

# Junior House Cross Country

What a perfect day it was on our first day of term for our Junior School Cross Country runners! Our Year 2 girls took to the track first and did a great job of showing the younger students how to follow the cones and run the cross country track. Many schools do not run a Junior Cross Country however we find it is such an important event on our Junior School Calendar to not just challenge our students and develop their running skills for our interschool cross country teams in future years, but to also help develop their **resilience**, to keep on trying even when they are tired, their **independence**, in following instructions and the course independently, and their sense of **pride** in their own achievements and effort.



Thank you to our parent spectators who came to watch our cross country and support all students and especially to the group of parents who were cheering for the students as they headed into the final straight.

It is great to have so many parents turn up to support our students and we would like to remind parents that student's will experience more success in these events over the years if we allow them to independently run and participate. Students do not perform better when their parents are running beside them, they get a lot more from the experience when they are allowed to achieve independently and develop their own internal motivation. So please remember they are not elite athletes and the best way to encourage our kids to achieve is to recognise and reward their effort and enthusiasm and not set them goals about what place we as parents may want them to come. Please allow your children the space to grow and learn from these experiences by coming along to cheer and support all students.

Well done to our place getters below and a big thankyou to our House Captains and Year 6 helpers.

# Congratulations to our Top 3 place getters in each age group.



**Year 2 Girls**

1st – Chloe M, 2nd – Saher K M, 3rd – Thinara J



**Year 2 Boys**

1st – Maddox L, 2nd – Jose Wang, 3rd – Zachary Liu



**Year 1 Girls**

1st – Isabella Chan, 2nd – Hanna L, 3rd – Elsie L



**Year 1 Boys**

1st – Cooper S, 2nd Hugo S, 3rd – Sasha L



**Prep Girls**

1st – Hannah D, 2nd Brena C, 3rd – Sarah L



**Prep Boys**

1st – Ivan C, 2nd – Xavier H, 3rd – Menzo J