



ST ALOYSIUS

CATHOLIC COLLEGE

14th May 2020

Dear Parents/Guardians

Grade 3-10 Virtual Cross Country - Monday 18th - Sunday 24th May

In Week 4 of Term two, all students from Grade s3-10 will participate in the St Aloysius Catholic College Virtual Cross Country.

By selecting to either run, walk or ride, students will earn points for their House Team. These points will be used to determine the winning House Team for the 2020 Grade 3-10 Cross Country Shield.

House points can be earned in the following ways:

Walk/Run: 1 kilometre = 1 House point.

Bike Ride: 2 kilometres = 1 House point.

Distance target: Each grade will have a minimum distance target to be completed during the week. This is based on the cross country distance that their grade would normally run. Students are encouraged to set a distance target that they wish to achieve for the week.

When: During week 4 - Monday 18th - Sunday 24th May.

At home: students can engage in activities either in the local community or in their backyard or property.

If running/walking/riding is not an option, students can complete the weekly HPE workout video each day and receive 10 House points (2 points per workout). **To ensure the safety of students, parents are asked to plan and authorise the course that your child will use. In addition, we recommend that students participate with a sibling, friend or adult.**

At school: a course will be set up on the College grounds for students to participate at school (walk/run only). This will occur in their organised PE circuit time.

At the end of the week, students will be asked to fill in a survey outlining the details of the activities they have completed during the week. The link for this will be placed on school stream on Sunday 24th May.

Students will also be required to upload to their HPE page on Fides (Grades 5-10) or Seesaw (Grades 3 and 4), screenshots or photos to provide evidence of the activities they have completed and the distances covered.

Participants are asked to record their activities by choosing one or more of the following options:

- 1) Parent/ Guardians or Teachers sign off on the activities as a record of completion.
- 2) Record their activities using a smartwatch or similar device that can provide a summary of their activity.
- 3) Download the free STRAVA app which can be used to track the distance they cover during their activity. Students can then join the College page on STRAVA - St Aloysius Catholic College - where their activities will appear for other athletes and staff to see.

****PRIVACY:** All users of strava should be aware this is a publicly used app which shows locations of activities. Take the time to look at the privacy settings to ensure you have them set up the way you would like.

If you require any further details, please do not hesitate to contact us.

Yours sincerely

Mrs Nicole White
HPE Coordinator
Primary

Mr James Hickey
HPE Coordinator
Secondary

Mr Joe Sandric
Acting Principal