

# A Note From Ms. Picard

As parents and children prepare for school toward the end of the summer, here are a few tips about suitable shoes for your children for school use:

- ❖ Slip-on and zip-up shoes end up being a waste of money because after a few days of wear they become too loose to stay on the child's feet. The shoes then keep slipping off during activity, causing frustration for the child and becoming a hazard for others.
- ❖ Skateboard shoes are not made for running, jumping, and other impact activities. They are very heavy, and have a very inflexible sole, causing improper running technique. They are also difficult for children to tie up properly.
- ❖ Shoes with a sole higher than 3 cm. are not suitable for gym use. They present a safety hazard due to children going over on the side and spraining their ankles.
- ❖ Look for shoes that have a flexible non-marking sole, have good ankle and heel support, and have Velcro closures or cotton laces. Round nylon laces are very difficult for children to keep tied up.
- ❖ Remember to teach your child to tie laces, and give them lots of opportunities to practise. This will keep them safer during activity and will avoid the frustration of continually stopping during activity to retie laces.

*Enjoy all that summer has to offer, and stay active and safe!*

Thank you in advance for your cooperation,

Ms Picard