



## ST. MATTHEW'S ELEMENTARY SCHOOL

16065 88<sup>th</sup> Avenue, Surrey, BC V4N 1G3 P: 604.589.7545 F: 604.589.7113

[www.stmatthewselementary.ca](http://www.stmatthewselementary.ca)

January 23, 2017

### **ST. MATTHEW'S GUARDIANS RUNNING CLUB**

Calling all students in Grades 1\*, 2\*, 3, 4, 5, 6 and 7 interested in increasing their endurance, running speed and overall well-being! St. Matthew's Running Club will be starting soon. The running club will focus on **long distance running** (similar to the running done during our Cross Country season and 800 and 1500 meter runs for Track & Field) – students should **currently** feel comfortable running at least 2 to 3 times around the track).

\* (Please note that students in Grade 1 and Grade 2 who wish to join the club **MUST** be accompanied by a parent/guardian throughout the entire practice).

Join Miss Welsh on Monday and Wednesday mornings for some fresh air and exercise. Grade 5, 6, and 7 Basketball players are welcome to participate when they do not have a morning practice. We will be following a walk/run program and will include some fun games! **Please note that the running club will take place RAIN or SHINE.** In the event of heavy rain and/or snow or because of unforeseen circumstances, parents will receive an email by 7:30 am informing them if practice is cancelled.

**The supervising staff member will walk students back to the school after practices are finished.**

Here are the particulars:

Who?: **For all interested students in Grades 1\*, 2\*, 3, 4, 5, 6 and 7**  
What?: **Long Distance Running**  
When?: **Mondays and Wednesdays from 7:55 am – 8:25 am at Holy Cross track**  
• **January 30 - March 8;**  
Where?: **Holy Cross Track (and the surrounding block)**  
Why?: **For health and fun!**

There will also may be an opportunity to participate in a few "fun-runs" (i.e.: *Run, Walk & Roll*).

*Parent volunteers are also welcome to help out during the running club or just join us for some early morning exercise if you are able.*

Parents and students please carefully read the perform form on the following pages and return the forms to your classroom teacher no later than Thursday, January 26, 2017. If you have any questions do not hesitate to contact me at: [welsh@stmatthewselementary.ca](mailto:welsh@stmatthewselementary.ca)

Sincerely, Miss Welsh

REVERENCE RESPECT RESPONSIBILITY



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Please return this form to your child's teacher no later than **Thursday, January 26 2017**. **Forms that are not filled out completely/correctly will be returned.**

Student's Name \_\_\_\_\_ Grade \_\_\_\_\_

My child is in Grade 1 or Grade 2 (please check one)  **yes**  **no**

*If you checked, "yes", please fill in the following:*

My child will be accompanied to each practice by: \_\_\_\_\_  
(please print the name of the parent/guardian)

**Student Commitment** (please place a checkmark beside each statement)

- \_\_\_\_\_ I will attend all practices. If an important reason prevents me from coming to practice I will let a coach know the day before or as early as possible.
- \_\_\_\_\_ I will demonstrate good sportsmanship and behaviour at all times.
- \_\_\_\_\_ I will work to the best of my ability.
- \_\_\_\_\_ I will come to practices and events wearing St. Matthew's gym uniform and proper runners (I will wear a **jacket, jogging pants, gloves and a hat if the weather is cold and/or rainy**).
- \_\_\_\_\_ I will bring a water bottle to each practice.

**Parent Commitment**

- \_\_\_\_\_ I will ensure that my child is dropped off **on time** for practices.
- \_\_\_\_\_ I \_\_\_\_\_ (please print your name) am able to help be a volunteer coach.

I am available: (circle one or more)      Mondays                  Wednesdays

**Please turn over to complete last portion of the Running Club form.**

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**By signing this permission form, I not only grant my son/daughter permission to participate in the St. Matthew's Running Club but, I also understand that:**

- a) My child may not be allowed to participate any further in the St. Matthew's Guardians Running Club if he/she shows unacceptable behaviour.
- b) While school staff will take reasonable steps to prevent injuries to students, some degree of risk is inherent in the nature of activities, and may occur without fault on the part of the student, school, its employees or agents, or the facility where the activity is taking place. By allowing your child to participate in this activity, you are agreeing that the activity described above is suitable for your child, and that there is a risk of injury associated with this activity.

Student's Signature \_\_\_\_\_

Date: \_\_\_\_\_

Parent's Signature \_\_\_\_\_

Parent(s) Phone number: \_\_\_\_\_

Parent(s)/Guardian email: \_\_\_\_\_

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