



Rosary Primary School

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Running Club 2017

Dear Parents and Running Club members,

The Running Club will re-commence on **Wednesday 15th February** for children in **Year 3 and above**. We will meet by the peace gates at 7.55am 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. Running Club this year will be during Term 1 and the first four weeks of Term 2. There will be no running club for the second half of Term 2 or Term 3. It will recommence in Term 4.

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 Mrs Brotchie is there. 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:

I need a group of parents who are able to accompany the running club on a regular basis. A minimum need each week is 1 parent. 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 to the front office, marked FAO Mrs Brotchie by Friday 10th February.

Yours sincerely,

Philippa Brotchie

