



A note from the GYM:



A Change of Clothes.... For Safety's Sake

Grades 3 to 5 students are required to have a change of clothing for Phys Ed. Students in K- Grade 2 are encouraged to dress accordingly for Phys Ed. (no skirts, sandals, dress shoes, etc.)

ANY STUDENT without proper gym clothes may be asked to sit out. A student will be excused if they have a note from home explaining why they are not able to have clothes for that day.

Clothing:

Due to personal hygiene and safety reasons, students are required to change into gym clothes. Shorts or sweats, and a t-shirt are best for classes. When looking for these items try and look for clothing without buttons or zippers on them as they could cause a problem in getting caught on equipment, or by just landing on them in a fall.



Shoes/ Footwear:

At Crestview School, students seem to be sliding a lot on the gym floor, and that is a safety concern of ours. Several shoes were found to have a hard rubber sole. The bottom of these shoes are so hard there is no grip to stop them from sliding. Shoes with '*white moulded*' bottoms are found to become hard and lose their *grip* quickly. When shopping for gym shoes, try to look for shoes with a rubber sole, staying away from the ones with white moulded bottom. If the bottoms have a sole that will not go hard, they will *grip the floor better, and therefore your child will be safer in being physically active.*



Different types of shoes:

When buying shoes I recommend a cross trainer, which is a shoe that will be good for all activities. A cross trainer provides great cushion, good balance and support to your growing child's feet.

Gym Bags:

Gym Bag and contents should be labelled with student's name and room number.

I hope these tips are helpful in choosing safe, appropriate clothing and footwear. If you have any questions, please contact the Phys. Ed. department at Crestview School.

... Active Kids... Healthy Future.

