Clothing and Dress Guidance Policy

Dated 13/02/2026

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1. Policy Statement

Students attending Nurture Education Trust are not required to wear a school uniform. We recognise that clothing can support self-expression, comfort, identity and emotional regulation, which are particularly important within a Social, Emotional and Mental Health (SEMH) setting.

This policy provides clear guidance to ensure that clothing choices support safety and wellbeing, enable full participation in learning, maintain dignity and comfort and promote a respectful and inclusive environment

Our approach is supportive and relational. Concerns about clothing will be addressed through conversation and problem-solving rather than punitive measures wherever possible.

2. Scope

This policy applies to all students, all staff supporting students and parents and carers. It applies during the school day, on educational visits, and at school events unless otherwise specified.

3. Principles

Clothing expectations at Nurture Education Trust, apply equally to all students, are not based on gender, body shape, or personal style and focus on practicality, safety, and learning. The guidance is written with respect for religious, cultural, and identity needs and avoids language that may cause shame or embarrassment

4. General Expectations
Students are expected to wear clothing that are safe and suitable for an active school day. Clothing choices should allow comfortable movement, providing appropriate coverage to enable participation in all activities. Clothing should and not distract from learning and it should be respectful to others.

5. Safety and Practical Considerations
To reduce risk of injury or disruption, students should avoid:

- very high heels or unsafe/backless footwear
- sharp, heavy, or excessive jewellery
- items that could easily snag or get caught
- clothing that prevents participation in PE or practical lessons, specific clothing may be required for certain activities (e.g. PE kits, outdoor wear, cooking safety clothing).

6. Comfort, Coverage and Suitability
Students should choose clothing that remains secure and comfortable throughout the day and does not require frequent adjustment.
The following guidance supports this:

- Tights and leggings should be opaque (not see-through)
- Skirts and shorts should allow students to sit, bend, and move comfortably
- Tops should provide coverage when standing, sitting, or raising arms
- Crop tops or clothing that leaves the midriff uncovered are not appropriate
- Fishnet or sheer layers are not suitable for school

These examples are based on practicality and participation, not judgments about bodies or appearance.

7. Respectful Clothing and Imagery
Clothing must not display:

- offensive, discriminatory, or hateful language or images
- swearing or sexually explicit content
- references to drugs, alcohol, or weapons
- gang-related or extremist symbols

8. Seasonal Guidance

Summer and Warm Weather

During warmer months, students are encouraged to:

- Wear light, breathable clothing that helps keep them cool.

- Use sun-safe options such as hats when outdoors.
- Apply sunscreen before school and bring additional sunscreen if needed.
- Choose clothing that provides appropriate coverage and ensures comfort during school activities.
- Wear footwear that protects feet and allows for safe movement (no loose flip-flops for safety reasons).

Winter and Cold Weather

During colder months, students should:

- Wear layers that can be adjusted throughout the day as temperatures change.
- Bring a warm coat, waterproofs, hat, scarf, and gloves for outdoor activities such as daily walks.
- Wear sturdy footwear suitable for wet or icy conditions.
- Ensure clothing remains appropriate for the school environment even when layered (e.g., no offensive graphics on invisible layers).

9. Inclusion and Reasonable Adjustments

Nurture Education Trust respects clothing linked to:

- religion or faith, cultural practice
- gender identity or expression
- sensory regulation or additional needs

Reasonable adjustments will be made where required. Families are encouraged to discuss any needs with the school.

10. Responding to Concerns

Where clothing is considered unsuitable staff will:

- Speak to the student privately and respectfully
- Explain the reason using policy language
- Seek a practical solution
- Offer spare clothing if available or contact home to seek alternative clothing
- Every effort will be made to preserve dignity and avoid embarrassment. Consequences will not normally be used unless there is repeated refusal to engage or a safeguarding concern.

10. Roles and Responsibilities

As a student at Nurture Education Trust, we ask that you

- Make appropriate clothing choices
- Respond positively to guidance from staff

Parents/Carers

- Support students to follow this guidance
- Contact school with any queries

Staff

- Apply guidance consistently and sensitively
- Address concerns discreetly
- Avoid body-focused or gendered language

Senior Leaders

- Monitor implementation
- Review policy regularly

11. Monitoring and Review

This policy will be reviewed annually or sooner if required.