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15 March 2017

Dear Parents and Caregivers

Re: Years 3 to Year 6 Inter-House Cross Country, 2017

On Monday 27 March, all students from Year 3 to Year 6 will be competing in age groups in the annual Inter-House Cross Country. The course is approximately 1km/1.5km/2km in length which incorporates running around Franklin Flats Reserve. This park reserve is situated on the other side of the creek if walking along Hardy's Road. The course will be supervised by teachers and parents at various check points during the event.

Parents are most welcome to attend this event as spectators and helpers.

The timetable of events is as follows:

Time	Year	Distance
9.15am	Years 3-6 students to assemble under Sports House tents in Franklin Flats Reserve	
9.30am	Year 3 Girls (Born 2009)	1kms
9.35am	Year 3 Boys (Born 2009)	1kms
9.50am	9 Year Old Girls (Born 2008)	1.5kms
9.55am	9 Year Old Boys (Born 2008)	1.5kms
10.10am	10 Year Old Girls (Born 2007)	2kms
10.15am	10 Year Old Boys (Born 2007)	2kms
10.30am	11 Year Old Girls (2006) & 12 Year Old Boys (2005)	2kms
10.35am	11 Year Old Boys (2006) & 12 Year Old Girls (2005)	2kms
10.45am	Classes begin returning to school with their teacher.	

All students are encouraged to participate and complete the course. If they cannot run the whole distance, they can walk/jog/walk. If finished in the time students will gain valuable house points for their participation.

On the day, students will need to:

- Wear a house coloured t-shirt
- Wear their running shoes
- Bring a water bottle and/or piece of fruit
- Wear sunscreen and a sun safe school hat
- Bring any asthma medication, if necessary.

Students will be leaving school grounds with supervision in Week 9 and walking the Cross Country Course in the morning. This will mainly apply to Year 3, 4, SEP and new students of the school who have not accessed the route before. Please contact the school if you do not grant permission for your child to walk the course.

The exemption form attached is to be completed only if your child/children cannot participate in the cross country due to a medical condition. Could you please complete and return the slip to the classroom teacher by Monday 27 March.

Yours faithfully

Deirdre von Guillaume  
 Principal

Peter Szogi  
 PE Teacher