

School Administrators Conference 2015

Session 2. 11.45am – 1pm

Avoiding the ‘Mutton’ and the ‘Lamb’?

*Dressing for your age, lifestyle and school
Stephanie Rumble – Bright Red Styling*

There are times in our lives when we find ourselves 2nd, 3rd or even 6th in line for new clothes, time to ourselves or even to be fed properly. This can happen after the birth of a child, when we change jobs, when our self esteem is low or simply because we are too busy to give ourselves what we need.

This may lead to one of two things happening:

1. **LAMB** dressed as **MUTTON**- Where a younger person dresses frumpily and in an out of date look that ages them and causes them to stand out because of lack of attention to themselves.
2. **MUTTON** dressed as **LAMB** – When a more mature person continues to wear the styles that they loved and wore in their twenties. They are likely to be too short, tight, brassy or garish or simply too young for their now more mature body and skin.

What’s right for your school

These tips will help you wear clothing that fits with your school ethos and looks appropriate:

1. **Take lead from your principal** – if he/she is well dressed then that is the expectation. You need to make an effort and dress smartly. If not, then look to the demographic of your parents – you need to be relatable and engaging. Overdressed can be perceived as ‘snooty’ and underdressed ‘sloppy’. Most parents will only notice if you fall into an extreme.
2. Evaluate **which tasks you are required to do**;
 - Sitting all day
 - On your feet
 - Running about
 - Working with the principal

If you are doing any one of these then your footwear needs to be appropriate – you need to be practical but look smart and presentable.

3. **Chose these six items and you won’t go wrong**:
 - Classic, well fitting **black trousers** (not leggings!)
 - A **blazer** or soft knit jacket
 - A pair of medium heel **court shoes** or **short boots** that work with the trousers
 - Two **tops** in colours and style that flatter you. Make sure you can move in them and they can be layered for cooler days.

How to look FABULOUS at any age

Tip No.	What to do	How to do it
1.	Wear colour	Find out what colours suit you and experiment – try different combinations of colour and pattern. Colour gives youth – black age.
2.	Body shape matters	Dress for your body type – It will essentially be the same over the years if your weight is normal but things may droop and sag a little more. Well fitting garments that accentuate your best features and disguise the rest will look best. Keep your clothing styles updated and current so you look modern and age appropriate.
3.	Personality	Experiment and try different looks – figure out what works for you and stick with it.... Dress for you so you feel good (keeping in mind what suits your colouring and body shape).
4.	Legs	Too short looks tarty unless your legs are amazing! Once you reach around 55 – 60 years of age too much above the knee starts to age you. Watch that the important bits are covered and if your legs are not your best feature best to keep the length a little longer and the eyes up on the top half.
5.	Make up	A little bit of make up flatters everyone. Visit a make up counter every two years to keep up to date. Tips to note: <ul style="list-style-type: none"> • Don't do shimmer on lips, eyes and cheeks unless you are under 25 years old!. • Eye liner on just the upper lid is more flattering than just the lower as it draws the attention up. • Wear blusher otherwise you will look like a ghost! • Mascara, tinted moisturiser and lipstick are the best place to start.
6.	Cleavage	Less is more especially if you have more!!!
7.	Hair	If you have long hair without style or being worn in a ponytail then it may be time to cut it off. Dark, all over colour rarely looks good on anyone over 55years old. A funky style with a great colour that matches your skin tone can make you look years younger.
8.	Self esteem	Love yourself now and you will save many years of anxiety over your body. This time could be spent productively. You are who you are and be healthy, fit and happy. Often feeling fat has nothing to do with fatness but about how we feel and where our hormones are at!
9.	Special events	It is great having clothes that you can wear 'out' - things that do not get worn to work or casually – however this is not smart dressing. How you combine your clothes make a big difference to how you look at a special event. A classic pair of black trousers that get worn to work can take you anywhere with the right top. For a wedding choose something classic that you can wear again in years to come. Most classicy cut garments will look great for 5-7 years before they start to date.
10.	Underwear	Sagging breasts and exposed nipples are not flattering and again are another sign that you are not taking care of yourself. Visit an expert for an update on the right bra size for you – lace, sexy bras are not appropriate under any type of fitted, sheer or non opaque top. IF you are struggling with tummy or hip rolls then control knickers and upper body pieces may help with smoothing.

Lifestyle Pie

List the areas of your life. For example:

- Work
- Exercise
- Dancing
- Church
- Socialising
- Kids
- Messy
- Farm
- Travel
- Anything else?

What percentage of time do you spend in each area?

Shade that onto your chart. This indicates the amount of clothing you need for each of these areas.

