

Please make sure your child wears or brings sneakers for physical education class. The sneakers should have laces or velcro with good ankle/foot support and a flat sole. (Sneakers need to stay securely on your child's feet during physical activity.)

Rubber-soled shoes with a strap behind the heel and/or straps down the side of the foot do not offer enough stability. Other rubber-soled shoes and boots are not appropriate or safe for many of our activities. Students who are not wearing sneakers will be unable to participate in the physical education session.

If it's difficult for your child to remember the letter day s/he has phys. ed. class, we suggest your child keep an extra pair of sneakers in their backpack or leave an old pair in their classroom. We also recommend students wear socks to prevent blisters and absorb sweat, in addition to wearing comfortable clothing suitable for activity.



