



Gym Uniforms

Dear Families

I am writing to share some exciting news about a new step we are taking to strengthen our school community and provide consistency for our students. Beginning this fall, students in **grades 4–8** will be adopting a **gym uniform**.

There are several reasons for this decision:

- **Promotes School Identity and Pride:** A gym uniform fosters a sense of belonging and school spirit. When students are dressed alike, they represent our school with pride both in and outside the building.
- **Encourages Equality:** Uniforms create a level playing field by reducing distractions and eliminating concerns about what to wear for gym class. This allows students to focus on participation and teamwork.
- **Practicality and Safety:** The uniform ensures that students are dressed appropriately for physical activity. Proper attire allows for free movement, reduces the chance of injury, and keeps students comfortable during exercise.
- **Teaches Responsibility:** Wearing a gym uniform helps students learn responsibility by caring for and remembering their gym clothes on scheduled days.
- **Preparation for High School:** In most high schools, students are required to change into gym clothes for physical education. By adopting a gym uniform in **grades 4–8**, we are helping our students practice this routine and prepare for a smooth transition to high school expectations.

Thank you for your support as we continue to create a positive and safe environment for your children. We are confident that this change will benefit our students both in the classroom and on the gym floor.

Sincerely,
Ms. Chandley, Principal

Frequently Asked Questions

Will younger grades be required to wear a gym uniform?

No. At this time, gym uniforms will only be required for students in **grades 4–8**. Younger students will continue to participate in gym class in their regular school uniforms and their gym sneakers.

What if my child forgets their gym uniform?

If a student forgets their uniform, they will still participate in class to the best of their ability, but may not be able to engage fully in certain activities which may impact their grade. We encourage parents to help students prepare the night before to develop responsibility. If students are forgetting the uniform on multiple occasions, they will receive a demerit (see handbook).

What is the gym uniform?

Students are permitted to wear the following:

- Plain black athletic shorts or sweatpants. (Shorts must be an appropriate length, reaching at least mid-thigh. Bike shorts or form-fitting spandex shorts are not permitted.)
- A plain black or red T-shirt or a St. Stephen School spirit T-shirt.
- Athletic shoes suitable for physical activity

Currently, we have a gym uniform for purchase through J&S Screen Printing in Clarion via our online Spirit Wear store. We will be working with additional vendors such as Shaheens to make uniform options available.

Can students wear the gym uniform all day?

No. Students will change into their gym uniform after lunch on their scheduled gym day and will wear it home at dismissal.

When will students begin changing for gym class?

Students will begin changing for gym class Friday, September 12, 2025.