

RSN PATHWAY HEALTHY HABITS BREAK, UNIFORM, GADGETS & GROOMING POLICY

Creating a Culture of Excellence, Respect & Wellbeing Academic Year 2026–2027

At RSN Pathway Educational Hub,

We believe that successful learners are developed through healthy habits, proper presentation, self-discipline, and positive routines. The following guidelines have been established to create a safe, professional, and nurturing learning environment for all students.

ACADEMIC STAGE NAMES & UNIFORM COLOURS AND IMPORTANT UNIFORM GUIDELINES

All students are required to wear a **plain, solid-coloured T-shirt** according to their year group.

- ☒ No pictures, logos, characters, graphics, slogans, or printed designs
- ☒ Colours should closely match the assigned year-group colour
- ☒ Colours should not be excessively dark or excessively light
- ☒ T-shirts can be purchased from Centrepoint, Max, Redtag, Splash, or any suitable clothing store

DRESS CODES

FOUNDATION YEARS (KG SECTION)

☐ Foundation Year 1 (FY1) – Yellow

☐ Foundation Year 2 (FY2) – Green

☒ Foundation Year 3 (FY3) – Blue



Yellow (FY1)



Green (FY2)



ligh blue (FY3)

JUNIOR YEARS (GRADES 1–4)

- Junior Year 1 (JY1)
- Junior Year 2 (JY2)
- Junior Year 3 (JY3)
- Junior Year 4 (JY4)

Uniform Colour: Orange



Boys (SY 6-12)

SENIOR YEARS (GRADES 5–12)

- Senior Years (SY5–SY12)

Boys: Uniform Colour: turquoise blue shirt, black pants & black shoes

Girls: turquoise blue scarf, black Abaya & black shoes



Girls (SY 5-12) (SCARFS ARE AVAILABLE AT HUB)

UNIFORM DAYS (SUNDAY – WEDNESDAY)

- All students are required to wear the official school uniform from Sunday to Wednesday.
- Uniforms should be clean, neat, and worn appropriately at all times.
- Students should maintain proper grooming and present themselves in a respectful manner.

THURSDAY DRESS CODE (FREE DRESS DAY)

- On Thursdays, students may wear clothing of their choice.
- All clothing must remain modest, respectful, and suitable for an educational environment.
- Clothing should be comfortable while maintaining appropriate coverage and professionalism.

GUIDELINES FOR GIRLS

Lower Grades:

- Dresses, skirts, or pants should be of an appropriate length.
- Clothing should be modest, comfortable, and suitable for school activities.
- Avoid excessively short, tight, or inappropriate clothing.

Higher Grades:

- Abayas are required.
- Students may wear abayas in different colors and styles.
- Abayas should remain modest, neat, and appropriate for an educational setting.

GUIDELINES FOR BOYS

- Clothing should be modest, clean, and appropriate for school.
- Shorts above the knee, sleeveless shirts, or clothing with inappropriate images, slogans, or messages are not permitted.
- Students should wear comfortable clothing suitable for learning activities.



UNIFORM STANDARDS

Boys	Not Permitted
Required ✓ Year Group T-Shirt ✓ Black Pants ✓ Black Shoes ✓ Neat, clean, and presentable appearance	✗ Hair covering the eyes ✗ Extreme hairstyles ✗ Brightly coloured footwear ✗ Torn or inappropriate clothing
Girls (Foundation & Junior Years)	Not Permitted

Required ☒ Year Group T-Shirt ☒ Black Pants or approved modest uniform ☒ Black Shoes ☒ Hair neatly tied every day ☒ One or two ponytails, braids, or other tidy hairstyles	☒ Untidy hair ☒ Fashion accessories that distract from learning
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Girls (Senior Years – Grades 5–12) Mandatory Requirements ☒ Black Abaya ☒ turquoise blue Scarf ☒ Black Shoes ☒ Modest and professional appearance Abaya Requirements ☒ Fully stitched abayas OR ☒ Zipped abayas	Not Permitted ☒ Open-front abayas ☒ Transparent clothing ☒ Decorative fashion abayas ☒ Nail Polish ☒ Makeup ☒ Jewellery ☒ Fashion accessories that distract from learning
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PERSONAL GROOMING EXPECTATIONS

All students are expected to:

☒ Maintain good personal hygiene	
☒ Wear clean uniforms daily	
☒ Keep hair neat and tidy	
☒ Arrive ready for learning	
☒ Maintain a presentable appearance	
Boys • Hair should be trimmed regularly • Hair must not cover the eyes • Haircuts should be neat, clean, and appropriate for a learning environment	Girls • Hair should be brushed and neatly tied • Younger students should have one or two secured ponytails or braids

	• Hair should remain tidy throughout the school day
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These habits promote confidence, discipline, and self-respect.

MOBILE PHONE & SMART DEVICE POLICY

To maintain a focused, safe, and distraction-free learning environment, students are expected to use technology responsibly.

Not Permitted During Learning Hours	If a Student Brings a Mobile Phone
✗ Mobile Phones ✗ Smart Watches with calling or messaging features ✗ Gaming Devices ✗ Earbuds, Headphones, or Bluetooth Devices ✗ Personal Electronic Gadgets not required for learning	✓ The device must remain switched off or on silent mode. ✓ The Hub reserves the right to collect and safely store the device during learning hours if necessary. ✓ RSN Pathway Educational Hub will not be responsible for loss or damage of personal electronic devices brought to the premises.

Purpose of This Policy

This policy helps students:

- ✓ Remain focused during lessons
- ✓ Improve social interaction and communication skills
- ✓ Reduce distractions and interruptions
- ✓ Promote responsible technology use

HEALTHY BREAK PROGRAM

At RSN Pathway, we believe that healthy children learn better.

To encourage healthy eating habits and reduce excessive processed foods, parents are requested to follow the weekly Healthy Break Programme.

Sunday – Vegetables Day

 Vegetable Sandwiches
OR
☐ Vegetable Parathas
Along with vegetables or salad.
Monday – Fruits & Protein Day
 Fresh Fruit
Along with:
 Healthy Nuggets
 Kebabs
 Sausages
OR healthy vegetarian/non-vegetarian finger foods.
Tuesday – Sunnah Nutrition Day
 Dates
 Milk
Along with:
 Lentil Cheelas
OR
 Oats Cheelas
Wednesday – Energy Booster Day
 Nuts
 Makhanas (Fox Nuts)
☐ Healthy Juice
Along with:
 Rice Balls
 Suji Balls
 Vegetable Cutlets
☐ Spinach Balls
OR other healthy homemade snacks.
Thursday – Reward Day
 Students may bring a lunch of their choice.
<i>Parents are still encouraged to provide balanced and nutritious meals whenever possible.</i>

FOOD ITEMS NOT RECOMMENDED

To encourage healthier eating habits, we kindly request parents to avoid sending:

- ☒ Soft Drinks
- ☒ Energy Drinks
- ☒ Excessive Chocolates & Sweets
- ☒ Large Packets of Chips
- ☒ Highly Processed Junk Food
- ☒ Artificially Coloured Beverages

HYDRATION TIP FOR PARENTS

A simple and healthy way to encourage hydration is to prepare infused water using:

- ☒ Water
- ☒ Cucumber Slices
- ☒ Fresh Fruits (Orange, Lemon, Strawberry, Apple, etc.)
- ☒ Chia Seeds

Benefits

- ☒ Better hydration
- ☒ Improved concentration
- ☒ Natural energy
- ☒ Healthier drinking habits

WHY ARE WE INTRODUCING THESE GUIDELINES?

Our goal is to help students:

- ☒ Develop healthy lifelong habits
- ☒ Improve focus and concentration
- ☒ Build confidence and self-discipline
- ☒ Maintain a professional appearance
- ☒ Stay active and energetic throughout the day
- ☒ Create a positive learning environment for all

PARENT PARTNERSHIP

The success of every child depends on a strong partnership between home and school.

We kindly request all parents to support these guidelines consistently so that together we can nurture healthy, confident, disciplined, and successful learners.

By enrolling at RSN Pathway Educational Hub, parents and students acknowledge and agree to follow the expectations outlined in this policy for the benefit of the entire learning community.

Thank you for your cooperation and continued support.

RSN PATHWAY EDUCATIONAL HUB