

# On your PE days just say NO... to Crocs, clogs, sandals, flip flops, wheelies, dress shoes & boots in PE

Crocs & clogs are hard to run in and tend to fall off.



Sandals don't give proper ankle support.



You may be cute and styling, but you won't be smiling, when you sprain or break your ankle wearing heels.



Look at the schedule for the days you have PE. & don't wear these shoes or bring appropriate shoes to change in to before PE



You can twist your ankle in these flip flops.

You could crash into someone in wheelies.



I care too much to let you get hurt or hurt others by twisting your ankle or crashing. This means, if you wear these shoes you'll have to sit out for your PE period.