



Hammond Park Primary School Runner's Club

Dear Parents/caregivers

I am very keen to promote and provide opportunities for our students to have an active and healthy lifestyle.

To help meet this goal, I would like to invite students from Year K -6 to join *The Hammond Park Primary School Runner's Club*. It is also an ideal opportunity for those wishing to do well in their own year level (Years 3 - 7) **cross country run** and ultimately the interschool cross country held later this term. Please note, if Kindy or Pre-primary aged children are attending, parents/caregivers are required to stay and supervise them.

During Runner's Club, children run laps of the oval. As they complete a lap, they will be given a card. At the end of the session, the number of laps will be recorded and an on-going tally kept. At assemblies, students will receive certificates for milestone targets – 10km, 20km and so on.

Runner's Club will be held on the school oval on **Wednesday** and **Friday** mornings from **8.00 – 8.25**. Parents are most welcome to run or walk as well!

I am beginning 'Runners' Club' in week three of this term for those interested in attending and who **have returned the permission form below**.

Please be aware that **if it is raining at the commencement time, Runners' Club will NOT go ahead**. The first of these sessions will be Friday 8th May.

Please understand that the staff who help out before school do so on a purely voluntary basis. Children are expected to follow the school rules and maintain positive behaviour.

If your child suffers from asthma please make sure they have puffers with them or any other appropriate medication necessary.

Please indicate below if your child is going to attend either or both of these sessions.

Yours sincerely

Brian Ellam

Physical Education Teacher

I give permission for my child _____ of year level _____

to attend 'Runners' Club' on:

Wednesday Morning

Friday Morning

Parent/ Caregiver Name _____

Signed _____