

27 November 2020

Dear Parent/Carer

Inter-House Cross Country Competition

This is a reminder that the Inter-House Cross Country Competitions will be taking place for all Y9, Y10 and Y11 learners next week.

There will be individual winners for each year and an overall winning house for each year (Y9, Y10 and Y11). The individual winners for each year will be the top three individuals in each year. The overall house winner will be the house with the fastest average time. This is the time of all runners from each house divided by the number of participants.

It is therefore really important that all learners try their best to get the fastest time possible so they give their house the best chance of becoming overall champions.

A few details about how the event will run:

- Learners do PE in ability groups and get changed every lesson in those ability groups. For the inter-house competition, the learners will continue to get changed in these groups.
- Staff will have a list of learners for each class with any health conditions. Using this list, the members of staff will check that the learners that require inhalers or epi-pens have them with them or they will not be able to compete. Please can you ensure that if your son/daughter requires an inhaler or epi-pen, that they have it with them for their PE lesson next week.
- Learners will be running from Alton to Denstone along the old railway line. One member of staff will be waiting at the end of the run in Denstone to receive the learners and record their times while another member of staff will run at the back of the group to ensure everything runs smoothly and that there are no issues. A third member of staff will be running with the core of the group. Learners will be briefed at the start of the run regarding health and safety as well as standards and expectations. All members of staff will have a first aid kit with them as well as appropriate PPE to be able to carry out first aid if required. In the event of an injury, staff will also have a stretcher/wheelchair available to be able to assist the learner. In the worst case scenario, the emergency services are able to access the track.



The route is 4km long and the record is 15 minutes 48 seconds. The route is a straight path so learners cannot get lost or take a wrong turn. As this is a cross country competition, please advise your son/daughter to wear appropriate PE kit and trainers (not their nicest, cleanest pair!).

If you need any additional information, please do not hesitate to contact me on n.morgan@jcbacademy.com.

Yours sincerely

Mr N Morgan
Head of Physical Education