

Kia ora koutou katoa


Welcome to Term 3 at Bruce McLaren Intermediate School.

I hope that our students and whānau have had time to rest and recharge for the term ahead.

There is much to be involved in this term, starting with BMIS Cross Country being held on Friday 21st July @ 12pm.

### **What is Cross Country all about?**

Getting students active and encouraging everyone to get around the course and to the finish line. Some will run fast, some will jog, some will walk - every student getting to the finish and feeling a sense of achievement is the most important thing 😊

For the competitors - it is a race ! The top 8 students in each year level going on to represent the school in the WZ Cross Country in Week 4.

- ALL Students to be changed into P.E uniform, wearing old runners/shoes and having a water bottle. If your child is asthmatic - they are to carry their inhaler (self management is a Key Competency).
- The start line is on the edge of the Turf facing out towards the field - students to run with cones on their right hand side as they move around the field
- Order of races:
  - Year 8 Boys
  - Year 7 Girls
  - Year 7 Boys
  - Year 8 Girls
- The start of each race will be staggered by approx. 5 minutes

Cross country is exactly that! It is up hill and down dale, along dry and wet areas. It is **not** a jog around the block (on concrete) so a bag for muddy shoes and wet clothes is a great idea. However, our fingers are crossed for fine weather and a dry course.

Parents/whānau are invited to come and support. Staff and students welcome your positive words and encouragement.

Looking forward to an amazing term. First newsletter for Term 3 will be Wk2, next week.

Ngā mihi

Liz