

# Kaharoa School Athletics

Dear Whānau,

On Wednesday 8<sup>th</sup> November we will be having the Kaharoa School Athletics Day, starting at 9.00am and ending with the wheel relay around 2pm. Students rotate through the activities and the time table is flexible to adjust to the size of each group - therefore we don't have an exact time listed for each event. Whānau are welcome to attend all or part of the day.

All children will be expected to participate as this is part of the NZ curriculum, Health and PE, unless they have a medical note signed by a parent explaining the reason they cannot participate.

A reminder that the children will be participating in the age group of their age on 9th October (even if they have since had a birthday).

The events are as follows.

1. Hurdles
  2. Sprints
  3. High Jump
  4. Long Distance
  5. Javelin
  6. Long Jump
  7. Shotput
  8. Discus
- House Relay & Wheel Relay

Children are encouraged to wear house colours. All children must wear a bucket sunhat AND apply sunscreen. Please bring lunch, drink bottle, something warm to wear and sunscreen.

**Please make sure everything is named!!**

We are needing some **parent helpers** to help the teachers run the events. If you are able to help please contact Shinade by emailing [shinadep@kaharoa.school.nz](mailto:shinadep@kaharoa.school.nz)

**We look forward to a great day of fun, participation and competition!**

