



LANDMARK ELEMENTARY SCHOOL

Hanover School Division
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PRINCIPAL
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1AV 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.

This year we are asking parents of some classrooms to pay a fee for school supplies. We hope that this will reduce costs, time and stress for parents yet still provide quality materials for our students. Supplies ordered by the school for Grade 1 classes will include: notebooks, pencils, markers, glue, binders, dividers, erasers, agenda book, Music field trip fee, duotangs, pocket folders and book bags. These supplies will not be labelled as students will share them. Payment can be made at Meet the Teacher night or on the first day of school. Some supplies will still need to be purchased by the parents (please see below). If you have any concerns or require financial assistance please contact the school.

- Old shirt for Art class (oversized) ****please label**
- white soled gym shoes - please see reverse ****please label**
- \$35 to pay for supplies (cheques can be made payable to Landmark Elementary School)

Thank You

Karen Andersen
Lisa Verinder
Grade 1 Teachers





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 ½ - 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.