



Running Club 2018,

Dear Parents and Running Club members,

The Running Club will re-commence on **Thursday 22nd of March** for children in **Year 3 and above**.

Running Club this year will take place in two 10 week blocks.

The first block will be from: **Term 1: Week 7-10 to Term 2: Week 1-6.**

The second block will be from: **Term 3: Week 7-10 to Term 4: Week 1-6.**

We will meet by the peace gates at 7.50am sharp. Students in Year 5 and 6 take their bags with iPads into the Year 6 corridor; remaining students leave their bags in the junior playground.

In the first two weeks, Running Club will take place on the oval only. Thereafter, we will run on the pavements in the local area. This only occurs if a 1:10 ratio of adults to students is maintained.

General routines:

- If it is raining or there is a strong chance of rain, Running Club will not take place. Where possible children will have been forewarned at school or via the Skoolbag app. The students' safety is essential and therefore parents **must not** leave their child for Running Club unless a teacher is present. This practice should ensure that your child is not left unsupervised in the event of any unforeseen circumstances like illness.
- Children must not be dropped off late, en route, to join groups that have already gone out for a run. If there is a group on the oval, children may be dropped off there to join in activities.
- Students are required to wear their Rosary sports uniform and will be allowed to remain in this uniform for the day, even if it is not a usual sports day for their grade. On occasion there may be an excursion at which students are expected to wear their full school uniform. In this instance, students should not attend running club.
- It is advisable that runners bring a spare pair of socks since the oval will be damp.
- It is important that students have extra water/fluids on Running Club days and it is a good idea to pack some extra recess or a healthy snack for immediately after Running Club.
- Children joining Running Club should do so on the expectation that they will be able to attend most sessions. If children only attend sporadically, they do not improve fitness and this affects their self-esteem when running with others and trying to keep pace.

Parent help:

We need a group of parents who are able to accompany the running club on a regular basis. Once we are running outside of school, it will be necessary to have a 1:10 ratio of adults to children. Please indicate on the reply slip below when you are able to assist, even if it is only once per term. Please also specify if you prefer to assist in a non-running or running capacity. All parent helpers will be required to have a WWVP (Working with Vulnerable People) card, which they must bring to Running Club.

Please return the attached permission slips marked Running Club to the front office by the 16th of March.

Yours sincerely,

Elizabeth Fryar, Kath Watson and Tess Harveyson

Running Club Membership 2018

I give permission for my child _____ in class _____ to take part in Running Club each week. I understand that this will involve running outside the school premises, crossing driveways and roads. I have talked to my child about the importance of listening to and following all the safety instructions given by teachers and parent helpers whilst at Running Club.

Signed parent/guardian _____ Date _____

Email contact _____

Please specify any medical conditions relevant to your child participating in this activity.

I can assist as a running parent (able to run 1 – 2.5km) YES NO
 I can assist as a non-running parent YES NO

I confirm that I have a current WWVP (Working with Vulnerable People) card YES

Please tick on the table below **beneath the dates** in blocks 1 and 2 for which you are available.

Block 1

T1-Week 7 22 nd March	T1-Week 8 29 th March	T1-Week 9 5 th April	T1-Week 10 12 th April	T2-Week 1 3 rd May
T2-Week 2 10 th May	T2-Week 3 17 th May	T2-Week 4 24 th May	T2-Week 5 31 st May	T2-Week 6 7 th June

Block 2

T3-Week 6 30 th August	T3-Week 7 6 th September	T3-Week 8 13 th August	T3-Week 9 20 th September	T3-Week 10 27 th August
T4-Week 1 18 th October	T4-Week 2 25 th October	T4-Week 3 1 st November	T4-Week 4 8 th November	T4-Week 5 15 th November

I _____ (name of child) would like to join Running Club.

I promise that I will aim to come to Running Club every Wednesday except for illness or bad weather.

YES

I promise that if at any time I decide I do not want to come to Running Club any more, I will let Mrs Fryar, Mrs Watson or Miss Harveyson know.

YES

Signed _____