



STUDENT GROOMING & PERSONAL APPEARANCE

INTRODUCTION:

A high standard of student grooming and personal appearance is essential for maintaining discipline, safety, and a respectful learning environment. This policy is aligned with the **ADEK School Safeguarding Policy**—which emphasizes student safety, wellbeing, and the prevention of risks—and the **ADEK Student Behaviour Policy**, which outlines expectations for student conduct, responsibility, and presentation.

Together, these policies ensure that students present themselves in a manner that supports a positive school culture, promotes equality, and reflects the values of our institution.

All students are required to follow the grooming guidelines daily, and parents are expected to support the school in upholding these standards.

OBJECTIVES OF THE POLICY:

The implementation of these stricter uniform and appearance rules serves several purposes:

- **Promoting Discipline:** A standardized dress code helps instil a sense of discipline among students, encouraging them to focus on their studies and adhere to school regulations.
- **Ensuring Equality:** Uniforms reduce visible distinctions between students, minimizing social pressures related to fashion and promoting a sense of equality.
- **Strengthening National Identity:** The guidelines reflect the UAE's cultural values and aim to reinforce national identity among students.
- **Enhancing Focus:** By minimizing distractions related to personal appearance, students can concentrate better on their academic pursuits.

✓ 1. Makeup Rules:

- ✓ The use of Makeup is **strictly prohibited** on school premises to promote a natural and healthy appearance for all students (KG–Grade 12).
- ✓ No foundation, mascara, eyeliner, contouring, lipstick, or tinted lip balm.
- ✓ Only **plain, colourless lip balm** is allowed for medical dryness (Grades 4–12 only).
- ✓ No coloured lenses or cosmetic enhancements.

✓ 2. Lip Balm Rules:

- No coloured lip balm, lip gloss, or tinted products.
- Only **transparent, colourless lip balm** allowed for dryness (Grades 4–12).



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- KG-Grade 3: No lip products at all.

✓ 3. Deodorant Rules:

- Daily bathing encouraged however Deodorant is **required** for students in Grades 4–12 for hygiene.
- No strong perfumes or body sprays.
- KG-Grade 3: deodorant not required.

✓ 4. Jewellery Rules

- Valuable ornaments are strictly prohibited in school, especially gold and diamond items.
- Girls may wear small stud earrings only, excluding gold and diamond.
- No rings, bracelets, necklaces, anklets, or accessories.
- Boys may not wear any jewellery.
- No metal chains worn.

✓ 5. Smartwatch & Wearable Technology Rules:

- Smartwatches, fitness bands, and digital wearables are **not allowed** during school hours.
- Devices with cameras, messaging, or internet access are strictly prohibited.
- AirPods, wireless earbuds, and all personal audio devices are strictly prohibited on school premises to ensure safety, discipline, and to prevent loss or misuse.
- If brought to school, they must be handed to the class teacher upon arrival.

★ 6. Hair & Grooming Rules:

Girls

- Hair must be tied back neatly (ponytail or braid).
- Hairstyles must be appropriate and reflect the values of discipline and respect.
- No hair dye, highlights, or coloured streaks. Natural hair colors are required.
- Only plain black or white hairbands allowed.

Boys

- Hair must be short, even, and neatly trimmed.
- No fades, spikes, lines, designs, or gel.

★ 7. Nail Grooming Rules:


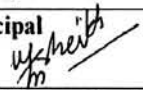



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- Nails must be short and clean.
- No nail polish, acrylic nails, gel nails, or nail decorations.

★ 8. Uniform Cleanliness & Presentation:

- Uniform must be clean, ironed, and worn properly every day.
- Shoes must be black, clean, and polished.
- PE uniform only on PE days.
- No hoodies or non-school jackets.

Designed by:	Reviewed by:	Approved by:
Social Worker: 	Vice Principal 	Principal 
Anam Saleem	Waqqas Manzoor Sheikh	Dr. Abdur Rashid Bangash