## How to Measure

Please take a moment to read this sizing advice.


## Sizing Tips

The following instructions and tips should have you measuring with confidence in no time.

- You will need your child, a measuring tape, order form and pen
- Make sure your child takes his/her shoes off and removes any bulky items of clothing like jumpers or baggy trousers
- The measurements should be actual body measurements
- Do not be tempted to add too much "room for growth" at this stage.
A. Height
- It helps to do this against a wall or door frame
- Ask your child to stand straight, shoulders relaxed, flat on their feet
- Make sure he/she is looking straight ahead and not leaning back
- Measure from the base of the feet to the crown of the head
B. Chest
- Make sure your child has removed any bulky jumpers or clothes, you need a body measurement
- Ask your child to have their arms hanging loosely by their sides
- Measure round the body at chest height
C. Waist
- School uniform is not designed to be worn in line with low-waisted/hipster fashions, you need the natural waistline
- Make sure your child has removed any bulky items as you need a body measurement
- Measure around the natural waistline, just above the hip bone
D. Inside leg
- Required if ordering trousers including tracksuit bottoms
- Measure from the top of the inside leg to the length you would like the trousers to be
E. Waist to knee
- Required for skirts and shorts
- Measure from the natural waistline to mid knee
F. Arm length
- With a straight arm measure from the crown of the shoulder (end of the shoulder bone) to the thumb joint

Shoe Size

- This will be required if ordering any socks

