



# St Cecilia's Catholic Primary School

## CROSS COUNTRY RUN

10 September 2020

Dear Parents and Caregivers

St Cecilia's annual school Cross Country Run will be held on Friday 25 September commencing at 8:45am.

The Kindy and Pre-Primary children will run around the school oval. The Year One to Two students will run from the school to Cemetery Beach Park and back. The Year Three to Six students will also start at the school, but they will continue along the path on Sutherland Street to the water tower at Koombana Lookout and back, a distance of approximately one kilometre. All students will finish on the school oval.

School Staff and volunteers will be at water/spray stations along the path to ensure student safety, and to keep the runners cool.

For our competitive students, there will be medals awarded for 1<sup>st</sup> place for each year level and ribbon for second and third place for students in Years One to Six that run the full distance to the water tower; however, a "have a go" approach is primarily the focus of this whole school event.

The students will be practicing running during their Morning fitness time next week (Tues, Wed, Thurs,) and the following week (Mon, Tues, Wed). They are welcome to pack their running shoes on these days, but they will need to change back into their black school shoes if they do not have sport on that day.

Parents of Year One to Six students, please complete the form below to provide permission for your child to leave school grounds, while participating in this whole school event, and return to class teachers ASAP. (Students who do not have permission to run the course outside of school will run on the oval with Kindy and Pre-Primary until permission notes are returned.)

We are looking for parent helpers to help us on the day. If you can assist, please contact me via email at [kristine.lee@cewa.edu.au](mailto:kristine.lee@cewa.edu.au). Thank you in advance!

Kind regards

Mrs Kristine Lee-Gowland  
Health & PE Teacher

### SCHOOL CROSS COUNTRY RUN

I, \_\_\_\_\_, give permission for my child, \_\_\_\_\_  
in Year \_\_\_\_\_ to participate in practice runs outside school grounds during Weeks Nine and Ten  
**and** to complete the Cross Country run from the grounds of St Cecilia's and along the path to the  
water tower at Koombana Lookout on Friday 25 September.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

*Faith Family Friendship*