



COROWA
HIGH SCHOOL

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COROWA HIGH SCHOOL

Buying School Shoes for 2010

Please note that our School Uniform policy for 2010 states acceptable shoes as - Black fully enclosed lace-up shoes - leather or leather/synthetic combination (**shoes with fully synthetic upper are not acceptable**)

The following shoes are available from Local Suppliers and comply with this code.

Sportspower

BOYS:

Globe - Fatal
- Vice

GIRLS:

Gallaz - Fate

Footprints

BOYS

ROC Full Leather Lace Up
(suitable for orthotics)
Airflex Full Leather Lace Up
Humans Full Leather Lace Up
(scate shoe style)

GIRLS

ROC Full Leather Lace Up
(suitable for orthotics)
ROC Full Leather Lace Up with
stitch down outer trim
ROC Full Leather Lace Up with
small heel
ROC Full Leather Lace Up
Light weight fashion shoe

Spencers Mensland

UNISEX

Kustom “Mustang Skool”
Kustom “Scooter”

BUY LOCALLY!

Child Shoes... A Podiatrist discusses what shoe features to look for when purchasing your child shoes.

Child Shoes

Child shoes... with so many childrens shoes out there, exactly what should parents buy?

Should we only put our children into brand name shoes?

These are the commonly asked questions coming from concerned parents when looking to purchase their child shoes. In essence the brand of shoe is irrelevant. By keeping a few points in mind, shoes can be found that will not only be appropriate and supportive for your child, but also cost effective.

The most important factor for childrens shoes is that they fit properly.

This means always having them fitted professionally by someone trained in fitting child shoes. Children should also be measured for shoes every three months or so. This does not necessarily mean that they need new shoes, but if they are measured every three months we can be assured that the current shoes are still fitting correctly. A correctly fitted shoe should have a thumb space clearance at the end of the longest toe, and should not compress either side of the front of the foot.

The last (sole) of your child's shoe should be relatively straight.

The sole of the shoe should appear straight, not curving towards the inside of the shoe. This is because a child's foot is very straight and does not often curve towards the inside as with many adults.

Laces, buckles and velcro fasteners help to keep the foot back in the heel of the shoe.

This allows the forefoot to function properly and efficiently and also reduces forward pressure onto the toes. If purchasing sandals, look for two adjusting straps, one across the forefoot and one to secure the foot back in the shoe.

Childrens shoes should bend only at the ball of the foot where the toes bend and not through the arch.

The heel counter should be firm and feel snug as this helps to keep the heel stable.

Leather uppers are preferred for its durability and its ability to breathe.

When purchasing your child shoes, avoid synthetic man made materials unless the upper is an open weave fabric.

Soft, cushioning non-slip soles a preferred.

This helps to decrease jarring through the foot, leg and spine. Avoid hard sole materials (eg. Leather soles)

Torsional twisting motion should be minimal.

Only a small amount of twisting motion should be available in a stable shoe.

A shoe with a low heel is preferable.

Increased heel height, ultimately affects the entire body as there is an increase in load and force placed on the forefoot. This causes the body's centre of gravity to shift forward, calf muscles shorten, muscles and ligaments fatigue as they are forced to work overtime to keep you balanced. This leads to an increase of stress placed on the lower back and thus body posture is affected. A heel height of less than one inch or 25mm is appropriate.

The heel base of a shoe needs to be broad.

The smaller and narrower the heel base is, the less contact your child has with the ground thereby affecting your child's stability

These are just a few things to keep in mind when purchasing your child shoes. If you have any concerns regarding shoe suitability, then consult your Podiatrist.