**Carine Primary School RUN CLUB 2024**

Carine Primary School Run Club is back in 2024. Run Club is a free initiative supported by the Carine Primary School P&C. We welcome our whole school community (including teachers) to come along and participate every Wednesday morning from 7.50am on the school oval until 8.20am. We also encourage parents that have children attending Run Club to offer their time to help with the running of this program, many hands make light work!

Run Club has many health benefits including increased fitness levels, improved energy, improved attendance, and concentration levels at school. Even being more competitive on school sports days.

**Run Club Guidelines:**

* **Participants –** All year levels welcome. PP to Year 2 – parents MUST be in attendance. Year 3 to 6 can participate without parent attendance.
* **Day** – Wednesday mornings
* **Time** – Start time 7:50am - 8:20am.
* **Where** – School Oval - meet on oval, running tracks are set around the school grounds. Following the session, children to proceed to their classrooms.
* **Behaviour –**This is a volunteer run program, so all children are expected to listen to the volunteers and behave. We don’t see this being a problem at Carine Primary as we have great kids!
* **Cancellation policy –** If the weather is unpleasant, Run Club will be cancelled, and parents will be notified via the Carine P & C Facebook page. <https://www.facebook.com/carineprimarypandc/>
* **Volunteers –** We are always looking for volunteers to help. Please come along with your child to help out. Without helpers we are unable to offer Run Club.
* **Registration Form –** All students must be registered, please register your children before they attend using this link [https://forms.gle/waZbZvzoT8TnnXFp9](https://forms.gle/waZbZvzoT8TnnXFp9?fbclid=IwZXh0bgNhZW0CMTAAAR174wllL1_rmfRrQ5sjM6OFyl1FO44r5gvUKEOJTfdwAglwYmalm7svlOw_aem_AaJqHwQX0Ly5okywhXBktDDtRFEZjS8JdlEzjySSkiGkWNuCjrtz-1SkCeQ2OJAf3CRe-aSts-2K12p1FB_E8j-p)

If you have any queries or are interested in becoming involved, please email the coordinator Kathryn High on [kathrynhigh31@gmail.com](mailto:kathrynhigh31@gmail.com) or call 0401 871 476.

We look forward to helping you all stay focused fit and healthy in 2024.

Come and run some kms as we 'make our way around Australia'!!

A poster for a run club

Description automatically generated