

RUNNING CLUB is back!

March , 2016

Dear Parents and Students,



We are organizing the **Running Club** again for the 6th year in a row. It seems to be a fun time that many of the students look forward to. Everyone will be fit and ready for our Jog-a-thon in May and the track and field season!

Running Club will take place every day after school for 30 minutes throughout the month of April. Participants will run, walk or jog (just do whatever you can) from 2:50pm till 3:20pm. Participants can take part as often as they wish.

It starts Friday April 1st

AND.... Family and friends are welcome to do this also!!!

The route will be approx. one half km on the school grounds. Each lap completed will be marked in the participants' record booklet. Each page of the booklet will have 20 boxes to mark representing 10 km. For every 10 km completed, a ribbon is awarded and there are 10 different colour ribbons to collect.

We will be posting running accomplishments periodically throughout the month. At the end of the running club, we will be recognizing the top male and female runners from each grade, as well as other longer distance accomplishments.

Everyone should dress appropriately for the weather and running wear is encouraged. The Running Club will be cancelled only on heavy rain days.

Thank you,

Marilyn Fraser, Running Club coordinator

Paul Marsden, Principal
