School Cross Country/Fun Run

Wednesday 11th May 2016

The Essex Heights Cross Country/Fun Run has been a feature of the school calendar for a number of years now and involves all students in the school. It is a great event for:

- Getting our children active
- Having fun involving the whole school community
- Selection for the school cross country team (students turning 9 years old or over in 2016)
- Fundraising

FUN RUN & CROSS COUNTRY CATEGORIES:

Prep & Grade 1: 30-minute lap-a-thon (300m lap)

Grade 2 & 3: 30-minute lap-a-thon (550m lap)

NB: Students turning 9 in 2016 who wish to try for the Cross Country team have the option of running the 2km fixed distance.

Students turning 9 or 10 in 2016 (mostly grade 4): 2km fixed distance

Students turning 11 or over in 2016 (mostly Grade 5-6): 3km fixed distance

Students from Grades 4 to 6 are invited to join the cross country training sessions to prepare for this event. Training is on Tuesday and Thursday mornings from 8:30am, meeting in front of the stadium.

FUNDRAISING:

Our school’s Cross Country Fun Run Fundraising Goal for 2016 is $10,000. Funds raised from this event will be put towards making our great school even better!

Students from Prep to Grade 3 will tally the amount of laps they complete in 30 minutes and have the option to collect sponsorship either on a ‘per lap’ basis or as a straight donation. Grade 4–6 students will be completing a set distance and will collect sponsorship as a straight donation.

The best people to ask for sponsorship are people you know (e.g. friends, family, work colleagues and neighbours). We have educated students on the dangers of door knocking without adult supervision, please remind the students about this at home and support their fundraising efforts.

Your child/ren will receive a sponsorship form to help collect sponsorship on behalf of the school. Sponsorship payments can be made in cash or by cheque. Please return the form and funds collected by Friday, 20th May.

REWARDS & PRIZES:

- When the school’s fundraising goal is reached for the Fun Run, the whole school will be rewarded with a super-fun event involving Andrew Crossett and Ben Wooster!
- The class with the most fundraisers who have raised $20 or more will receive a prize for their class.
- The class with the highest total raised funds will receive a prize.
- Individuals raising over $30 will receive a prize and
- Individuals raising over $100 will also be rewarded.
We welcome parents and family members to come along to the event and cheer on the students for a day of fun on Wednesday 11th May at 2:30pm.

The Parents and Friends Association will be supporting the event by providing the prizes, counting money and providing fruit and icy poles for all participants on the day. If you are able to help and haven’t already let us know, please fill in the form below or email the PFA on ehpspfa@gmail.com.

If you have any concerns or questions about your child’s participation in this event contact the school on 9807 4944.

Thank you, good luck and happy fundraising!

Ben Wooster and the Parents & Friends Association Committee

Cross Country / Fun Run Parent Helpers Form

I would like to help in the following way: (please tick all that apply)

On the day:

☐ Purchasing fruit and icy poles
☐ Cutting up fruit
☐ Helping to hand out icy poles and fruit
☐ Marshalling

In the week after:

☐ Helping count money
☐ Helping to administer prizes

I have goods to donate as prizes:

Name:

Email:

Phone Number:

Child/ren’s Name and Class:

Please detach and return this form to your child's teacher or email the PFA (ehpspfa@gmail.com)