



Grose View Public School

~ A future focused school ~



Education
Public Schools

Teacher\Admin\Sport\Cross Country\2023 Info & Helpers.Doc

22 March 2023

Dear Parents/Carers

2023 CROSS COUNTRY CARNIVAL

The **School Cross Country** will be held on Friday 5 May. In the event of wet weather, a reserve date has been set and will be announced.

If you are able to assist on the day, please complete the form below and return it to the school office by the end of Term 1 (Thursday 6 April).

School Cross Country Program

| <i>Age (boys/girls)</i> | <i>Distance</i> | <i>Time (approx)</i> |
|-------------------------|--------------------|----------------------|
| 11 years | 3000 metres | 10.30 am |
| 12/13 years | 3000 metres | 11.00 am |
| 10 years | 2000 metres | 11.30 am |
| 8/9 years | 2000 metres | 12.00 pm |
| 7 years | 1000 metres | 12.30 pm |
| 5/6 years | 600 metres | 12.45 pm |

Please find attached information regarding recess and lunch packs that will be available through Flexischools.

The **Zone Cross Country** event is on Friday 26 May. Our school team will consist of the first six children in each competitive race (listed in bold). These children will receive their permission notes following our carnival.

Yours sincerely

Mrs Belinda Harrington
Carnival Co-ordinator

GROSE VIEW PUBLIC SCHOOL

2023 Cross Country Carnival

I am able to assist on Friday 5 May with the School Cross Country.

Parent/Carer Name: _____

Youngest Child's Name & Class: _____



GROSE VIEW PUBLIC SCHOOL

Cross Country Carnival Canteen Options

All orders are to be placed through Flexischools. Orders close at 3.00 pm on Friday 28 April 2023. The canteen will be closed for recess. It will be open at lunch for frozen items only.

Parent/carers may order food through their children and orders will be delivered in the child's class area on the back oval.

RECESS PACK \$3 STUDENTS

One (1) item from each section: Fruit apple or banana or sultanas
Snack 1 LCM bar or muesli bar or choc chip cookies
Snack 2 chips or popcorn or rice crackers

LUNCH PACK \$5 STUDENTS

One (1) food option sausage sizzle on a roll or cheese and bacon roll or salad wrap or chicken and salad wrap
One (1) drink option: water or apple juice or orange juice or apple and blackcurrant juice
One (1) ice block collect from canteen

LUNCH PACK \$5 PARENTS/CARERS

One (1) food option sausage sizzle on a roll or chicken rice paper rolls or salad wrap or ham and salad wrap or chicken and salad wrap
One (1) drink option water or apple juice or orange juice or apple and blackcurrant juice

RECESS & LUNCH COMBO \$8 STUDENTS

Recess

One (1) item from each section: Fruit apple or banana or sultanas
Snack 1 LCM bar or muesli bar or choc chip cookies
Snack 2 chips or popcorn or rice crackers

Lunch

One (1) food option sausage sizzle on a roll or cheese and bacon roll or salad wrap or ham and salad wrap or chicken and salad wrap
One (1) drink option: water or apple juice or orange juice or apple and blackcurrant juice
One (1) ice block collect from canteen