



Sacred Heart School Cross-Country
Tuesday 17 May 2016 - 9.30am
@ Petone Rec (pp. Thursday 19 May)



At the moment all classes are working on their daily fitness and ability to run "NON-STOP" - in preparation for our annual School Cross-Country, this is being held on Tuesday 17 May, 9.30am @ Petone Rec. We encourage all students to try and go for a run (with an adult or older family member!) - around the block or the Rec as often as possible in their own time 😊 (Once again the 'Terrific Teachers' may also be doing a bit of training in anticipation of the 'Puffing Parents' & 'Sluggish Students' challenge?!)

Event Outline...

8.30-8.55 - children arrive at school and go to their team colour classroom to have their year number written on their hand & face paint applied by the team leaders (*please let your child's teacher know if you do not want your child to have face paint*)

9.00 - All children go to their own class for the Roll

9.10 - Teams line up on the court /Karakia

9.15 - Walk over to Petone Rec/Gather on team tarpaulins

9.30 - Team Chants

9.45 - First Race

Race Order:

- Year 7/8 (3km)- Year 4 (1km) - Year 3 - Year 1 - Year 2 - Year 7/8 (2km) - Year 5 (2km) - Year 6 (2km)
- P-T-S Challenge (Parent/Teacher/Student)

Results will be recorded for each Year group and gender. The top 4 boys and girls in Year 4-8, will be eligible to compete in the Interschool Cross Country events (see dates below).

We will walk back to school by about 11.45am.

On the day...

Your child will **need to wear** to school:

- (Yr 1-3) School PE Uniform, School jersey & running shoes OR Suitable running clothes and shoes (*team colours if possible!*)
- (Yr 4-8) School PE uniform, school jersey and running shoes

Your child will **need to bring** to school:

- Warm layers (eg. jersey, thermal, jacket, beanie, track pants etc.)
- A packed, healthy, energy filled lunch and **water** bottle (no energy drinks please)
- Some spare PE clothes/socks/shoes in a plastic bag (in case they get wet or muddy)
- A plastic bag for dirty or wet socks/shoes/clothes

Your child **could** also bring:

- Team coloured ribbons/decorations
- A rug (to share with their team!)

We need volunteers!!

Please fill in the attached form if you can:

- *Help on the day with: face painting (8.30-8.55) / setting up (7.45-8.30) /marshalling / recording*
- *Participate in the P-T-S Challenge (We need at least 4-6 runners please!)*

Please check the school website from 8am to check if it is on or not.

We will also send out an alert (so make sure you have the school app on your phone or ipad!).

The postponement date is Thursday 19 May

The Cross Country events being held this term are:

- Sacred Heart Petone - Tuesday 17 May (pp 19 May) @ Petone Rec
- Southern Zone (Yr 4-8) - Tuesday 31 May (pp 2 June) (morning) @ Sladden Park
- Interzone Cross (Yr4-8) - Tuesday 21 June (pp 23 June) @ Richard Prouse Park (Wainuiomata)
- Regional (Yr4-8) - Tuesday 5 July (pp 7 July)

If you have any questions, please ring or talk to me at school.

Thanks.

Kath Delahunty

Sacred Heart School Cross Country 2016

- I am able to assist on the day of the School Cross Country 17/5 Thurs 19/5
(please circle the day(s) you are available)



face painting (B4 school) setting up (7.45-8.30am)

marshalling (on the course) recording

- I would love take part in the P-T-S Challenge Tues 17/5 Thurs 19/5 *(please circle)*

- I can send a named tarpaulin to school on Monday 16 May

Name: _____ Cell phone: _____

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