Running Club 2015

Dear Parents and Running Club members,

The Running Club will re-commence on **Wednesday 4th March** for children in Year 3 and above. We will meet under the shade shelter on the courts at 7.55am sharp. Students leave their bags in the shade shelter while we are running and join their peers in the quad, around 8.30am, once the playground supervision has begun. In the first few weeks, however, Running Club will take place on the oval only.

**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. Your children's safety is essential and therefore parents **must not** leave their children 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.
- 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 advisable 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 Tuesday 3rd March.**

Yours sincerely,

Philippa Brotchie
Running Club Membership 2015

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  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 □    NO □

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

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<thead>
<tr>
<th>4 March</th>
<th>11 March</th>
<th>18 March</th>
<th>25 March</th>
<th>1 April</th>
<th>8 April</th>
<th>29 April (term 2)</th>
<th>6 May</th>
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<td>13 May</td>
<td>20 May</td>
<td>27 May</td>
<td>3 June</td>
<td>10 June</td>
<td>17 June</td>
<td>24 June</td>
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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 just let Mrs Brotchie know.  YES □

Signed __________________________________________________________