



## SACRED HEART OF MARY GIRLS' SCHOOL, UPMINSTER

### YEAR 7-11 SCHOOL UNIFORM REGULATIONS – SEPTEMBER 2026

For **ALL** school uniform queries, please contact [sales@schoolsports4u.co.uk](mailto:sales@schoolsports4u.co.uk)



#### COMPULSORY UNIFORM

Dark navy-blue pleated skirt (**skirt must be worn on or below the knee**) or navy trousers. Available only from **SchoolSports4U**.

Dark navy-blue blazer with badge to be worn by all pupils from **SchoolSports4U**.

In the **first half of the Autumn Term and in the Summer Term** - a blue & white check short sleeve shirt from **SchoolSports4U**.

In the **second half of the Autumn Term and in the Spring Term** - a long-sleeved blue shirt with shirt collar. The school tie to be worn by all pupils in Years 7 – 11.

Plain white ankle, knee or full-length socks. Navy tights can be worn.

Plain black flat shoes. No trainers or boots.

#### OPTIONAL UNIFORM

Dark navy blue long-sleeved plain knit pullover or cardigan with V-shaped neck

Coats worn to school must be plain, black or navy and long enough to be worn over the blazer, no leather or denim. No Logos.

Gloves should be black or navy.

A plain black, navy or white scarf may be worn; no patterned/multi-coloured scarves are permitted.

A school bag for carrying books & equipment is essential. Small bags which may damage books or allow them to get wet are not suitable.

**All articles of school uniform must be clearly labelled with the pupil's name.**

### **COMPULSORY PE KIT**

All kit must be labelled with your daughter's forename and surname.

- Navy leggings with School Badge - Only available from **SchoolSports4U**
- Blue fitted Polo Shirt with School Badge - Only available from **SchoolSports4U**
- Gym Shorts - Only available from **SchoolSports4U**
- Navy football Socks (Can be purchased elsewhere)
- Shin Pads (Can be purchased elsewhere)
- White Ankle socks (not trainer socks)
- White trainers (not converse, plimsolls or brightly coloured trainers)
- PE Bag

### **OPTIONAL PE KIT**

The following recommended items are **optional** and are available from **SchoolSports4U**

- Navy and Silver Zip Training Top with School Badge
- Navy and Silver Training Pants with School Badge
- Navy football shorts

Please order uniform directly from **SchoolSports4U** <https://schoolsports4u.co.uk/>

Located: **Romford Shopping Hall**  
**Unit M4, 43 Market Place, RM1 3AB**

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The logo for SchoolSports4U features the word 'schoolsports' in a white, rounded, lowercase font with a thick black outline. The '4U' is in a bold, red, lowercase font with a thick black outline. The entire logo is set against a white background.