



Permitted Uniform Adaptions

We want all of our students to feel comfortable and able to focus on their learning, rather than be uncomfortable or overwhelmed due to sensory or medical difficulties. Therefore, the following 'adaptations' are described below and links are supplied with examples should your child need them. However, these are just a selection of links and other retailers will stock some of these items or you may find specialist Sensory Websites who specialise in this area:

For those students who **struggle with seamed clothing** - a variety of seamless/label less options from supermarkets are available and more options are often available online – or you could wear socks inside out or cut out any annoying labels

For students with **additional tactile difficulties**, who may struggle to manage the feeling of long trousers:

- shorts are also an option

For students who have **fine motor difficulties**, you could consider:

- [3pk Boys' Easy Dressing Easy Iron School Shirts \(3-18 Yrs\) | M&S Collection | M&S](#)
- [Buy Grey School Formal Stretch Pull-On Waist Skinny Trousers \(3-17yrs\) from the Next UK online shop](#)
- [Search: 38 results found for "flyless school shorts" — Sensory Smart](#)
- Removing the top button on a shirt and sew it onto the outside part of the shirt (where it would have been seen when fastened) and cover both parts of the opening with hook and loop Velcro for easy fastening

For students who struggle with **fastening shoelaces and require more supportive footwear**:

- high topped, zipped shoes are available online from various retailers – such as: [Kids' Freshfeet™ Zip High Tops \(4 Small - 7 Large\) | M&S Collection | M&S](#)

Another option for students who struggle to **fasten their shoelaces**:

- [UpUGo Elastic Shoe Laces, No Tie Shoe Laces Tieless for Kids, Adults, Elderly, One Size Fit All: Amazon.co.uk: Fashion](#)

For students who find **fastening their tie** a challenge:

- Ties can be elasticated, or attached to a clip for ease
- Or consider helping your child practising loosening/tightening a pre fastened tie a head of time - so they can manage this independently for changing for PE, or removing it in Science and Design technology without needing to seek adult help etc.

Tight Collars and stiff shirts:

- can be purchased ahead of time and added into every whitewash so when it's time for wearing these items, they are softer and more comfortable

Students who benefit from calming '**proprioceptive/deep pressure**' input,





- [Compression Wear — Sensory Smart](#) can be very beneficial for providing calming deep pressure and can be worn under their uniform (though your child would need to wear the same colour as the uniform)

Students who benefit from having **access to a fidget aid to support focus and attention** may benefit from items such as:

- [Textured Fidget Strip Stickers | The Pro Branding Co.](#)
- [36pcs Sensory Stickers, Calm Stickers Adhesives Textured Sensory Strips Rough Fidget Stress Calming Strips for Adults Teens School Classroom Desk Office Supplies : Amazon.co.uk: Stationery & Office Supplies](#) These can be 'attached' to the inside pocket of clothes with Wonder Web – or attached to pencil cases or small rulers

For students with **very sensitive skin/allergies** - 'Eco Eggs' can be used to reduce harsh chemicals when washing uniform:

- [Laundry & Personal Care — Sensory Smart](#)

Shoes

Students who need more supportive footwear/ankle support can wear ankle boots under the gender-neutral trousers.

