



LANDMARK ELEMENTARY SCHOOL

Hanover School Division

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PRINCIPAL

Mrs. Val Ginter

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3/4K Supply List – 2017/18

Your child is asked to bring the following supplies to Meet the Teacher Night on Tuesday, September 5th from 4:00-5:30 pm. First day of classes will be Wednesday, September 6th.

- 3 white erasers
- 1 box of pencils
- 4 large coil notebooks
- 1 blue duotang, 1 black duotang, 1 green duotang, 2 red duotangs, 2 yellow duotangs
- pencil crayons (sharpened)
- pencil sharpener (good quality)
- 30 cm ruler (not bendable plastic)
- pencil case to hold colouring supplies
- thick CRAYOLA WASHABLE felt markers
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- 1 quality pair of scissors
- \$7.00 for Agenda Book
- 2 - 40g glue sticks
- 1 English baroque recorder (available to purchase from the school in September)
- 1 pocket folder for Music
- \$7.50 Music field trip fee
- non-marking gym shoes– please see reverse
- Gym clothes in a gym bag (eg. cloth drawstring bag, no plastic bags)

**** Please have all items labeled with the child's name, including each colouring tool.**

Thank You

Mrs. Karlie Krisko
Grade 3/4 Teacher



Gym shoe buying guide: A PE teacher's perspective

Proper running shoes are a very important part of being prepared to participate in gym class. There are thousands of different styles and brands to choose from based on the type of shoe you are looking for and what price you want to pay. As a PE teacher and athlete, I have seen and heard it all about runners. Here are some suggestions that I have to help you make good choices for your child's safety and enjoyment in gym class.

Do:

- Buy shoes that fit. If you want to buy big make sure it is only a $\frac{1}{2}$ - 1 size difference. Even one size too big can hinder skill development and enjoyment.
- **Buy athletic shoes.** Especially for older kids. As part of the curriculum your child will participate in fitness-type exercises and will record their results. Shoes that are "casual" or designed for skateboarding hinder performance due to the non-flexibility of the sole. You know there is a problem when the child says they can run faster without shoes on. As a PE teacher this is the biggest issue we have with footwear.
- Buy Velcro shoes for young kids who are not yet tying laces very well (grades 1-2). They are effective at staying tight and won't take long to do up. Some children spend most of the warm-up game tying their shoes. The only problem comes when the Velcro is worn out before the shoe.
- Buy non-marking shoes.

Don't:

- Don't buy "casual" or skateboarding shoes for gym.
- Don't buy **zippered** or **slip-on** shoes. As soon as a child sprints they unzip or stretch to the flexion of the foot. This has caused many unsafe situations where a shoe comes off while running and their socks are very slippery. Also, these shoes tend to not fit great so a kick will send them flying towards another student. They are just not worth it.
- Don't buy shoes with **any** red, blue, pink or black on the soles unless they are Nike, Adidas, Reebok, Brooks, or New Balance (no Spalding, Bum, or Character Shoes – they say non-marking but they leave marks unless they have a brown gummed sole).

Thank you