



Ambrose Dance Attire Guidelines for Ladies

7th-12th grade Girls and Parents,

With our first dressy dance coming up, we'd like to remind everyone why we have a dress code for dances and give you a checklist to use as you shop for this much-anticipated event. Rather than laying down "laws," we'd like to partner with you as we recall WHY it's important to dress modestly. We want you, our young ladies, to show respect for yourselves and the young men at Ambrose with your choice of dress. We want you to feel beautiful in a Christ-honoring way, always being mindful that God is more concerned about our hearts, and our hearts are reflected by our outward choices. In this case, what we are choosing to wear to the dance!

We believe with parents intentionally guiding their daughters, they are more than capable of making wise choices in regards to purchasing a dress. **If you are unsure that the dress meets the guidelines you may send a text or email to Mrs. Brown with THREE pictures of yourself wearing the dress (front, back & side profile) and she will let you know if it is ok or not.**

Please look over the guidelines together, making sure that your dress selection meets the criteria. We do not anticipate turning anyone away but will do so if the guidelines are not respectfully followed.

Winter Semi-Formal (7-12th) Dress Guidelines:

1. When standing, the length of the skirt should be no more than 2" above the knee. For long dresses, no slits higher than 2" above the knee. You'll do lots of twirling & jumping throughout the night. If in doubt, wear leggings. Tights or pantyhose do not make up for a too-short dress.
2. No midriff, cleavage or low back showing (anything below a standard bra line.) No sweetheart neckline. We shouldn't see the skin below the level of your armpits.
3. Consider how tight the dress is in revealing places. If we can see your panty line, we can see too much.
4. Make sure the dress is not see-through. No cut-outs on the body of the dress. No two-piece dresses.
5. NO spaghetti straps (including down the back of the dress) or strapless dresses. Straps must be at least 1" thick. No halter style dresses where your back is bare between your neck & your bra-line. *If you choose a dress with spaghetti straps or a strapless dress, a shrug must be worn and remain on throughout the event.*

Think dressy occasion like a wedding, dinner party, or recital performance. If you head to the formal section, you'll have a harder time finding a dress that meets the guidelines.

Protocol Formal (9-12th) Dress Guidelines:

Numbers 1-4 above apply to protocol dresses. Number 5 does not apply. Strapless dresses and those with spaghetti straps ARE allowed at protocol.

Think more formal occasions like a traditional prom.

Dressing Room Checklist: Dance around in your dress. If it is strapless, does it slide down when dancing? Bend over...what shows? Twirl around...what shows? Raise your arms in the air...what shows? If nothing shows you have found a keeper! You will feel more comfortable and have more fun if you can move freely without having to worry about what might show!

Signed dress code acknowledgement forms are no longer required. All students attending are expected to be in compliance with the above guidelines. If you have doubts about the length of your dress, bring some leggings along. If you are asked to put on leggings and the school has to provide them, your FACTs account will be billed.

*If you have any questions or concerns, please contact Raegan Brown at rbrown@theambroseschool.org or text her at 512-228-4950.