

St Simon the Apostle House Athletics

Year 1-6

Dear Parents/Guardians,

We are excited to have our St Simon's School House Athletics day taking place later this Term. Children will participate in track and field events on the day, which will be modified for the younger Year levels and those with specific needs. Times and measurements from the day will be used to select students for the District Athletics team. **Please make sure your child's Operoo form is signed online before the day of the event.** Details of the event are listed below as well as on the Operoo form sent out.

Date: Friday 26th March

Location: Knox Park Athletics Track , Bunjil Way, Knoxfield

Time: All children are to attend and arrive at school by 8:40. Students will travel by bus to the track. **Students will arrive and commence track and field at 9:20am at the track. The Year One and Two program will depart later in the day and not commence until approximately 10.00am.**

What Students Need to Wear: This year, students will be grouped according to their house colour. To help encourage team spirit, **children are permitted to wear a coloured T shirt according to their school house colour with their St Simon's sport shorts.** Alternatively, children may wear their full St Simon's Sport Uniform and will be given a coloured wrist band with their house colour. Children are not to have coloured hair for the day but can wear coloured ribbons, headbands and wrist bands for the day.

What Students Need to Bring: Students can bring these items in a small backpack that clearly has their name on it.

- Snacks and Lunch (There will be no Canteen at the track)
- Drinks or drink bottle (possible pack 2 drinks/drink bottles for the day) Refilling of drinks with water will be available from a school provided drinking station.
- School Hat
- Sunscreen
- A warm jacket or raincoat (in case the weather changes)

Track and Field Events:

This year, we are asking parents to select whether they wish for their child to participate in the 80m hurdles event. The heights of the hurdles are listed below so you can decide whether you child will be able to comfortably and confidently clear these heights.

Year 3 - 60 cm high hurdles

Year 4 - 60 cm high hurdles

Year 5 - 60 cm high hurdles

Year 6 - 68 cm high hurdles

We will also be having a 800m race on the day which is optional for students.

Athletics Day COVID Safe Arrangements:

Parents are able to attend to watch their child on the day. **However, to keep in line with our St Simon School and Knox Athletics Track COVID safe protocols, we require all spectating parents on the day to sign in on entry using the St Simon's QR code and to remain in the COVID SAFE areas marked.**

Parents are to enter ONLY by the main gate into the Knox Athletics Track and use the main grand stand to view their child participating on the day. This gate is separate from the student entry gate.

On entry, please ensure you sanitise your hands and throughout the day. It is encouraged you carry a mask while at the venue and please socially distance yourself from others, remaining 1.5 meters away from other patrons.

You may wish to bring a deck chair or a rug to sit on. The toilet on the left of the stadium will be open to spectating parents only.

Parent Helpers:

Parents feel free to volunteer and join in the day to help at a specific time. You are able to view details and to sign up to help on the Operoo form send out. We really appreciate all the help on the day.

Additional Information:

Students will be returning to school by bus. **If you wish to take your child at the end of the days events from Knox Athletics Tracks, you must send an email or note to your child's classroom teacher by WEDNESDAY 24TH MARCH.**

-Karl Camerino

Interschool Sport Leader