COLCHESTER
PREP AND HIGH SCHOOL

Uniform Guidelines

Jewellery, Make-up, and Nail Varnish

- Make-up, false eyelashes and nail varnish should not be worn in school.
- Jewellery should not be worn except in the following circumstances:
    - For religious or cultural reasons
    - KS4 pupils only may wear one small, gold or silver stud (which can include a precious/ semi-precious stone) in each ear lobe. This should be no larger than 6mm in diameter.
- No other jewellery or piercings are permitted, including nose studs or additional ear piercings.
- Earrings must be removed for PE lessons.
- Smart watches should not be worn in school.
- Any items not in line with this policy will be kept safely by staff until they can be collected.

Hair

- Hair should be natural in colour and neatly styled.
- Bright or multi-tonal colours are not permitted.
- Haircuts should not be shorter than a number two, and shaved patterns or tramlines are not allowed.
- Pupils with longer hair should ensure it is tied back with a hair band (black, brown or navy blue).
- KS3 pupils will be allowed hair 'half up and down' but hair must be kept out of the face at all times and especially for learning in certain lessons (eg Science/ Art/ DT and PE).
- KS4 pupils will be allowed to wear thier hair down, but this should also be kept out of their face and tied back for learning in certain lessons (eg Science/ Art/ DT and PE).
- Facial stubble/facial hair is **NOT** permitted unless for religious reasons.

We also kindly request that

- Skirts and trousers should be regulation wear purchased from Coes ONLY - Lycra is not allowed.
- Shoes should be black leather only. Boots and trainers (unless for sport) are not to be worn in school.

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Glasses in Sport

In line with the recommendations of the Association of British Dispensing Opticians, pupils are welcome to take part in all school sports activities whilst wearing appropriate protective eyewear/glasses. When choosing glasses for your child, it is recommended that you ask your optician about polycarbonate and/or Trivex lenses, which are more impact resistant than regular lenses and sustain the impact of a ball.

It is advised that daily glasses are avoided for contact sports such as football and rugby, and that dedicated sports goggles/glasses, which provide vision correction and eye protection, are used. For ball sports like basketball, netball, dodgeball and cricket, glasses/goggles with polycarbonate lenses that protect against fast-moving objects while maintaining clear vision are recommended. These typically feature wraparound designs to protect the eyes from multiple angles and elastic straps to keep them securely in place during active movement.

Water sports require specialised solutions, as standard glasses or sports goggles may not be practical as navigating the pool with poor vision will be difficult. Swimmers can access prescription swimming goggles.

Combat sports or martial arts present unique challenges, as most eyewear could potentially cause injury during falls or contact. In these cases, sports-specific headgear with built-in eye protection, or specially designed martial arts glasses may be recommended, or temporary use of contact lenses for older pupils under professional guidance, may be the most suitable option.

For lower impact activities, standard plastic frames with adjustable pad arms work well. There is no set age limit for children to wear contact lenses, and this may be worth exploring with your optician if your child finds glasses restrictive during sport.

Above all, we want every pupil to feel confident and included, glasses and contact lenses are no barrier to athletic achievement, and many successful athletes wear vision correction during competition. If you have any questions, please speak with our Head of PE, Mr Dowson, or contact the school office.

We truly value your support in helping us maintain high standards, whilst ensuring every pupil feels included, respected, and proud of their school.

CPHS Nursery Polo

CPHS Jumper

CPHS Cardigan

CPHS Tunic

CPHS Skirt

CPHS Sock

CPHS Tie -

CPHS Tie -

CPHS Tie -

CPHS Tie -

CPHS Cap

CPHS Hat

CPHS Blazer

CPHS Fitted Blazer

CPHS Fitted Jacket

CPHS Year 10/11 Jacket

CPHS Year 10/11 Fitted Jacket

CPHS Year 10/11 Skirt

CPHS Winter Hat

CPHS Rucksack

CPHS Pre Prep Sweatshirt	CPHS Pre Prep Jogging Trousers
CPHS Games Polo	CPHS Games Short
CPHS Fitted Games Polo	CPHS Games Skort

CPHS Games Shirt	CPHS Games Sock
CPHS Games Midlayer	CPHS Games Track Jacket
CPHS Tracksuit Trouser	CPHS Games Leggings

CPHS PE/Swim Bag	CPHS Boot Bag

Pre Prep (Ages 4 – 7) – Day Uniform

	Garment	Year Group	Required	Autumn Term		Spring Term		Summer Term	
	CPHS Nursery Polo	Nursery	Compulsory	✓	✓	✓	✓	✓	✓
	Mid Grey Shorts	Nursery	Compulsory	✓				✓	✓
	Mid Grey Trousers	Nursery	Compulsory		✓	✓	✓		
	CPHS Jumper	Nursery	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS Grey/Royal Socks	Nursery	Compulsory	✓				✓	✓
	Grey Socks	Nursery	Compulsory		✓	✓	✓		
	CPHS Tunic	Nursery	Compulsory	O	✓	✓	✓		
	CPHS Cardigan	Nursery	Compulsory	✓	✓	✓	✓	✓	✓
	Socks or	Nursery	Compulsory	✓	✓	✓	✓		
	Tights	Nursery	Compulsory	✓	✓	✓	✓		
	CPHS Summer Dress	Nursery	Compulsory	O				✓	✓

	Socks	Nursery	Compulsory	O				✓	✓
	Shoes – Black	Nursery	Compulsory	✓	✓	✓	✓	✓	✓
	Coat – ex CHSA	Nursery	Compulsory	✓	✓	✓	✓	✓	✓
	Winter Hat	Nursery	Compulsory	✓	✓	✓	✓		
	Summer Hat – ex CHSA	Nursery	Compulsory	✓			✓	✓	✓
	School Bag	Nursery	Compulsory	✓	✓	✓	✓	✓	✓

Pre Prep (Ages 4 – 7) – Day Uniform

	Garment	Year Group	Required	Autumn Term		Spring Term		Summer Term	
	CPHS Blazer	Rec – Year 2	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS – House Tie	Rec – Year 2	Compulsory	✓	✓	✓	✓	✓	✓
	White Shirt	Rec – Year 2	Compulsory	✓	✓	✓	✓	✓	✓
	Mid Grey Shorts	Rec – Year 2	Compulsory	✓				✓	✓
	Mid Grey Trousers	Rec – Year 2	Compulsory		✓	✓	✓		
	CPHS Jumper	Rec – Year 2	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS School Cap	Rec – Year 2	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS Grey/Royal Socks	Rec – Year 2	Compulsory	✓				✓	✓
	Grey Socks	Rec – Year 2	Compulsory		✓	✓	✓		
	CPHS Blazer	Rec – Year 2	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS Tunic	Rec – Year 2	Compulsory		✓	✓	✓		

	CPHS – House Tie	Rec – Year 2	Compulsory	✓	✓	✓	✓	✓	✓
	White Closed Neck Blouse	Rec – Year 2	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS Cardigan	Rec – Year 2	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS School Hat	Rec – Year 2	Compulsory	✓	✓	✓	✓	✓	✓
	Socks or	Rec – Year 2	Compulsory		✓	✓	✓		
	Tights	Rec – Year 2	Compulsory		✓	✓	✓		
	CPHS Summer Dress	Rec – Year 2	Compulsory	✓				✓	✓
	Socks	Rec – Year 2	Compulsory	✓				✓	✓
	Shoes – Black	Rec – Year 2	Compulsory	✓	✓	✓	✓	✓	✓
	Coat – ex CHSA	Rec – Year 2	Compulsory	✓	✓	✓	✓	✓	✓
	Winter Hat	Rec – Year 2	Compulsory	✓	✓	✓	✓		
	Summer Hat – ex CHSA	Rec – Year 2	Compulsory	✓			✓	✓	✓
	School Bag	Rec – Year 2	Compulsory	✓	✓	✓	✓	✓	✓

Pre Prep (Ages 4 – 7) – Sports Uniform

	Garment	Year Group	Required	Autumn Term		Spring Term		Summer Term	
	CPHS PE/Games Polo Shirt	Nur – Year 2	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS Games Short	Nur – Year 2	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS Prep Sweatshirt	Nur – Year 2	Compulsory	✓	✓	✓	✓	✓	✓
	Jogging Bottoms – Royal	Nur – Year 2	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS Rugby/Games Shirt	Rec – Year 2	Compulsory	✓	✓	✓	✓		
	CPHS Games Sock	Rec – Year 2	Compulsory	✓	✓	✓	✓		
	Baselayer – Navy – Plain	Rec – Year 2	Optional	✓	✓	✓	✓		
	PE Socks – White	Rec – Year 2	Compulsory	✓	✓	✓	✓	✓	✓
	Trainers	Nur – Year 2	Compulsory	✓	✓	✓	✓	✓	✓
	PE/Swim Bag	Nur – Year 2	Compulsory	✓	✓	✓	✓	✓	✓
	Swimming Short or	Year 1 & 2	Compulsory	✓	✓	✓	✓	✓	✓
	Swimming Costume	Year 1 & 2	Compulsory	✓	✓	✓	✓	✓	✓

Prep (Ages 7 – 11) – Day Uniform

	Garment	Year Group	Required	Autumn Term		Spring Term		Summer Term	
	CPHS Blazer	Years 3 to 6	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS – House Tie	Years 3 to 6	Compulsory	✓	✓	✓	✓	✓	✓
	White Shirt	Years 3 to 6	Compulsory	✓	✓	✓	✓	✓	✓
	Mid Grey Shorts	Years 3 to 6	Compulsory	✓				✓	✓
	Mid Grey Trousers	Years 3 to 6	Compulsory		✓	✓	✓		
	CPHS Jumper	Years 3 to 6	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS Grey/Royal Socks	Years 3 to 6	Compulsory	✓				✓	✓
	Grey Socks	Years 3 to 6	Compulsory		✓	✓	✓		
	CPHS Blazer	Years 3 to 6	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS Tunic	Years 3 to 5	Compulsory		✓	✓	✓		
	CPHS Skirt	Year 6	Compulsory		✓	✓	✓		

	CPHS – House Tie	Years 3 to 6	Compulsory	✓	✓	✓	✓	✓	✓
	White Closed Neck Blouse	Years 3 to 6	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS Cardigan	Years 3 to 6	Compulsory	✓	✓	✓	✓	✓	✓
	Socks or	Years 3 to 6	Compulsory		✓	✓	✓		
	Tights	Years 3 to 6	Compulsory		✓	✓	✓		
	CPHS Summer Dress	Years 3 to 6	Compulsory	✓				✓	✓
	Socks	Years 3 to 6	Compulsory	✓				✓	✓
	Shoes – Black	Years 3 to 6	Compulsory	✓	✓	✓	✓	✓	✓
	Coat – ex CHSA	Years 3 to 6	Compulsory	✓	✓	✓	✓	✓	✓
	Winter Hat	Years 3 to 6	Compulsory	✓	✓	✓	✓		
	Summer Hat – ex CHSA	Years 3 to 6	Compulsory	✓			✓	✓	✓
	School Bag	Years 3 to 6	Compulsory	✓	✓	✓	✓	✓	✓

Prep (Ages 7 – 11) – Sports Uniform

	Garment	Year Group	Required	Autumn Term		Spring Term		Summer Term	
	CPHS PE/Games Polo Shirt	Years 3 to 6	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS Games Short or	Years 3 to 6	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS Games Skort	Years 3 to 6	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS Midlayer	Years 3 to 6	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS Tracksuit Trouser	Years 3 to 6	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS Tracksuit Jacket	Years 3 to 6	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS Rugby/Games Shirt	Years 3 to 6	Compulsory	✓	✓	✓	✓		
	CPHS Games Sock	Years 3 to 6	Compulsory	✓	✓	✓	✓		
	Baselayer – Navy – Plain	Years 3 to 6	Optional	✓	✓	✓	✓		
	PE Socks – White	Years 3 to 6	Compulsory	✓	✓	✓	✓	✓	✓
	Trainers	Years 3 to 6	Compulsory	✓	✓	✓	✓	✓	✓

	CPHS Boot Bag	Years 3 to 6	Compulsory	✓	✓	✓	✓	✓	✓
	Football Boots	Years 3 to 6	Compulsory	✓	✓	✓	✓		
	Shin Guards	Years 3 to 6	Compulsory	✓	✓	✓	✓		
	Mouth Guard	Years 3 to 6	Compulsory	✓	✓	✓	✓		
	Swimming Short or	Years 3 to 6	Compulsory	✓	✓	✓	✓	✓	✓
	Swimming Costume	Years 3 to 6	Compulsory	✓	✓	✓	✓	✓	✓
	PE/Swim Bag	Years 3 to 6	Compulsory	✓	✓	✓	✓	✓	✓

Senior School (Ages 11 – 16)– Day Uniform

	Garment	Year Group	Required	Autumn Term		Spring Term		Summer Term	
	CPHS Blazer	Years 7 to 9	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS – House Tie	Years 7 to 11	Compulsory	✓	✓	✓	✓	✓	✓
	White Shirt	Years 7 to 11	Compulsory	✓	✓	✓	✓	✓	✓
	Black Trousers	Years 7 to 11	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS Jumper	Years 7 to 9	Compulsory If wishing to wear a jumper	✓	✓	✓	✓	✓	✓
	Black Socks	Years 7 to 11	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS Year 10/11 Jacket	Years 10 & 11	Compulsory	✓	✓	✓	✓	✓	✓
	Black Jumper	Years 10 & 11	Compulsory If wishing to wear a jumper	✓	✓	✓	✓	✓	✓
	CPHS Blazer	Years 7 to 9	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS Skirt	Years 7 to 9	Compulsory	✓	✓	✓	✓	✓	✓

	CPHS – House Tie	Years 7 to 9	Compulsory	✓	✓	✓	✓	✓	✓
	White Closed Neck Blouse	Years 7 to 9	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS Jumper	Years 7 to 9	Compulsory	✓	✓	✓	✓	✓	✓
	Tights – Black or Neutral	Years 7 to 9	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS Year 10/11 Jacket	Years 10 & 11	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS Year 10/11 Skirt or	Years 10 & 11	Compulsory	✓	✓	✓	✓	✓	✓
	Tailored School Trousers - Black	Years 10 & 11	Compulsory	✓	✓	✓	✓	✓	✓
	Black Jumper	Years 10 & 11	Compulsory If wishing to wear a jumper						
	Shoes – Black	Years 7 to 9	Compulsory	✓	✓	✓	✓	✓	✓
	Coat – Plain Navy/Black	Years 7 to 11	Compulsory	✓	✓	✓	✓	✓	✓

Senior (Ages 11 – 16) – Sports Uniform

	Garment	Year Group	Required	Autumn Term		Spring Term		Summer Term	
	CPHS PE/Games Polo Shirt	Years 7 to 11	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS Games Short or	Years 7 to 11	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS Games Skort	Years 7 to 11	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS Midlayer	Years 7 to 11	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS Tracksuit Trouser	Years 7 to 11	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS Tracksuit Jacket	Years 7 to 11	Optional	✓	✓	✓	✓	✓	✓
	CPHS Rugby/Games Shirt	Years 7 to 11	Compulsory	✓	✓	✓	✓		
	CPHS Games Sock	Years 7 to 11	Compulsory	✓	✓	✓	✓		
	Baselayer – Navy – Plain	Years 7 to 11	Compulsory	✓	✓	✓	✓		
	CPHS Power Leggings	Years 7 to 11	Optional	✓	✓	✓	✓	✓	✓
	PE Socks – White	Years 7 to 11	Compulsory	✓	✓	✓	✓	✓	✓

	Trainers	Years 7 to 11	Compulsory	✓	✓	✓	✓	✓	✓
	CPHS Boot Bag	Years 7 to 11	Compulsory	✓	✓	✓	✓	✓	✓
	Football Boots	Years 7 to 11	Compulsory	✓	✓	✓	✓		
	Shin Guards	Years 7 to 11	Compulsory	✓	✓	✓	✓		
	Mouth Guard	Years 7 to 11	Compulsory	✓	✓	✓	✓		
	Swimming Short or	Years 7 to 11	Compulsory	✓	✓	✓	✓	✓	✓
	Swimming Costume	Years 7 to 11	Compulsory	✓	✓	✓	✓	✓	✓
	PE/Swim Bag	Years 7 to 11	Compulsory	✓	✓	✓	✓	✓	✓