

BACK TO SCHOOL



COOL FOR SCHOOL: Paul Blunden at Nextra in the Orange City Centre.
Photo: STEVE GOSCH 0116sgcitynews

Nextra has you covered

NEXTRA, at the top of the travelators in the Orange City Centre, has been your one-stop-shop for back-to-school supplies for the past 14 years.

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The Athlete's Foot shoe shopping tips

Kids and parents are gearing up for back-to-school shopping. Just like pencils and notebooks, shoes will make the list of must-haves this shopping season.

Getting the correct shoes is not just a matter of finding the right size. Width, arch type, pressure points and any tendency to roll in or out are all important factors in determining correct fitting shoes.

The Athlete's Foot suggests a proper fit should be top of the list for both kids athletic and school shoes.

According to the Australasian Podiatry Council, only a small percentage of the population is born with foot problems. It is neglect and a lack of proper care, including ill-fitting shoes, that bring on many foot ailments.

The Athlete's Foot offers the following shoe shopping tips for parents to consider before hitting the stores this back-to-school season:

- **Fit after fitness** – The best time to shop for new shoes is after playtime or at the end of the day when the foot tends to be more swollen. Trying on a new shoe while the foot is swollen will ensure the best fit for your child throughout the day.

- **Try on both** – New pants are never purchased after trying on only one leg. The same rule should apply to shoes. Have your child try on both shoes and walk around in them to ensure comfort. The shoe should fit so that the heel does not slide up and down. Also, since one foot is usually longer than the other, be sure to fit the shoe to the larger foot.

- **No growing into it** – Many parents buy shoes for their children that are a size or two larger than the proper measure, thinking that kids will grow into them. But it is unlikely that a child's foot will grow to fit the shoes before wearing the shoes out. Too large a shoe can lead to slips, trips or falls, and can be just as bad as wearing too small a shoe.

- **Thumb it** – When fitting your child's foot, determine how much toe room they should have in the shoe by leaving space that is equal to the width of the child's thumb, not the parent's thumb, between the child's longest toe and the end of the shoe while they are standing. Keep in mind that the longest toe isn't always the big toe.

- **Wear them right away** – Having to break-in a pair of shoes is a myth. Your child's shoes should be comfortable the first time they try them on.

- **Visit The Athlete's Foot** – The staff at The Athlete's Foot are highly trained and understand the importance of a good fit. Plus by using their exclusive "Fitprint" system to map the pressure on your



PERFECT FIT: Kate Johnson, Stuart Summers and Alison Baker are ready and waiting to fit your child's school shoes at The Athlete's Foot.
Photo: STEVE GOSCH 0114sgathletesfoot1

child's foot, your child is guaranteed a great fitting shoe to help them hit the ground running.

The Australasian Podiatry Council endorse Ascent school shoes, available exclusively at The Athlete's Foot.

For further information and other fit tips, come into The Athletes Foot and speak to one of our highly trained Fit Technicians.



LOCALLY MADE: A lot of the uniforms are made on-premises at Kingfisher School Gear.

Focus on quality, value for money

When Kingfisher School Gear opened its doors in December of 1995, owners Stephen and Laurelle Honeysett had a vision to supply good quality, locally made school uniforms to the Orange Community.

Eighteen years on and that is still the core of the business.

Kids wear their school uniforms more than they wear anything else, so good quality garments are a great investment.

At Kingfisher School Gear, a lot of the uniforms are made on the premises.

Australian-made clothing is becoming scarce, and competing with the overseas market is demanding, but we continue to employ local people to make as much of our stock range as is possible.

It is exciting to be now outfitting the children of some of those little kids we first made uniforms for.

Whether your kids are just starting school, you've just moved to town, or you just need to replace uniforms, we look forward to helping you get ready for school.

SCHOOL SHOES
FOR ACTIVE KIDS FEET

The Athlete's Foot proudly stock a huge range of Clarks and Ascent school shoes. With width options, half sizes, velcro, laces and buckles, find the perfect fit for school.

The Athlete's Foot
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Kingfisher School Gear

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