



École Élémentaire Sunshine Hills Elementary

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<https://deltalearns.ca/ecolesunshinehills>

<http://sh.deltasd.bc.ca/home>

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September 13, 2018

Dear Parent(s)/Guardian(s) of Grade 2 to 7 students,

Your child has expressed an interest in joining the Sunshine Hills Cross Country team this year. We will be holding practices for all interested runners **every Tuesday and Thursday at 8:15 am** beginning Tuesday, September 18th. We will meet at the undercover area near the large playground to begin our workout, and will finish our run by 8:45 am, in time to change and line up for school. As we will be running rain or shine, participants should wear weather appropriate clothing and proper footwear. We have also asked for students to bring a change of clothes, socks and shoes (if possible!) and a water bottle with them.

This year our event will be on Wednesday, October 10<sup>th</sup>, 2018 from 3:30 - 5:00 pm. If there are any parents who would be interested in helping us on the day of the event (e.g. marking the course, counting runners at checkpoints, marshaling etc.), please email Mrs. Poole at [spoole@deltasd.bc.ca](mailto:spoole@deltasd.bc.ca).

Thank you!

Ms. Maréva Hope  
Teacher

Mrs. Stephanie Poole  
Teacher

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*Grade 2-7 Cross Country Team*

I give permission for my child \_\_\_\_\_ to participate in the 2018 Sunshine Hills Cross Country team.

I would be interested in helping, please contact me at \_\_\_\_\_

\_\_\_\_\_  
Printed name of Parent/Guardian

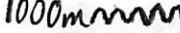
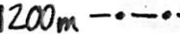


\_\_\_\_\_  
Signed by Parent/Guardian

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Pride

# Sunshine Hills School and Park

## Challenge Run Key:

- 1000m  Grade 3 run to Finish
  - 1200m  Grades 4/5 run to Finish
  - 1500m  Grades 6/7 run to Finish
- (\*\*Grade 2's run one lap of all three school field  
 500m



## Legend

-  road
-  trail
-  narrow trail
-  indistinct trail
-  fence, high fence
-  boulder, big boulder
-  man made objects
-  building
-  parking area
-  open land
-  open land with scattered trees
-  slow running
-  difficult to run
-  undergrowth, slow running
-  rockstack, single tree
-  hydrant

