



Ambrose 7th-12th Grade Dance Attire Guidelines for Ladies

Parents and Daughters,

Ambrose has two dressy dances during the second semester, one for 7th - 12th graders, and one for 9th - 12th graders.. Our goal is to have our young ladies learn how to dress appropriately for more formal occasions while feeling attractive and confident in the outfits they select. Rather than laying down "laws", we'd like to partner with you to find a dress you love that honors the beautiful form Christ has given you. Our outward choices reflect the workings of our heart. Dressing with dignity and modesty demonstrates a keen awareness of our own value, and communicates respect for the young men at Ambrose.

Please look over and discuss with your daughter the general and specific dress guidelines set out below, and make sure the selected outfit meets the criteria. **If you have any questions about any of the requirements, please contact Mrs. Jacobs at bjacobs@theambroseschool.org or (805) 252-6830.**

Dressing Room Checklist: Dance around in your dress. If it is strapless (protocol only), 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!

Still Not Sure?: If you are unsure whether your dress meets the guidelines, please text a picture to Mrs. Jacobs with **3 pictures of yourself wearing the dress (front, back & side profile)** and she will let you know if it is ok or not. 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.** 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:

Think dressy occasions such as a wedding, dinner party, or recital performance.

- **TOP:** Decollete modestly covered, no cleavage or sweetheart necklines. Back can show as far as the bottom of the shoulder blades, no lower. Halter dresses and spaghetti straps are allowed as long as bra straps and undergarments are not visible. NO strapless dresses.
- **MIDDLE:** No cut-outs on the body of the dress. No two-piece dresses that expose the midriff when hands are lifted in the air. No front to back cutaways that reveal the skin below the level of your armpits.
- **BOTTOM:** 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.
- **OVERALL FIT:** Make sure the dress is not too tight or see-through, no undergarment lines should show because fabric is too tight or too sheer.

Protocol Formal (9-12th) Dress Guidelines:

Think more formal occasions like a traditional prom.

Protocol is a formal event including both dinner and dance and is for 9th through 12th grade students only. **All guidelines above apply** with the exception that strapless dresses are allowed and modest sweetheart necklines are acceptable as long as cleavage is not visible.

While signed dress code acknowledgement forms are no longer required, all students are expected to be in compliance with the above guidelines. We look forward to seeing your beautiful dress!