



**E.S. RICHARDS ELEMENTARY**  
ARTS BASED CURRICULUM SCHOOL

September 18, 2024

Dear Parents/Guardians:

Cross Country season has arrived!

In preparation for the upcoming meets, we will practice on Mondays, Wednesdays, and Fridays at lunch time (12:25 pm-12:50 pm).

Practices will consist of some conditioning drills in the gymnasium and running practice laps outside and around the school. Students are expected to be in full gym strip with running shoes and a water bottle.

There will be two Cross Country meets:

- 1. Great Pumpkin Run is on Wednesday, October 9 at Fraser River Heritage Park on Mary Street.**
- 2. Thursday, October 17 at Sports Park on Oyama Street, Mission.**

We will require parent drivers to transport students to and from the meets. If you drive a student other than your own, you will need to have a completed Criminal Record Check done.

**PARENTS ARE RESPONSIBLE FOR ARRANGING TRANSPORTATION TO AND FROM THE GAMES FOR THEIR CHILD.**

Sincerely,

Mrs. Bell, Ms. Burns and Mrs. Gariwa

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**E.S. RICHARDS ELEMENTARY CROSS COUNTRY PERMISSION FORM**

My child, \_\_\_\_\_, has my permission to attend the practices and meets. I understand that there is some inherent risk to the student involved in running on sidewalks and in parks including, but not limited to overuse injuries, twisted ankles, traffic accidents, etc. I understand that E.S. Richards Elementary coaches will make every effort to ensure the safety of the student but are not responsible for injury to the student due to unforeseen circumstances.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Cellphone Number

33419 Cherry Avenue, Mission, British Columbia V2V 2V5  
Phone: 604-826-2834 Fax: 604-826-0068  
<http://esrichards.mpsd.ca/>

*Mission Public School District is located on the Traditional, Ancestral, Unsurrendered, and Shared territories of Stó:lō people, of Leq'á:mel, Semá:th, Máthxwi, Sq'éwlets and Qwó:lt'l'e'l First Nations, stewards of this land since time immemorial.*