

Aspiration
Respect
Endeavour

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Roding Valley
HIGH SCHOOL

8th July 2019

Dear Parent / Carer

Roding Valley Sports Day on 11th July 2019 – Years 7-10

Roding Valley's Sports Day is scheduled to take place on Thursday, 11th July 2019. A selection of students will be participating in the morning events. However, after lunch at 12:30pm -1:00pm, all students will be spectating or participating all afternoon (from 1:00pm – 3:20pm approx.).

All students will be following an alternative school day as followings:

8.50 am – Year 9 field & 800m/1500m competitors come from registration over to PE and head down to the field with the allotted member of staff for that field or track event.

10.00 am – Year 8 field & 800m/1500m competitors come over from Period 2 lesson to PE and head down to the field with the allotted member of staff for that field or track event.

11.00 am – Break Time

11.20 am – Year 7 and Year 10 field & 800m/1500m competitors come over from break time to PE and head down to the field with the allotted member of staff for that field or track event..

12.30 pm – Lunch for only 30 minutes

(Athletes for the track events can come over the bridge at **12.50pm** so they can head down to the field at 1.00pm)

1.00pm - All non-competitors to the main playground and line up years 7 to 10 in each house.

1.30 pm – Track events: 400m, 300m, 200m, 100m and 4x100m relays

3.20 pm – Finish, each house group dismissed by their House leader

Caution – The event is likely to overrun due to double the amount of track events taking place. Students will be expected to stay until the day has finished.



Consequently, there are some words of advice that your son/daughter should be aware of to maintain their health and well-being:

Ensure to bring adequate drinks for the day (**ONLY** still water or squash in a plastic bottle. **No Fizzy or energy drinks in line with the school policy**)

Competitors should wear **perfect** RVHS PE kit to school with appropriate trainers. Any student not taking part all day must be in **Full Roding Valley High School Uniform - however if they want to wear something of their house colour in the afternoon only, then they are allowed.**

Bring sun cream and apply regularly

Wear a hat (preferably wide brimmed)

Unfortunately, Parents / Carers are not able to attend any part of the day.

I hope the day will be a success and that the sun will shine for us. Let the best house win!

Yours faithfully



Mr L Jones
Head of PE



Mr K Cheema
Deputy Head teacher



Mr O Hussain
Head of Faculty (Business, Economics,
ICT, Computer Science & Media)