

## **Circular - School Uniform & Hygiene Guidelines**

Dear Parents,

Greetings!

To ensure uniformity, discipline, and a sense of identity among our students, you are requested to adhere strictly to the prescribed uniform and hygiene guidelines outlined below. Your cooperation in reinforcing these expectations will greatly contribute to maintaining the decorum and standards of the institution.

### **Early Years (EY 1 – EY 3)**

Students in the Early Years are encouraged to wear comfortable, casual clothing along with appropriate footwear. Attire must be neat, presentable, and conducive to ease of movement throughout the day.

#### **Additional Guidelines:**

- Parents are requested to provide an extra pair of clothes to the Homeroom Teacher (HRT).
- Kindly ensure that all clothing and personal belongings are clearly labelled with the child's name or initials to avoid loss or misplacement.

### **PYP 1 – DP 2 Boys' Uniform**

#### **Regular Uniform**

- Navy blue trousers (with side pockets and one hip pocket)
- White half-sleeve shirt with school logo (summer)
- White full-sleeve shirt with school logo (winter)
- Navy blue Zodiac tie
- Formal black shoes
- White calf-length socks

#### **Winter Wear**

- **PYP 1–2:** Navy blue V-neck sweater/hoodie
- **PYP 3–DP 2:** Navy blue blazer / V-neck Navy blue sweater with school logo (*compulsory with formal uniform*)

#### **Important Note:**

Hoodies are permitted with the sports uniform only and not with the formal uniform. Students must wear either the prescribed V-neck sweater or the school blazer, or both with formal school dress.

### Additional Guidelines:

- Turban/Headgear (for Sikh students): Navy blue only
- **Sports Uniform:** White collared T-shirt with CI logo (as per house), navy blue track pants (without stripes), white calf-length socks, black sports shoes, and Navy-blue hoodie with school logo during winters.

### PYP 1 – DP 2 Girls' Uniform

#### Regular Uniform

- **PYP 1–8:** Navy blue knee-length pleated skirt
- **Grade 9 onwards:** Option of navy blue skirt or navy blue trousers
- White half-sleeve shirt with school logo (summer)
- White full-sleeve shirt with school logo (winter)
- Navy blue Zodiac tie
- Formal black shoes
- White calf-length socks

#### Winter Wear

- **PYP 1–2:** Navy blue V-neck sweater/hoodie
- **PYP 3–DP 2:** Navy blue blazer / V-neck Navy blue sweater with school logo (*compulsory with formal uniform*)

#### Important Note:

Hoodies are permitted with the sports uniform only and not with the formal uniform. Students must wear either the prescribed V-neck sweater or the school blazer, or both with formal school dress.

**Sports Uniform:** White collared T-shirt with CI logo (as per house), navy blue track pants (without stripes), white calf-length socks, black sports shoes, and Navy-blue hoodie with school logo during winters.

## General Guidelines

### Do's

- Ensure uniforms are well-fitted and in accordance with prescribed specifications
- Maintain appropriate length and style of trousers and skirts
- Wear the correct tie and ensure the school logo is visible and intact (not to be Worn-out or faded)
- Keep shoes clean and polished
- Adhere to prescribed winter wear only
- Wear white calf-length socks as specified. No other color
- Sikh students must wear only navy blue turbans/headgear
- Sports uniform must be worn strictly on designated days

### Don'ts

- Avoid low-waist, narrow-bottom, or excessively tight trousers
- Skirts must not be shorter than knee length
- Refrain from wearing non-approved accessories or embellishments
- Do not wear footwear other than prescribed formal or sports shoes
- Avoid patterned or striped track pants
- Do not roll up sleeves or leave shirts untucked
- Do not substitute school uniform with non-approved winter wear
- Avoid headgear other than navy blue (for Sikh students only)
- Do not send students in uniforms with faded or damaged logos

## Hygiene Guidelines

### Personal Hygiene

- Ensure your child bathes daily before school
- Provide clean, well-ironed uniforms along with fresh undergarments and socks
- Trim nails regularly and maintain cleanliness
- Encourage proper oral hygiene before leaving for school
- Hair must be neatly combed; long hair must be tied
- Girls are required to come with neatly pleated ponytails

### Hand Hygiene

- Encourage regular handwashing with soap
- Provide a small hand sanitizer for use when necessary
- Reinforce the habit of avoiding touching the face

### **Cough & Sneeze Etiquette**

- Teach children to cover their mouth and nose using a tissue, handkerchief, or elbow
- Ensure they carry a handkerchief in their school bag

### **School Bag & Lunch Hygiene**

- Regularly clean and disinfect school bags, lunchboxes, and water bottles
- Send fresh, home-cooked meals in clean containers (*junk/packed food is not permitted*)
- Provide a clean napkin or handkerchief

### **Clothing & Footwear**

- Ensure shoes and socks are clean and properly fitted
- Wash uniforms regularly to maintain hygiene

### **Health Check**

- Monitor your child for any signs of illness before sending them to school
- In case of illness, kindly allow the child to rest at home
- Ensure all vaccinations are up to date

Your consistent support in upholding these standards is deeply appreciated. Together, we can foster a disciplined, hygienic, and respectful school environment for all our learners.

Warm regards,

Choithram International