

Alfords Point Public School

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24 March 2023

NEW DATE- CROSS COUNTRY CARNIVAL - Friday 31 March 2023

Dear Parents/Carers

The annual Alfords Point Public School Cross Country Carnival will now be held on Friday 31 March 2023, on the school grounds for students in Kinder, Year 1 and Year 2, and for students in Years 3-6 we will use school grounds, the pathways of Coachwood Crescent, Brushwood Drive and the laneway that runs at the western side of the school.

We are following the same successful program as last year. **ALL** students K-6 need to be at school by 9am for roll call before an anticipated 9.20am start. This year all students K-6 will be both competitors and spectators. It is suggested that students bring to school some sort of ground cover (perhaps a plastic bag and a towel). It is also suggested that students bring an extra drink bottle to school this day. Crunch and sip and recess will be consumed during this carnival by the students.

All students will be participating unless an illness or injury excludes them (a note is required in this case).

Competitors will be arranged in designated house areas at the start/finish line. Parents are welcome to sit with the students in these prime viewing positions (bring a chair). Sports uniform, including a hat, house coloured sports shirt and running shoes should be worn.

House Colours

Kookaburras – Blue,

Rosellas – Red,

Cockatoos – Yellow,

Lorikeets – Green

Tracksuits may be worn prior to the race but definitely no hats or tracksuits to be worn during the races. **Medication** – Asthmatics, mild or chronic, must carry their medicine with them. There is a note attached concerning notification.

Events

Age

Infants 5-8 years

Primary Jnr 8-10 years

Primary Snr 11-13 years

Distance

400m to 800m approximately (Kinder 400m, Year 1 600m, Year 2 800m)

2km race

3km race

Students compete in events according to the age they will be turning this year e.g. if a child is now 9 years old but turning 10 years old in December then they must compete as a 10 year old. Students in Year 2, who compete as an 8 year old, (born 2015) will have to make a choice as to which 8 year old event they wish to compete in. If they want an opportunity to progress to zone level they **must** compete in the primary section **only** of the carnival. All students including 8 years olds can **only** compete in one race. Students placing 1st to 8th in the 2km and 3km events **may qualify** to go to the Zone Carnival (9th & 10th places might be reserves). A note will be sent home if a student qualifies. The Engadine Zone Carnival is Friday 19 May at Heathcote Oval.

Request for assistance - Parents are invited to assist as course officials for both Infants and Primary events. Please return all helper notes to school by Tuesday 28 March via the drop box located in the front office. Officials please meet Mrs Burke on day of carnival at 9.15am on the school's back oval.

If it rains on the day, the Cross Country Carnival will be held on a *future date yet to be advised*.

Debbie Burke
Cross Country Organiser

Annette Wein
Principal

ALFORDS POINT PUBLIC SCHOOL

CROSS COUNTRY CARNIVAL 2023- Friday 31 March 2023

My child _____ of class _____ has permission to attend the annual Alford's Point Public School Cross Country Carnival on Friday 31 March, on the school grounds, the pathways of Coachwood Crescent, Brushwood Drive and the laneway that runs at the western side of the school. In the event of wet weather, I understand that the Cross Country Carnival will be postponed.

NSW Department of Education Consent Statement: I acknowledge that this event/activity is required to be held in accordance with any current NSW Health COVID-19 Public Health Orders and the NSW Department of Education's policies and procedures. I acknowledge and accept that there is a risk that my child may be exposed to COVID-19 whilst attending and participating at this event. I confirm that my child will not attend if displaying any symptoms of illness, and/or if directed to isolate under public health orders.

I understand that dogs and other pets are not permitted at school events including the annual Alford's Point Public School Cross Country Carnival.

A teacher will administer any medication required. Please note any medication required by your child on the line below.

Parent/Carer signature _____ **Date** _____

Medical Note – Asthma

My child _____ of Class _____ who has been diagnosed with asthma will carry medication during the Cross Country race on Friday 31 March 2023.

Medication _____

Parent/Carer signature _____ **Date** _____

✂.....

Parent/Carer Helpers

I would like to assist at the Cross Country Carnival on Friday 31 March 2023 from 9.20am.

Infants Primary

Parent's Name _____ Child's Name & Class _____

Contact Number _____