



6th May, 2022

CROSS COUNTRY CARNIVAL 2022 AND COLOUR FUN RUN

The annual Cross Country Carnival will be held Week 3 Friday 13th May with Goonellabah Public School. Children will run in age divisions - **the age they turn this year.**



- Children 8, 9 and 10 years will compete over 2000 metres (4 laps)
- 11, 12 and 13 years will compete over 3000 metres (6 laps).
- K&1 (5&6 year olds) will run in appropriate mixed age groups on a 500m track (1 lap)
- Yr1/2 (7 year olds) will run 1 000m (2 laps)

Asthmatics are strongly encouraged to carry their puffers with them during the race.

Canteen Information

Please note: There will be no lunch or recess orders available on Friday.



However, there will be a sausage sizzle, yummy cakes, drinks and chips to purchase on the day. A meal deal will be offered for students to preorder. (Please see attached note).

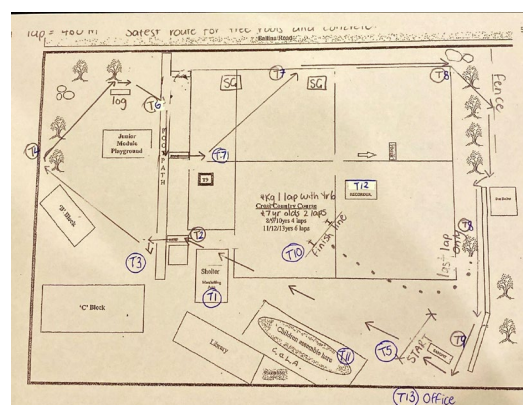
COVID Regulations

- ★ If your child/ren are displaying any symptoms of COVID or other illness, it is recommended you seek medical advice.
- ★ Unfortunately, parents/carers, younger siblings or visitors will be unable to attend the Cross Country or Colour Fun Run.

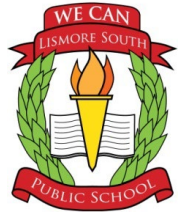
CROSS COUNTRY PROGRAM

- 11:00 Walk course (8-13yrs) 1 lap - rules explained
- 11:20 10 years boys
- 11:30 10 years girls
- 11:40 8/9 years boys
- 11:50 8/9 years girls
- 12:00 11 years boys
- 12:10 11 years girls
- 12:20 12/13 years boys/girls
- RECESS
- 12:40 Infants to walk course with an older buddy and class teachers.
- 1:00 7 year old boys and girls
- 1:10 6 year old boys and girls
- 1:20 5 year old boys and girls

- 1:30 - 2:10 COLOUR FUN RUN K-6
- 2:10 - 2:30 Clean up



Students change for travel home on the buses



COLOUR FUN RUN - After each race, students will have the opportunity to get changed into a white or old t-shirt for the Colour Fun Run at 1:30. Please label all clothing items.

The main focus for the afternoon is participation and having fun! K-6 students will be running around an obstacle course set up on the oval with the safest, biodegradable, environmentally friendly colour powder being released by the staff. The powder is made from non-toxic food colours and corn starch. Goggles or sunglasses are suggested but not essential. It is recommended that students wear a white shirt as the powder stains materials and is difficult to remove. Students who catch buses home from school are strongly encouraged to bring a clean shirt to change into prior to boarding the bus.

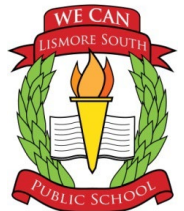


STUDENTS CANNOT RUN IN THEIR SCHOOL UNIFORM.

Thank you

Miss Crealy & Mr Peiti
Goonellabah Public School

Mr Whalan & Mrs Golding
Lismore South Public School



6th May, 2022

CROSS COUNTRY- MEAL DEAL ORDER

On Friday, 13th May, a meal deal has been organised for students to purchase from the canteen. **Please return orders with payment** in a bag/envelope to the class teacher by **3pm Tuesday, 10th May.**



NO LATE ORDERS WILL BE ACCEPTED.

Lauren Golding – Sports Coordinator

Larissa Polak – Principal

NAME:

CLASS:

[] 1 Sausage sandwich, Popper, Icy pole

\$5.00

[] 1 Vegetarian Sausage sandwich, Popper, Icy pole

\$5.00

* All sausages are gluten free

Enclosed is \$



NAME:

CLASS:

[] 1 Sausage sandwich, Popper, Icy pole

\$5.00

[] 1 Vegetarian Sausage sandwich, Popper, Icy pole

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