



Sacred Heart School Cross-Country
Tuesday 15th May 2018 - 9.30-12.00
@ Petone Rec (pp. Thursday 17 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, will be held on Tuesday 15th May, 9.30am @ Petone Rec.

We encourage all students to build up their fitness by walking &/or running 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), Kereru, Tui/Ruru and Kea, 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 12.00pm.

On the day...

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

- ✓ School PE Uniform, School jersey & running shoes (+ team colour decorations if possible!)

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 17 May

The Cross Country events being held this term are:

- * **Sacred Heart Petone** - Tuesday 15 May (pp 17 May) @ Petone Rec
- * **South-Western Zone (Yr 4-8 only)** – 29 May (pp 31 May)
- * **Interzone** – 19 June
- * **Regional** – 3 July

If you have any questions, please ring or talk to one of us at school.

Thanks.

Liz McNeill and Foi Bell

Please return this to school by: FRIDAY 11 MAY

Sacred Heart School Cross Country 2018

- I am able to assist on the day of the School Cross Country
- Tues 15/5 Thurs 17/5 (*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 Parent, Teachers, Students' Challenge Tues 15/5 Thurs 17/5 (*please circle*)

Name: _____

Phone: _____