

28-06-2017

Dear Parents/Caregivers

In Week One of Term 3 we will be starting school cross-country practice runs. This will involve Years 5 and 6 children. Cross Country is a valuable part of the Health and Physical Education strand of the curriculum and therefore we put a strong emphasis of full participation from our Senior School students.

All children must wear Sunnyhills P.E gear and suitable footwear. Suitable footwear means proper running shoes, students are not able to run in school shoes. While our school cross country practice runs are to help us to select our interschool team, we encourage all students to participate fully giving their best effort in each practice run. The only person they are truly trying to better is themselves. We foster a Growth Mindset in everything we do.

If your child is unable to run on the day of a cross country practice a note must be sent to the classroom teacher. We acknowledge that cross country training is not everybody's favourite activity. However, we firmly believe at Sunnyhills School that if your child is at school then they should be able to take part in Physical Education. Therefore we please ask that if your child has a light cold etc. that you encourage them to run as improving their fitness is beneficial. If your child is too unwell to run then they should not be at school.

We thank you in advance for your support with our school Cross Country.

**John Macnaughtan**

**Team Leader Year 5 & 6**