



Safety and Rules

Essay: strict school uniform rules

1. Lead-in discussion

Talk with a partner before you write.

1. What school rules are useful?
2. Should uniform rules be strict?
3. When can rules become unfair or unnecessary?

Exercise 6 at a glance

Write an essay, often for a teacher.
Present an argument or point of view.
Support ideas with reasons and examples.
Use a formal or neutral register.

2. Exam-style task

Your class has recently discussed whether schools should have strict rules about uniform and appearance. Your teacher has asked you to write an essay giving your opinion about this topic.

In your essay, you should discuss both sides of the argument and give your own view.

Here are some comments from students to help you:

'Uniform rules make the school look organised.'

'Clear rules can reduce arguments in the morning.'

'Students should be allowed to express themselves.'

'Some uniform items are too expensive.'

Now write an essay for your teacher.

The comments may give you some ideas, and you should also use some ideas of your own.

Write about 120 to 160 words.

3. Model essay

Rules about uniform and appearance are common in many schools. Some people believe these rules should be strict because they create order and a clear school identity. However, very strict rules can also feel unnecessary or unfair.

One argument in favour of strict uniform rules is that they make expectations clear. For example, students may spend less time worrying about clothes, and schools may look more organised. Clear rules can also reduce arguments about what is suitable, which may make mornings and school events calmer.

On the other hand, appearance is connected to personal identity. If rules are too detailed, students may feel they cannot express themselves at all. Uniform can also be expensive, especially if families must buy specific items from one supplier.

In my view, schools should have uniform rules, but they should be reasonable and affordable. Overall, rules should support safety and organisation without controlling every small detail of students' appearance.

4. Explore the model: structure, argument and register

Work with the model essay. Underline, label or make short notes.

Focus	What to find	Done?
Essay structure	Find the introduction, argument for, argument against and conclusion.	
Content point 1	Where does the writer explain why uniform rules help?	
Content point 2	Where does the writer explain limits of strict rules?	
Own view	Where does the writer give a clear personal view in a formal or neutral way?	
Audience and register	Find two places where the essay sounds formal or neutral rather than chatty.	
Development	Find one reason, example or effect that improves the argument.	

5. Language from the task prompts

The task prompts can guide your grammar and content choices. Notice which language each prompt naturally needs.

Prompt	Useful language	Why it fits	Example from the model
why uniform rules help	rules and expectation language	You are explaining how clear rules can support organisation.	One argument in favour of strict uniform rules is that they make expectations clear / For example,...
limits of strict rules	personal freedom language	You are showing why very strict rules may feel unfair.	If rules are too detailed, students may feel they cannot express themselves at... / As a result,...
your own view	reasonable limitation language	You are giving a view that supports rules with limits.	In my view, schools should have uniform rules, but they should be reasonable and affordable / Overall,...

6. Build a clear essay

Notice how essay phrases help you organise arguments and make your viewpoint clear.

Job	Useful essay phrases
introduce the issue	This question is not simple. / Many people believe that... / It is important to consider both sides.
present one side	One argument in favour of... is that... / For example,... / This can help...
present the other side	On the other hand,... / However,... / This may cause...
show result	As a result,... / Therefore,... / This means that...
state your view	In my view,... / I believe that... / Overall,...
conclude clearly	The best solution is... / A balanced approach would... / ...without creating unnecessary problems

7. Vocabulary and useful essay phrases

Use chunks that sound natural for this task. You can also upgrade your writing with precise, formal or neutral phrases.

Purpose	Useful chunks / language	Add your own
describe rules	uniform / appearance / expectations / school identity	
describe benefits	create order / look organised / reduce arguments / suitable	
describe concerns	personal identity / express themselves / expensive / specific items	
sound essay-like	Some people believe... / However... / Overall...	
upgrade ideas	reasonable and affordable / unnecessary / controlling every small detail	

8. Plan your own essay

Use the same task, or change the details to another school-life issue.

Section	My idea	Useful language
introduction / issue		This question is not simple. / Many people believe...
argument for		One argument in favour of... / For example...
argument against		On the other hand... / This can lead to...
my view		In my view... / I believe that...
conclusion		Overall... / The best solution is...

9. Write your own essay

Write a formal or neutral essay for the task. Discuss both sides, develop your ideas and make your view clear.

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10. Self-check and peer-check

Success criteria	What to check	Self	Peer
Content	The essay discusses both sides of the issue and gives a clear view.		
Essay structure	The answer has an introduction, organised argument paragraphs and a conclusion.		
Audience and register	It sounds formal or neutral and suitable for a teacher.		
Prompt-led language	The writing uses opinion language, contrast linkers and cause/effect language accurately.		
Cohesion	Ideas connect naturally with formal linking phrases such as <i>One argument in favour of...</i> , <i>On the other hand...</i> , <i>As a result...</i> and <i>Overall...</i>		
Vocabulary	Topic words and precise phrases, such as reasonable and affordable and personal identity, improve the essay.		
Accuracy	Spelling, punctuation and sentence control are clear enough for the reader.		
WWW:			
EBI:			