



École Élémentaire Sunshine Hills Elementary
11285 Bond Blvd
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September 21, 2017

Dear Parents of Grade 2 to 7 students,

Your child has expressed an interest in joining the Sunshine Hills Cross Country team this year. We will be holding practices for all interested runners **every Monday and Wednesday at 8:00 am** beginning Monday, September 25. We will meet at the undercover area near the large playground to begin our workout, and should be finished with our run by 8:45am, in time to line up for school. If it is raining hard practice will be cancelled. If it's raining lightly, we will run.

Participants should wear a T-Shirt and shorts, as well as appropriate footwear. We have also asked them to bring a water bottle with them.

This year our Challenge Run is scheduled for after school on Wednesday, October 11th at 3:30 pm. We should be finished by 5:30 pm. (We encourage parents to practice running through the trails with your child.)

If there are any parents who would be interested in helping us on the day of the event (e.g. marking the course, counting runners at checkpoints, supervising at the "treat table"), please send a note to Mr. N. Nielsen at the school office, with your son or daughter. Thank you so much!

Ms. Mareva Hope
Teacher

Mr. Niels Nielsen
Directeur Adjoint

I give permission for my child _____ to participate in the Sunshine Hills Cross Country team.

I would be interested in helping, please contact at _____

Printed name of Parent/Guardian

Signed by Parent/Guardian

Pride