16 March 2016

Dear Parents

CROSS COUNTRY AND WHOLE SCHOOL PICNIC
Thursday 24th March 2016

This year the Sacred Heart Cross Country Event will be combined with a whole school picnic. All children will be involved in games and activities at the park. Children turning 8 or older this year are also eligible to enter the Cross Country event. Please read the information about the Cross Country below before entering on the permission slip.

When: Thursday 24th March 2016

Where: Kitchener Park, Mona Vale.
The children will walk to the park and back with their classroom teachers.

Time: Classes will start leaving school at approximately 10.30am (after 9.15am Easter Liturgy) and will leave the park to return to school at 2pm. Please note if you are collecting your child from Kitchener Park, you will need to have signed out with the classroom teacher before 2pm.

What to wear: School Sports Uniform including hat and sunscreen.

What to bring: Morning Tea, Lunch, water and hat. Your child will have to carry their possessions to the park, please consider a labelled plastic bag with disposable drink bottle ie no lunch boxes.

Parents are welcome to walk to the park with us.

Cross Country Information

Children who turn 8, 9 and 10 this year will run approximately 2 km.
Children turning 11, 12 or 13 will run approximately 3 km.

The Cross country will be run in the following order starting at approximately 11.15am:
12 years, 11 years, 8 years, 9 years, 10 years

It is important to ensure that if your child enters the Cross Country Event they are able to run the whole distance as we have time restraints to get through every age group on the day. (Bare feet and spikes are NOT permitted)

The first six place getters in each age group and gender will be selected to represent Sacred Heart School at the Peninsula Cross Country on Monday 16th May at Pittwater Rugby Park (Rat Park).

Please bring asthma medication to run with if required. The wet weather date for the Sacred Heart Cross Country will be April 1 for Cross Country runners only.

We would appreciate the assistance of parents to help with the event. Please indicate on the form below if available.

Please return the permission slip below by Monday 21st March

Michele Kerr - Sport coordinator
Cross Country Trials & Picnic Permission Note

Please return this note no later than Monday 21st March to the class teacher

I give permission for my child ..............................................................Class:.................................to walk to and from Kitchener Park on Thursday 24th March 2016 (or in the event of wet weather on Friday 1st April 2016) to participate in the School Picnic and/or Cross Country Event.

☐ I will be taking my child home direct from Kitchener Park (must sign out with teacher at park)

Parent’s Signature: .............................................................. Date: .................................

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Cross Country Entry

(Complete this section only if turning 8 or older this year and are running the Cross Country)

☐ I would like to enter my child ..............................................................Class: .........................in the Cross Country Event.

My child’s date of birth is (DD/MM/YY) .........................

They are turning ............ years old in 2016.

I ..............................................................(parent name) am able to help with the Cross Country Event.