



UNIFORM

As we look ahead to **September 2026**, we would like to confirm that we will be moving to **trousers** as the standard option **for all pupils**. This shift is rooted in practicality, equity, and the realities of family life. Trousers are more durable, more weather-proof, and far more cost-effective over the course of a school year. They offer greater flexibility for movement, whether pupils are in the classroom, on the yard, or taking part in practical activities.

Just as importantly, this change supports consistency and fairness. A single, streamlined uniform reduces pressure on families, removes unnecessary distinctions, and ensures every pupil can feel comfortable and confident. It also aligns with our commitment to sustainability, with fewer items needed and longer-lasting wear.

This is a positive step forward for Brynteg, simpler for parents and carers, more practical for pupils, and fully in keeping with the inclusive values we stand for.

Acceptable Trousers:

- ✓ Plain black full-length trousers
- (Lycra and flexible materials are permitted)
- Trousers which are suitable for formal school wear

Unacceptable Trousers

- ✗ Trousers with logos, branding or decorative features
- Leggings / jeggings
- Jogging bottoms or tracksuit bottoms (sports style trousers)
- Cargo trousers
- Denim/PVC/leather
- Skinny fit trousers
- full length skin tight trousers or trousers with logos/branding



Hopefully, this gives you as much notice as possible when planning uniform for **September 2026**.

Our intention is to move to black trousers for all pupils but understand that some will continue to wear grey trousers in the meantime pending the purchase of new uniform in the future.

Pupils in Year 7 - 13 are expected to wear school uniform (see uniform lists). Parents should ensure that all articles of clothing are clearly labelled with the child's name. Uniform is an important part of our school for all of our pupils. Pupils in years 7-11 can wear a navy school jumper (**with or without** official school logo) and **black trousers**, phasing out grey trousers (see above for explanation) whilst the sixth form uniform is black. Correct and full school uniform should be worn on the journeys both to and from school. Financial assistance towards uniform costs is available in certain cases of low income and so on. More information is available by contacting Louise Evans in the school office.

Uniform List

- *Trousers – plain black – full length (to the shoe). Phasing out dark grey trousers and skirts. No denim/jean type material or leggings are permitted.*
- *Shirt – plain white*
- *Jumper – navy v-neck (with or without the school badge)*
- *School tie*
- *Shoes – plain black – leather/leather effect (please note that black leather trainers are allowed as long as they are plain black). Please see the images below for examples of suitable shoes.*
- *A coat with a hood (any colour); there is lots of walking at Brynteg! ‘Hoodies’ are not acceptable as an outside coat and should not be worn.*
- *Dark socks are required.*

Some images of acceptable school shoes:



Some useful links demonstrating acceptable trousers for September 2026:

[H&M](#)

[Amazon](#)

[George at Asda](#)

[Shein](#)

Further Considerations for Uniform:

Pupils are permitted to wear a watch and a pair of stud earrings. Wearing a plaster over a piercing or a retainer is not acceptable and refusal to remove unacceptable piercings may result in an exclusions from the normal timetable or pupils being sent home.

Excessive make-up will not be allowed at school. Pupils wearing too much make-up will be asked to remove it. This includes acrylic nails although nail varnish may be worn. Refusal to comply may lead to exclusion from the normal timetable. Every pupil is expected to take pride in their appearance and to uphold the good name of the school. This includes hairstyles, which should avoid extremes of fashion in terms of style, cut, and colour.

Sport Kit List

Top Half:

Royal Blue Brynteg T-Shirt (compulsory) – Pupils have the option of wearing either a more fitted V-neck version or a baggier fit round neck t-shirt.

Royal Blue Brynteg Hoody (optional but highly recommended) – Pupils may wish to purchase this to wear as an outer layer in colder temperatures. However, it is advised that pupils who wish to represent the school purchase a hoody to wear to and from fixtures (no other hoodies will be permitted).

Long Sleeve Top (optional) – In cold weather, when pupils are outdoors, they may wish to wear an additional long sleeve top underneath their t-shirts. This must be either royal blue or black.

Reversible Games Jersey – Pupils who will be taking part in rugby involving tackling during lesson time or choose to attend the school rugby extra-curricular club will need a reversible jersey. This can also be worn in lesson time instead of a hoody in cold weather for other activities.

Bottom Half:

Black Bottoms (compulsory) – Pupils can choose between tracksuit bottoms, leggings, shorts or a skort, however, they must be plain black. Shorts and skorts must be an appropriate length and at least midway down the thigh. Inappropriate length skorts and shorts are not permitted and shorts must be loose fitting. Tight cycling shorts (for example, Nike pro's) are not allowed. In colder weather, pupils may choose to wear leggings under shorts or skorts if they do not wish to wear jogging bottoms. N.B. For gymnastics pupils can only wear leggings or appropriate length shorts.

Games Socks / White Socks (compulsory) – Socks should be the royal blue games socks for team games and plain white socks for other activities. This must be a different pair of socks to pupil's school uniform (these should be grey in colour and therefore it should be easily distinguishable between pupils PE and school uniform socks).

Sports Trainers (compulsory) – Pupils must wear sports trainers which are suitable for physical activity providing the necessary grip and ankle support to minimise the risk of injury. Fashion trainers, such as the Nike Air Force 1's, Converse shoes and shoes similar to this would be deemed unsuitable for Physical Education and a health and safety risk. Trainers can be any colour.

Boots – Boots will be required for pupils taking part in rugby and football during Physical Education lessons on the field, or for pupils who choose to attend the extra-curricular football or rugby clubs. Boots can be any colour. If you are unsure if your child needs boots, please contact your child's Physical Education teacher. Please note, we also have a number of pairs of boots in school that pupils can borrow.

Further Considerations for Physical Education Kit:

All jewellery must be removed for lessons and hair must be tied back for physical education lessons.

It is recommended that all pupils bring a separate carrier bag to put their trainers/boots into at the end of the lesson, should the playing area be wet.

If pupils need to be excused from taking a full role in a lesson due to illness or injury, they need to provide their teacher with a letter from parents/carers at the start of the lesson. These pupils are still required to bring in their kit and change into this for the lesson. Pupils will still be incorporated into the lesson by taking part with restricted movement (as long as this will not further impact their illness/injury) or by adopting an alternative role, such as a coach, timekeeper or official in the lesson. If pupils do not bring their PE kit it is the Physical Education policy for pupils to borrow kit and still take part in the lesson. Along with this, the school's behaviour policy will be adopted.

If any pupils are not able to meet the Physical Education kit policy, please can parents/carers speak directly to their son/daughter's Physical Education teacher or Year Leader so that we can provide the necessary support to rectify the issue. Should you have any questions regarding Physical Education kit or if you would like to check if an item is suitable for lessons (prior to purchasing), please feel free to email Miss Welsford via:

Abigail.Welsford@bryntegschool.bridgend.cymru

Uniform Suppliers

Euroschools - www.euroschools.co.uk Penybont Court, Ogmere Terrace, Bridgend, CF31 1SU

Uniforms 2 Go - www.uniform2go.co.uk Unit 4 New Street, Bridgend Industrial Estate, CF31 3UD



We have a free pre-loved uniform service called 'Vinteg'. Please scan the QR code to order, although not guaranteed, we will try our best to source pre-loved items of uniform. We are also happy to accept uniform donations; these items will go on to help those who are struggling to source uniform.

Stationery and equipment

What you need

Pens - black, blue and red

Simple geometry set - compass, ruler, eraser, set square, protractor

Notebook

Calculator

Bag - most pupils bring a rucksack as this is easier when walking around school. The rucksack needs to be substantial enough to be able to hold books, stationery, P.Ekit and so on.

Water in School

Pupils are permitted to bring water to school in plastic bottles and, with permission, to have a drink in lessons.

General Information and School Rules

Our school community needs structure in order to protect people and property and to ensure an efficient organisation. Parents are asked to make sure that their children are aware of these rules and procedures and also to support the school in their enforcement.

Personal Property

Valuable property should not be brought into school. Any personal property; including uniform, coats and bags should all be labelled. If your child has lost any item in school, please ask them to direct themselves to the pupil reception, where staff will do their best to locate and return their belongings.

Lockers

Our lockers are provided for belongings, these can be rented annually by contacting www.locker.rentals or by simply visiting their website, select Brynteg from the first page and then choose your locker. There is an annual fee paid directly to the company for the use of the locker.

Here are some of the retailers that offer dedicated sensory-friendly and easy-dressing school uniform ranges.

- **Marks & Spencer (M&S):** Famous for their 'Easy Dressing' range featuring pull-on trousers without zips/buttons, flat seams, and soft-touch fabrics.
- **Asda (George):** Offers an 'Easy On Easy Wear' collection with elasticated waistbands, hook-and-loop fastenings instead of buttons, and soft, tagless labels.
- **Next:** Provides an 'Adapted School Wear' line focusing on extra-soft materials, flat-locked seams, and pull-on styles.
- **Sainsbury's (Tu):** Features an Easy Dressing range with soft fabrics, elastic waists, and sensory-conscious closures.
- **EcoOutfitters:** Specialises in 100% certified organic cotton school uniform items, which are naturally much softer and completely chemical-free for sensitive skin.
- **Matalan:** Features an 'Easy Dressing' and adaptive schoolwear range with sensory-friendly fabrics. The collection includes soft-touch finishes to reduce skin irritation, pull-on trousers to eliminate complex fasteners, and rip-tape closures instead of traditional stiff buttons.

Brynteg Website link for uniform details.

<https://www.bryntegschool.co.uk/parents/uniform>

Link to Vinteg our pre-loved, eco-friendly uniform service.



ALN Team

Uniform Tips and Advice for Pupils with Sensory Needs



Moving from a familiar Year 6 setting to a large secondary school is a significant transition. When a child experiences sensory processing differences, navigating a specific new uniform policy can add considerable pressure to this milestone, making it feel a little overwhelming.

It is completely understandable if you or your child are feeling some concerns and worries about this change. Going from a relaxed or uniform-free primary environment to a formal secondary dress code: complete with collars, ties, and specific requirements is a lot of input to process all at once

Familiarising yourself with Brynteg's specific uniform rules in advance can help you to plan comfort-focused adaptations. This ensures your child remains regulated and comfortable while fully adhering to the school's standards.

How to make transition a little easier

If your child rarely wears a uniform or has never worn a uniform, **do not wait until September.**

- **Make it visible:** Wash it and hanging it up somewhere in their bed room so it become familiar to them and less daunting.
- **The 'Wash First' Trick:** Wash new items 3 or 4 times with fabric softener before wearing them to break down factory stiffness, and creates a familiar smell.
- **Practice Runs:** Starting in July, have them wear the uniform at home for just 15 minutes while watching TV or playing a game.
- **Build Up:** Gradually increase the time each week so their body gets used to the feel of the fabrics in a safe space.

Shirt & Tie Tips

- **Buy 100% Cotton:** Avoid standard polyester shirts where possible. 100% cotton is significantly softer, more breathable, and less likely to irritate sensitive skin.
- **Size Up the Neck:** Purchase shirts half a size or a full size larger. This ensures the top button does not press uncomfortably into the neck and throat when wearing a tie.
- **The Tie Shortcut:** Practice adjusting the tie so your child can slip it over their head and pull it loose without completely undoing the knot each time. This saves time and reduces morning stress.
- **Opt for Velcro Fastenings:** Look for shirts that feature Velcro closures behind mock buttons, making dressing quick. If you are opting for a button shirt, encourage your child to practice doing up and undoing buttons.
- **Practice Button Skills:** If opting for traditional button shirts, encourage your child to practice fastening and unfastening them during the summer to build confidence and muscle memory before the school term begins.

Trousers & Socks

- **Sensory-Friendly Ranges:** Look for 'easy-dressing' or 'easy-on' school trousers. These have elastic waistbands and flat seams (no stiff zippers or metal clips).
- **Inside-Out Socks:** Wear standard black socks inside out so the rough toe seam doesn't rub against their skin.

Jumpers & Cardigans

- **Size Up for Comfort:** Buy one a size larger. This prevents the knitwear from feeling too tight or restrictive over the collared shirt and allows for better freedom of movement.
- **Cut the Tags:** Use a seam ripper to cut out the large, scratchy wash-care labels inside the neckline and side seams to prevent skin irritation.
- **Ops for 100% cotton or high cotton blends:** cotton is significantly softer and less prone to causing itchiness.

Badges and Logos

- **Wear a Soft Base Layer:** Wear a seamless, snug-fitting cotton or bamboo vest or t-shirt underneath the school shirt. This creates a barrier between the skin and the rough stitching of the embroidered badge.
- **Iron-On Backing Over Stitching:** If the inside of the embroidered logo rubs against the chest, iron a small piece of soft iron-on interfacing (available at craft shops) directly over the back of the stitching on the inside of the garment to smooth it out.