



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

September 20, 2024

Dear Parents/Guardians:

Cross Country season has arrived!

In preparation for the upcoming Primary meet, we will practice on Tuesdays and Thursdays at lunch time (12:25 pm-12:50 pm) starting Thursday September 26. Practices will consist of some conditioning drills/stretching in the gymnasium and running practice laps outside on school property. Students are expected to be in gym clothes with outdoor running shoes and a water bottle.

**Lunch time practices will be on September 26 and October 1<sup>st</sup>, 3<sup>rd</sup>, and 8<sup>th</sup>. Rain or Shine!**

The Grade 1-3 Cross Country meet:

**The race will be on Thursday October 10 at Fraser River Heritage Park right after school.** Mrs. McMeeken and Mrs. Steffich will be there as soon as they can. Look for us when you arrive.

You will be required to transport your student to and from the meet. If you drive a student other than your own, you will need to have a completed Criminal Record Check done. Parents are required to stay on site for the entire race (No drop offs!). **Please return signed permission form by Wednesday October 3rd.**

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

Sincerely,

Mrs. McMeeken & Mrs. Steffich

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

My child, \_\_\_\_\_ div.# \_\_\_\_\_, 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 \_\_\_\_\_

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

I give (name & phone number) \_\_\_\_\_ permission to drive my child to and from the primary cross-country race on October 10, 2024.

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'ewlets and Qwó:lt'el First Nations, stewards of this land since time immemorial.*