



St John Fisher Catholic School

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Dear Parents,

The Saint John Fisher Catholic School cross country will be on **Friday 8th March 2019**. The cross country will be held this year at school on the TOP OVAL. This day will include a variety of sport related events as well as a cross country run. The run will be used as a qualifying trial for children to represent our school at the Central Coast Combined Catholic Schools Cross Country Carnival, at the end of this term (ages 8 years–12years).

On this day we ask children to come to school as normal. Note: the 12 year age group cross country race will commence around 9:05am and so these students will need to ensure they arrive at school on time.

Parents are invited to view the event on the TOP OVAL as all races will START and FINISH on TOP OVAL. Parents will be able to park in the school car park and walk to the **TOP OVAL ONLY** via the **QUADRANGLE/SCHOOL CANTEEN**. Parents will not be able to access the event via the COLA as this will be part of the Cross Country track.

All students are to wear their school sports uniform for the cross country. If they wish, students may choose to wear a plain coloured T-shirt, in their house colour. Each student must wear their school hat and is advised to apply a SPF 30+ sunscreen (plus bring some extra sunscreen to reapply during the day).

Students will compete in divisions according to the age that they have turned, or are turning, **this year**. For example, all students who turn six between 1.1.17 and 31.12.17 will compete in the 6 years age group. Representatives from each age group: 8, 9, 10, 11 and open age divisions (12/ 13yrs) will be chosen to represent St John Fisher Catholic School at the Central Coast Combined Schools Cross Country Carnival.

Children will need to bring their fruit, recess and packed lunch with plenty of water to drink, unless ordering from the school canteen . (Canteen opens as normal)

The running of an event such as our school cross country relies on parent help to fill the many jobs on the day. Volunteers will be needed to help on checkpoints and guide the children on the course. If you are able to assist, please indicate on the permission slip. All offers of assistance will be greatly appreciated.

Children will be allowed to leave with their parents on the completion of the event. This is expected to be around 1:00pm. Any children leaving with another parent must have a signed permission note that is to be handed to the classroom teacher. All children must get their names marked off by their teacher before leaving the school. Any remaining children will be supervised to the end of the school day and can depart as normal daily procedures.

In case of poor weather, children should attend as a normal school day.

The approximate times of the Cross Country race is as follows:

12 Years	9:05am (3km)	8 Years	11:45am (2km)
11 Years	9:45am (3km)	7 Years	12:10pm (1km)
10 Years	10:15am (2km)	5/6 Years	12:40pm (1km)
9 Years	10:45am (2km)	LUNCH	1:00pm
RECESS 11:15- 11:45			

HELPERS:

I, _____ (print name), am **able** to assist at the Cross Country on

Friday 8th March 2019

_____ (Child's name) _____ (class).

Thanking you

Michael Pobjie