

CRONULLA SOUTH PUBLIC SCHOOL

121 Ewos Parade, Cronulla NSW 2230
Tel: 9523 5649 Fax: 9544 1373
Email: cronullas-p.school@det.nsw.edu.au



RUN CLUB 2019

Dear Parents / Caregivers,

11/03/2019

Cronulla South are pleased to announce that Run Club will be continuing again in 2019. With exercise proving to benefit both cognitive functioning and wellbeing for students, what better way to start each Friday than with some fitness along our beautiful esplanade. Like last year, students can train for The Sutherland to Surf on 21/07/2019 or run purely for enjoyment. **This is a P&C led initiative, supported by parent volunteers and a teacher.**

Who: Students turning 8 and upwards

When – Friday Mornings beginning 15/3/2019 (Week 7)

Time – 7:50 am – 8:30 am

Meeting place – southern site COLA

What to wear – School Sport uniform, running shoes

What to bring – water bottle and any required medications

Other important details:

- Sign on at 7.50 am under the COLA on the southern site with a parent or other adult as indicated on the permission form. **Run Group will leave school grounds at 7.55**
- Your child will be supervised by a teacher and parent volunteers. Parents of participating students are more than welcome to participate or run sessions.
- The regular course is approximately 2.5km long and will begin with a warm up at Shelly Park then along the Esplanade to the Bass and Flinders Monument and finally finishing back at school (this may be subject to change – e.g. shorter distance due to footpath closure. The group will use the safest and most direct route back to school in the event of pathway closures).
- At the completion of each session students will be taken back to school to mark rolls and prepare for school at normal time.
- In the event of wet weather or other event where the activity has to be cancelled, an announcement will be made on the School Zine App. If the decision is made to cancel during a session, your child will be taken back to school and supervised by a teacher until a teacher arrives on playground duty at 8.20am.
- Students who arrive late and the running group has left the school grounds, must be taken home or supervised until normal school time at 8.20am

Please complete the attached note and return to Mr Kenny by 15/3/2019 to allow your child to participate. There is no cost involved for this activity.

Mr Eamonn Kenny

Mr and Mrs Zdjelar

Mrs Natalia Greguric

School Running Club

P&C Running Club

Principal

Coordinator

Coordinators

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RUN CLUB

I (parent / caregiver) _____ give permission for my
child _____ class _____

to join the Running Club, which is a P&C led initiative, supported by parent volunteers
and a teacher.

Please list any medical conditions pertaining to your child:

Please tick the appropriate response:

- I am available to help supervise/run sessions (please see office re WWCC declaration)

Please tick to indicate how your child will be signed in:

- I will sign my child into Running Club each Friday at 7.50am
- I give permission for _____ to sign my child into Running Club each Friday at 7.50am

(Name of parent/caregiver)

(Signature of parent/caregiver)

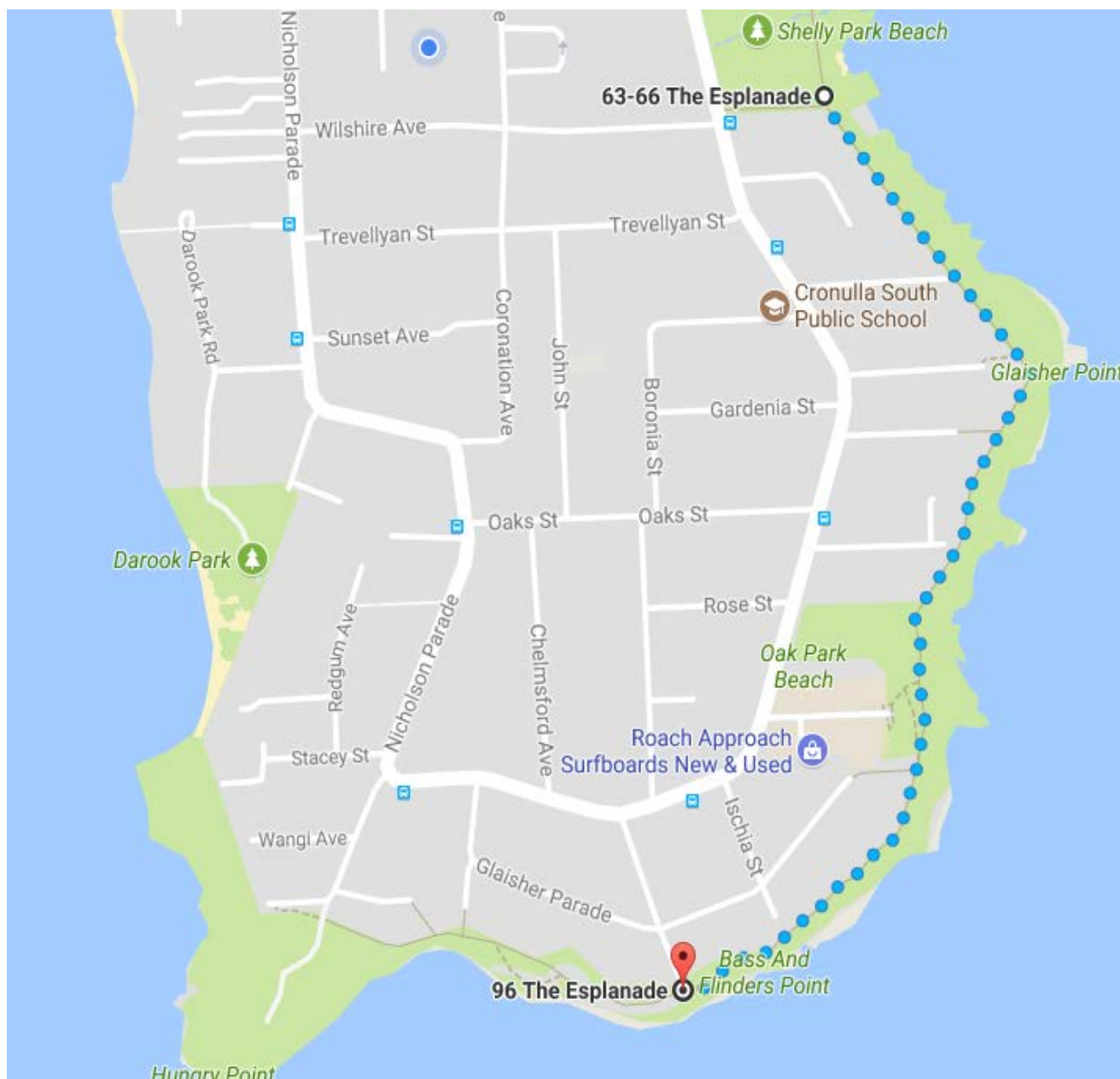
(Date)

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Route
subject to change



Approximately 2.5km

Preparing for our future
www.cronullas-p.schools.nsw.edu.au