

Carine Primary School RUN CLUB 2019

With the success of Run Club since 2016, the P&C have gladly supported this initiative again in 2019. Many schools are participating with major flow on benefits such as increased fitness, health, attendance and concentration levels at school. Even being more competitive at Interschool running events is a flow on benefit.

If you are interested in becoming involved (and you won't be expected to help every week) please email Kristy Lind on randk.lind@bigpond.com

Attached is a registration form each child must have submitted before they start Run Club in 2017.

A quick reminder of the rules:

- **Participants** – Pre-primary to year 2 can participate but parents must be in attendance. Year 3 to 6 can participate without parent attendance.
- **Time** – Weekly on a Friday morning – 7:50am start to 8:30am finish – Please be prompt.
- **Where** – Students will meet at the school oval and following the session they are to proceed to their classrooms. The running tracks will be set up on the two ovals adjacent to the school.
- **Volunteers** – Last year we didn't need to set up a formal roster as we had many parents attend and were willing to help out. If we do not get a lot of volunteers then we will have to roster parents on whose children are attending every few weeks. We welcome you to bring down your running shoes and get fit with your children. A key to success of this program at other schools has been parent participation.
- **Program** – Personal Trainer, Misty Lord, will design the program and is happy to help support run it. If you have any particular skills in this area please do not hesitate to contact Kristy Lind on randk.lind@bigpond.com or 0417178709.
- **Authorisation Form** – **All students must submit the attached authorised form prior to attending a session. These can be submitted to the P&C mail box.**
- **Behaviour** – We will have a three warning system for children to address any bad behaviour. This is a volunteer program so if the child is not willing to behave they will not be welcome to attend. We don't see this being a problem at Carine Primary as we have great kids!
- **Cancellation policy** – If it is raining the morning of Run Club, then it will be cancelled so don't send your children to school early.

Run Club is a free initiative supported by the Carine Primary School P&C.

If you have any further questions please do not hesitate to contact Kristy Lind on 0417178709.

(see over for Run Club Form)

Carine Primary School



Carine Primary School Parents &
Citizens' Association Inc.



CARINE PRIMARY SCHOOL RUN CLUB STUDENT AUTHORISATION

I _____ (parent/guardian) give permission for
(student) _____ in year _____ and classroom _____ to
participate in the Carine Primary School Run Club on Friday mornings commencing at
7:50am.

I understand my child/children will be running on the pathways around Carine Primary
School and there is no teacher supervision during these sessions. Supervision is provided by
parents for these events.

My child has a medical condition/has no medical condition the Carine Primary School Run
Club should be aware of. If a medical condition applies, please provide details:

Condition: _____

Medication: _____

In the case of an Emergency, please contact:

Name: _____ Mobile Number: _____

Alternative contact: _____ Mobile Number: _____

Signed: _____

Name: _____

Date: _____

Email: _____