



- École Élémentaire Sunshine Hills Elementary
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- <https://deltalearns.ca/ecolesunshinehills>
- <http://sh.deltasd.bc.ca/home>

September 17, 2024

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 during (school hours) from 11:50-12:10**. We will meet at the undercover area near the large playground to begin our workout, and will finish our run by 12:10, in time to eat lunch and go outside on time. 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 there is a t-shirt on the school Spirit Wear website that can be purchased for the Cross Country and/or Track and Field season. It is not mandatory to purchase one, but those interested please see the school Spirit Wear website at <https://beyondmarspromotions.itemorder.com/shop/home/> . It has the logo for Sunshine Hills Athletics.

This year our event will be on October 16th 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, marshalling etc.), please email Mrs. Poole at spoole@deltaschools.ca

Thank you!

Ms. Stephanie Poole
Teacher

Mr. Mark Perrone
Teacher

Grade 2-7 Cross Country Team

I give permission for my child _____ to participate in the 2024 Sunshine Hills Cross Country team.

I would be interested in helping, please contact me at _____

Printed name of Parent/Guardian

Signed by Parent/Guardian
