic, nylon, rip-stop, board or baggy (skater-style) shorts.

**Polo/rugby-type shirts with collars, and sports shirts with collars** are acceptable. T-shirts, unless worn underneath sweatshirts or dress shirts, are not appropriate. Cotton button-up sport shirts with a stand-up collar are acceptable. Buttoned Henley’s and turtle necks are appropriate; any printing must be appropriate. Buttons are to be buttoned; the top button may remain unbuttoned. Shirts with squared-off hems may be left un-tucked if they are not oversized, extra long, or baggy in appearance. **All shirts with tails are to be tucked in throughout the school day.** No Spirit T-shirts except on designated days. No undergarment or Spandex shirts.

**Sweatshirts/Sweaters**-Neat (clean, in good order, trim and tidy) sweatshirts, with or without hoods, continue to be appropriate. Hoods are not to be worn in the buildings/classrooms. All sweatshirts are to be worn with an appropriate shirt underneath (see above). No shirts are to hang out underneath sweatshirt or sweater. Any sweatshirt that is faded or has an overused “locker room” appearance is not appropriate.

**Hair** - must be clean, neatly trimmed and of moderate length. At all times, hair is to be above the eyebrows, above the earlobe and off the standard collar.

**Ornamentation** - Nose, cheek, body and/or ear piercing, tattoos (permanent or wash-off) and hair coloring is not appropriate. Spike necklaces, bracelets, belts, etc., are not appropriate.

**Hats and Sunglasses** are not appropriate.

**Infractions** - If a kindergarten through third grader comes to school in attire not in compliance with the DCS modesty/neatness guidelines, a note will be sent to the parents informing them of the problem. This is to be signed and returned to the issuing teacher the following school day. If there is a second modesty/neatness guideline infraction, the teacher will call the parents to discuss the matter. A third violation will result in a Parent-

Teacher conference to discuss the situation.

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### **Boys - 4th 12th Grades**

**Slacks, cords, and jeans** are acceptable for school wear if they are clean and whole. Pants are to be hemmed, cuffs are not to drag on the ground and are to be worn at the waist (please refer to diagram) - underwear is not to be showing at any time. Fitted cargo pants are acceptable (no “baggy” look). No athletic pants, nylon rip-stop material, fleece, pajama-type material, sweats, or warm-ups.



**Shorts - walking/cargo-type shorts** are acceptable during the months of September-October and April-June. They are to be worn at the waist (see diagram) with the Hem length in the area of the kneecap. No athletic, nylon, rip-stop, board or baggy (skater-style) shorts.

**Polo/rugby-type shirts with collars, and sports shirts with collars** are acceptable. T-shirts are only allowed underneath acceptable shirts. Cotton button-up sport shirts with a stand-up collar are acceptable. Buttoned Henley’s and turtle necks are appropriate; any printing must be appropriate. Buttons are to be buttoned; the top button may remain unbuttoned. Shirts with squared-off hems may be left un-tucked if they are not oversized, extra long, or baggy in appearance. **All shirts with tails are to be tucked in throughout the school day.** No Spirit T-shirts except on designated days. No undergarment or Spandex shirts.

**Sweatshirts/Sweaters** - Neat (clean, in good order, trim and tidy) sweatshirts, with or without hoods, continue to be appropriate. Hoods are not to be worn in buildings/classrooms. All sweatshirts are to be worn with an appropriate shirt underneath (see above). No shirts are to hang out underneath sweatshirt or sweater. Any sweatshirt that is faded or has an overused “locker room” appearance is not appropriate.

**Hair** - must be clean, neatly trimmed and of moderate length. At all times, hair is to be above the eyebrows, above the earlobe and off the standard collar.

**Ornamentation** - Nose, cheek, body and/or ear piercing, tattoos (permanent or wash-off) and hair coloring is not appropriate. Spike necklaces, bracelets, belts, etc., are not appropriate.

**Hats and Sunglasses** are not appropriate.

**Infractions** - Any student wearing attire not in compliance with the DCS modesty/neatness guidelines will be asked to go immediately to the school office where

he will be issued a belt/suspenders and/or oversized garment which will be worn the remainder of the school day. In addition, the student will be issued a modesty/neatness guideline detention and billed (the cost of the clothing item) for the belt/suspenders and/or oversized garment. The bill must be paid by the next school day at the school office. Each modesty/neatness guideline infraction will result in a new belt/suspenders and/or oversized garment issued by the office and billed accordingly. Three (3) modesty/neatness guideline violations per year will result in a full-day suspension from school followed by a parent-student-staff conference prior to re-admittance. If you have a question about the suitability of an article of clothing, please bring it to the school office prior to wearing it to school. Please refer to the illustration to clarify body locations/clothing definitions.

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Revised 7/2/04