

Holy Family Catholic Primary School



4 Highfield Road LINDFIELD NSW 2070
Email: info@holyfamily.nsw.edu.au
Website: www.holyfamily.nsw.edu.au

Phone: (02) 9416 7200

ABN 89 548 339 579

Friday March 5th, 2021

Dear Parents & Caregivers,

The Holy Family Cross Country Carnival (**Ages 8-12**) will be taking place at **Bannockburn Oval** in **Pymble on Monday 15th March, 2021**. School will go ahead as usual with students travelling in age group to Bannockburn Oval throughout the day to compete in their Cross Country event, and then return to school. All children are expected to participate on the day. All participants will receive a raffle ticket indicating their placing at the conclusion of the race. Selection for the Cross Country team to compete at the North Shore Cluster Carnival will be made on this day. Children who are turning 8, 9, 10, 11 or 12 in 2021 will be eligible for selection based on their performance at our carnival. Only those students who can complete the course without stopping or walking will be considered.

Children are required to wear their full sports uniform. Please remember to pack a school hat and plenty of cold water to drink (at least 1 bottle) This is all they will take with them to the park. The children will be travelling to and from the venue via bus, so please make sure your child's possessions are labelled. The event will be held outside so it is important that all students have **sunscreen** applied at home prior to the event. **This is a compulsory event. Please encourage your child to participate and try their best.**

Class teachers will take any medications (epipens and Ventolin puffers etc) with them to the venue. Children with asthma may run with their puffers if need be. Please speak to your child's class teacher before the day if you have any concerns.

PARENT HELPERS

Parent Helpers help make the day run smoothly, so volunteers will be appreciated. Most helpers will be needed at the various checkpoints situated throughout the course. If you can assist us on the day, please fill out the **parent helper google form**. The link to the form will be sent out to all parents in Years 2-6 on Compass. **Please fill this out by no later than Sunday 7th March**. Only students turning 8 years old or older this year will be competing so please only volunteer if your child will be participating. We need at least 10 parents to fill the various checkpoints and help with a couple of other small jobs! We need parents that are willing to give up their entire day. We understand that each age group only comes to the park for a short time, however to make sure this event runs successfully, we are asking for parent helpers to be with us for the entire duration of the day (approx. 9am-1.30pm).

PARENT SPECTATORS

Parents will be allowed to attend the venue to watch their child run. This is a long distance run and your child may not be in view for large parts of the run. You are not permitted to be with your children during the carnival. Parents will be expected to remain in a designated parent area that is marked out in the seating area. Parents are also reminded that they are not permitted on the course at any time. **School dismissal will be from school at the usual time of 2:50pm.**

The children will complete 2 or 3 laps of their course, depending on their age group. Parents are encouraged to take their child to a local park to practise prior to the carnival. Please be aware that this is an endurance race. You should focus on helping your child find a good rhythm and speed that they know they can sustain for the entire race.

Kind regards,
Mr Darren Nosti - PE Teacher/Sports Coordinator

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CROSS COUNTRY 2021 – **Ages 8-12 ONLY**

Please return to your child's classroom teacher by Wednesday, 10th March, 2021.

I give permission for my child _____ in class _____ to participate in the Holy Family Cross Country Carnival on **Monday 15th, March, 2021** at Bannockburn Oval, Pymble. I understand that my child will be travelling to and from the venue via bus.

Name: _____ Signature: _____ Date: _____
(Parent/Guardian)

The order of races and schedule for the start is as follows with approximate times:

11/12 Year olds – 3km	9.30am
10 Year olds – 2km	10.30am
9 Year olds – 2km	11.30am
8 Year olds – 2km	12.30am