

St. Francis de Sales School

Monday, September 30, 2019

Dear Parents of Cross Country Participants,

We are all looking forward to the CISVA Meet at Swangard Stadium this Wednesday, Oct. 2nd.. Hopefully the weather will be in our favour!

Just a reminder that:

- students will be leaving the school by 9:30 a.m. and travelling by rented bus to the stadium.
- students will either be leaving the stadium with their parents or another designated adult (as per the permission form returned to school). At this meet, there **will not** be a bus to transport the students back to the school.
- students must be picked up at the stadium **no later than 2:00 p.m.**
- students must have permission from a teacher before leaving the seating area with a designated parent to use the washroom and must notify the teacher upon his/her return.
- students must meet with Mrs. Panganiban in our seating area to check out when they leave.
- all drivers adhere to the parking regulations in and around the stadium

All participants:

- should come to school in gym strip.
- should bring a healthy lunch and snack. Children will not be permitted to go to the snack bar.
- should bring water to drink.
- should bring appropriate clothing in case of inclement weather (e.g. rain, wind, etc.) and a change of clothes, if necessary.
- should bring books, games, cards etc. to keep them occupied before and following their race, no electronics please.

Please be advised that if you pick up your child before the end of the meet, we prefer that you do not take him/her back to school, as remaining students have been put in combined classes to facilitate the number of staff required to work at the meet.

Best of luck to all of our participating students on Wednesday!! Go, Team, go!!

Sincerely,

Cross Country Coaches

Mrs. I. Wihak - Principal

