



LANDMARK ELEMENTARY SCHOOL

Hanover School Division
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PRINCIPAL
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4/5M 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.

- 1 basic calculator
- 1 wooden ruler
- 1 box of pencils
- 2 large Hilroy notebooks
- 1 small Hilroy notebook
- 2 coil notebooks
- 1 pair good quality scissors
- 1 pkg loose leaf paper
- 1 package thin Crayola markers
- 24 good quality pencil crayons
- 1 white eraser
- 1 Kleenex box
- 2 blue pens
- 1 red pen
- 2 40g glue sticks
- 2 sturdy 1" binders
- 1 good quality pencil sharpener
- 1 pencil case/box for holding colouring supplies
- \$7.00 for an agenda book
- 1 English baroque recorder (available to purchase from the school in September)
- Pocket folder for Music
- \$7.50 Music field trip fee
- Gym clothes in a gym bag (eg. cloth or drawstring, no plastic bags please)
- Students should have a separate pair of non-marking shoes for inside (gym shoes if you wish) - please see reverse

*** It is important to have all supplies for the first day of classes. Please make sure all supplies are labeled.**

*** Reusing suitable supplies from other siblings or from previous years is encouraged.**

Thank You

Ryan Malech
Grade 4/5 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