



2025-26 Uniform Guide

Early Childhood (Junior PreK - Kindergarten)

Mondays - Thursdays: Uniform Top and Bottom

Fridays: Uniform Bottom and IST house shirt

Lower School (Grade 1 - Grade 5)

Mondays - Thursdays: Uniform Top and Bottom

Fridays: Uniform Bottom and IST house shirt

Classic Navy Blazers are required to be worn on Assembly days only (will be worn over Uniform Top and Bottom)

Middle School (Grade 6 - Grade 8)

Mondays - Thursdays: Uniform Top and Bottom

Fridays: Uniform Bottom and IST house shirt

Dark Evergreen Blazers are required to be worn on Assembly days only (will be worn over Uniform Top and Bottom)

Middle School Students are required to dress out for P.H.E., wearing official IST P.H.E. Uniform shorts with an IST spirit shirt or generic athletic shirt.

Upper School (Grade 9 - Grade 10)

Mondays - Thursdays: Uniform Bottom and IST spirit shirt

Fridays: Jeans or Uniform Bottom and IST house shirt

Dark Evergreen Blazers are still required to be worn on Assembly days only (will be worn over Uniform Top and Bottom)

Upper School Students are required to dress out for P.H.E., wearing official IST P.H.E. Uniform shorts with an IST spirit shirt or generic athletic shirt.

Note: All permissible uniform tops and bottoms are listed by grade in our Lands' End store.



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Old Uniforms & Acceptable Use

No old uniforms (with our previous apple tree logo) are permitted. We phased those out during the 24-25 school year and have now fully transitioned to the new oval crest logo.

Free Dress First Friday

The first Friday of every month is a school-wide free dress day, allowing students to wear their choice of appropriate clothing. Note that the guidance below is in place on all days, including Uniform and free dress days.

Uniform Guidance

Students are expected to maintain appropriate attire at all times in accordance with our dress code. Shorts or skirts should be, at minimum, fingertip length when arms are at their sides and students should wear spandex shorts underneath skirts/dressess. Additionally, no athletic pants, sweatpants, or leggings are permitted as Uniform bottoms. Only IST-branded sweaters/sweatshirts are allowed; no outside hoodies or sweaters. Close-toed shoes with socks are to be worn at all times.

Pants, Shorts, & Skirts

If you find navy or khaki pants, shorts, or skirts that match our Uniform but are not from Lands' End, students are permitted to wear them as their Uniform bottoms. We understand that a level of flexibility is necessary with clothing brands.

Leggings

Leggings are not permitted as Uniform bottoms unless worn under a skirt, in which case they should be solid black or navy, no patterns or other colors.

House Shirts and Spirit Shirts

Our IST Spirit Store will feature IST spirit shirts and house shirts mentioned in the Uniform Guide. We encourage all students to purchase an IST house shirt, and we ask that our Upper School students purchase multiple spirit shirts to wear as their Uniform.

Physical Health Education

Middle and Upper School students are required to utilize the locker rooms/restrooms in the PAAC to dress out for P.H.E., wearing official IST P.H.E. Uniform shorts with an IST spirit shirt or generic athletic shirt. Students should plan to frequently bring these Uniforms home to wash and clean.

Formal vs. Casual & Assembly Days

To simplify our dress code and Uniform policies, we now operate with one Formal and Casual Uniform in place. The only addition for Formal Uniform is for students to wear blazers over their IST Uniform top and bottom. We will communicate reminders about upcoming Assembly days/Formal Uniform days throughout the school year.

Note: All permissible uniform tops and bottoms are listed by grade in our Lands' End store.