



## SIZE GUIDE

### Highfields Daywear



**In Association with**

EST.  1865

**TRUTEX**  
MADE TO LAST SCHOOLWEAR

# Introduction

The jump up to secondary school is a huge step in your child's life so it's important they arrive on their first day looking smart and feeling comfortable.

Sizing your child for secondary school uniform can seem quite confusing. Whereas primary school uniform is typically sized by age secondary uniform is much more like buying adult clothes which are mainly sized by chest and waist measurements.

We have put together this guide to help explain the sizing, how to measure and other tips to ensure the correct fit.

## Key Points when Buying Uniform

### Understand what the School expects

Schools publish extensive uniform guidelines as to what is/isn't allowed and what items are compulsory/optional. Please read the guide to help you understand what your child will need.

### Measure your Child

Seems self-explanatory but it's important to know where and how to measure. This guide will help.

### We are here to help

Whether in store, by email, by phone or through our social media channels we will always help where we can to size your child. We have been selling uniform for over 10 years so like to think we know what we're talking about.

### Speak to other Parents/Carers (if possible)

You may know someone who already has children at the school who has bought uniform before. Hopefully they can help guide you with requirements and sizing.

### **DO NOT leave Uniform Shopping until the last minute!**

We cannot emphasize this point enough. If you are worried about uniform shopping this will only add to the stress, often in the last few weeks of the summer popular sizes run scarce and the shop is extremely busy. This also means we may not be able to help as easily as we can't afford everyone the time we could earlier in the summer.

Parents often hesitate as they are understandably concerned about children growing remember you are buying uniform for a year plus not just for September. We will help you factor in growing room.

# School Blazer

Choosing the right size blazer is key to getting a blazer that lasts and also feels comfortable for your child to wear.

Blazers are bought by chest size, so you will need your child's chest measurement to start. To take your child's chest measurement, measure around the fullest part of their chest. For younger children, place the tape measure a few inches below their armpit and measure their chest there. For older children, particularly girls, the fullest part of their chest might be a little lower. Your child will be able to tell you what feels comfortable to them. Be sure not to pull the tape measure too tight.

We also have these guides on our website as well as a video which explains how to measure.

Blazers & Contemporary Jackets		
Chest Size (inches)	Chest Size (cm)	Age Guide
24"	61cm	5-6yrs
26"	66cm	7-8yrs
28"	71cm	9-10yrs
29"	73cm	
30"	76cm	
31"	79cm	11-12yrs
32"	81cm	
33"	84cm	
34"	86cm	13yrs
35"	89cm	
36"	91cm	
38"	96cm	14-16yrs
40"	102cm	
42"	107cm	
44"	112cm	
46"	117cm	
48"	122cm	
50"	127cm	
52"	132cm	
54"	137cm	
56"	142cm	



## Boys Shirts

To find the right size school shirt for your child, you will need their collar measurement.

To measure their collar, wrap the tape measure gently around the base of their neck. Put two fingers between the tape measure and their skin while you do this; this will ensure a more comfortable fit. Choose boys' school shirts based on this measurement but do also check the chest measurement of the garment as well to make sure these two areas both fit. It's better to have a comfortable, fitted chest and a slightly looser collar than a well-fitted collar and a chest that's straining at the seams.

We offer both slim fit and regular fit, long and short sleeve styles. Despite the different slim and regular styles the dimensions are the same. The slim is a more tailored shape and the regular has a chest pocket.

We also have these guides on our website as well as a video which explains how to measure.

Shirts			
Collar Size (inches)	Collar Size (cm)	Chest Size (cm)	Age Guide
11"	28cm	56cm	3-4yrs
11.5"	29cm	61cm	5-6yrs
12"	30cm	66cm	7-8yrs
12.5"	32cm	71cm	9-10yrs
13"	33cm	76cm	11yrs
13.5"	34cm	78.5cm	12yrs
14"	36cm	81cm	13yrs
14.5"	37cm	84cm	14yrs
15"	38cm	86.5cm	15yrs
15.5"	39cm	89cm	
16"	41cm	91cm	
16.5"	42cm	94cm	
17"	43cm	96cm	
17.5"	44cm	99cm	
18"	46cm	102cm	
18.5"	47cm	104cm	
19"	48cm	107cm	



## Girls Shirts

Trutex blouses are sized by chest size so you'll need to measure your child's chest size to find the best fitting blouse.

To take your child's chest measurement, measure around the fullest part of their chest. For younger children, place the tape measure a few inches below their armpit and measure their chest there. For older children, particularly girls, the fullest part of their chest might be a little lower. Your child will be able to tell you what feels comfortable to them. Be sure not to pull the tape measure too tight as this can lead to buying shirts or blouses which are too small and strain at the buttons.

We offer both slim fit and regular fit, long and short sleeve styles. Despite the different slim and regular styles the dimensions are the same. The slim is a more tailored shape and the regular has a chest pocket.

We also have these guides on our website as well as a video which explains how to measure

Blouses		
Chest Size (inches)	Chest Size (cm)	Age Guide
22"	56cm	3-4yrs
24"	61cm	5-6yrs
26"	66cm	7-8yrs
28"	71cm	9-10yrs
30"	76cm	11yrs
32"	81cm	12yrs
34"	86cm	13yrs
36"	91cm	14yrs
38"	96cm	15-16yrs
40"	102cm	
42"	107cm	
44"	112cm	
46"	117cm	
48"	122cm	



# Girls Skirts

Senior skirts are sized by two measurements: waist size and length of skirt, so you'll need two measurements to get your right size:

## 1. Waist

You'll need to measure your child's waist for girls skirts, even if the skirt style is designed to sit on their hips, it is the waist measurement that you will need.

Measure your child's waist by finding the narrowest part of their torso; this is normally a couple of inches above their hip bone and often, but not always, in line with the bellybutton. If your child has no natural narrower part to their torso, take their waist measurement from about halfway between the bottom of their rib cage and the top of their hip bone. Pull the tape measure so it's snug but not tight against their waist and make sure they're not holding their breath! You don't need to add anything to the measurement for comfort as good quality school uniform will be designed with a little bit of 'ease' included.

## 2. Skirt Length

To take your child's skirt measurement, it's easier if they wear an existing school skirt or other skirt that they like the length of. Measure from their natural waist down to the hem of the skirt, ensuring the tape measure is in a straight line. **You should also check their school's uniform requirements for skirt length to make sure any item you buy adheres to regulations.**

<i>Skirt Sizing</i>		
Waist Size (inches)	Length (inches)	Age Guide
20"	16", 18", 20"	10yrs
22"	16", 18", 20"	11yrs
24"	16", 18", 20"	12yrs
26"	16", 18", 20", 22"	13yrs
28"	16", 18", 20", 22"	14yrs
30"	18", 20", 22"	15-16yrs
32"	20", 22"	
34"	20", 22"	
36"	20"	
38"	20"	
40"	20"	

# Boys Trousers

For trousers you will need two measurements- waist and inside leg. The waist is measured in inches and the leg is given in S (short), R (regular) or L (long). Use the chart below to see which fitting your child equates to.

**Waist-** Measured in inches.

Measure your child's waist by finding the narrowest part of their torso; this is normally a couple of inches above their hip bone and often, but not always, in line with the bellybutton. If your child has no natural narrower part to their torso, take their waist measurement from about halfway between the bottom of their rib cage and the top of their hip bone. Pull the tape measure so it's snug but not tight against their waist and make sure they're not holding their breath! You don't need to add anything to the measurement for comfort as good quality school uniform will be designed with a little bit of 'ease' included.

**Inside Leg** - to decide if you require short, regular or long length

To take the inside leg measurement, ask your child to put on their school shoes and stand naturally. Run the tape measure down their inner leg, from their crotch to an inch or so above the ground where you'd like their trousers to finish. Try to ensure the tape measure is in a straight line, not wrapping around their leg, and don't pull it too tight or they'll end up with too-short, uncomfortable trousers.

WAIST"	24	26	27		28	
INSIDE LEG"	24	28	27	29	30	32
LENGTH"	R	R	S	R	R	L



Senior-VAT Standard Rated

WAIST"	29			30			32			34		36		38		40
INSIDE LEG"	28	30	32	30	32	34	30	32	34	32	34	32	34	32	34	34
LENGTH"	S	R	L	S	R	L	S	R	L	R	L	R	L	R	L	L

# Girls Trousers

You will need two measurements when finding the right size for your child's trousers

## Waist – Measured in inches

Measure your child's waist by finding the narrowest part of their torso; this is normally a couple of inches above their hip bone and often, but not always, in line with the bellybutton. If your child has no natural narrower part to their torso, take their waist measurement from about halfway between the bottom of their rib cage and the top of their hip bone. Pull the tape measure so it's snug but not tight against their waist and make sure they're not holding their breath! You don't need to add anything to the measurement for comfort as good quality school uniform will be designed with a little bit of 'ease' included.

## Inside leg – Offered in either 29" (short), 31" (regular) or 33" (long)

To take the inside leg measurement, ask your child to put on their school shoes and stand naturally. Run the tape measure down their inner leg, from their crotch to an inch or so above the ground where you'd like their trousers to finish. Try to ensure the tape measure is in a straight line, not wrapping around their leg, and don't pull it too tight or they'll end up with too-short, uncomfortable trousers.



### Junior-VAT Zero Rated

TO FIT WAIST"	22		24		26		28	
INSIDE LEG"	29	31	29	31	29	31	28	30
LENGTH"	S	R	S	R	S	R	S	R

### VAT Standard Rated

WAIST"	30			32			34			36			38		
INSIDE LEG"	29	31	33	29	31	33	29	31	33	29	31	33	29	31	33
LENGTH"	S	R	L	S	R	L	S	R	L	S	R	L	S	R	L



If you need anymore information please feel free to contact us-

Tel. 01629 55685

Email. [enquiries@kickoffsport.co.uk](mailto:enquiries@kickoffsport.co.uk)

Facebook. @kickoffsportmatlock

Website. [www.kickoffsport.co.uk](http://www.kickoffsport.co.uk)

Address.

Kick Off Sport

20 Firs Parade

Matlock

Derbyshire

DE4 3AS

