

Benefits of School Uniforms for Students

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The debate rages on in schools and homes: should American students have to wear school uniforms? Luckily, there are at least seven reasons why there should be school uniforms in public schools. Whether it's simplifying your kid's [morning routine](#) or creating an even playing field, uniforms come with an array of benefits for children, parents, and teachers.

1 Uniformity



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Educators and experts who are in support of school uniforms believe that buying kids uniforms contributes [positively to their behavior](#). For instance, it is believed that when students wear

uniforms, they feel more professional and thus behave accordingly.

Many educators also theorize that students can become distracted by fashion trends and status symbol clothing. Therefore, when all students are dressed in regulated uniforms, there is less focus on fashion in the classroom and more focus on learning.

2 Easier Mornings

When there's no debate on what a student is allowed wear to school, mornings are easier for all parties involved. Everyone knows exactly what the kids need to wear: their regulated school uniform.

Instead of worrying about what outfit to put together or where that one specific top is, you know exactly what you're wearing before you get out the door. By getting rid of this modern problem, there can also be a decrease in morning arguments.

3 Dress Code Control

Schools without a school uniform policy still have rules on what type of clothing is and is not allowed in school. There are usually rules regarding modesty issues, visible logos, offensive text on clothing, gang colors, and symbols. With this, teachers and administrative staff must monitor students' attire.

Of course, all of this is avoided when students are in uniform. This also relieves administration of the extra responsibility and headache of tracking what everyone is wearing.

4 An Even Playing Field

One of the most obvious arguments for school uniforms is, by having all children dressed the same, there is a decrease in bullying and teasing.

In an era of status brands and high-fashion trends, clothing has become a definitive status symbol for children and teens. By balancing out the playing field with uniforms, there is less opportunity for children to be picked on or shunned for their clothes.

5 School Spirit

There is a sense of identity and community shared through school spirit. Many experts believe that when the entire student body is dressed in uniforms, they develop a stronger team mentality. Boosting comradery when everyone is dressed alike leads to a sense of unity and belonging that many schools do not have.

6 Simple Economics

Buying a few school uniforms, instead of a new school wardrobe, every Fall is much more economical. School uniforms are designed to stand up to everyday wear and repeated washing, so most parents will find that they can get away with buying a few sets. Doing one week's worth of laundry for just school clothes will simplify the process and allows your child to focus on what's more important: going to school.

7. **Weekend Style**

With all the money a parent saves by not having to buy day-to-day clothes, they can choose to let their children buy a few nicer and more fashionable pieces for weekends and evenings. Wearing a uniform five days a week might make students appreciate their weekend fashions even more-so. This could also inspire them to take good care of them and appreciate their freedom and individuality outside of the school system.