

Tuesday, April 18, 2017

Dear Parents,

Grades 3 – 5 students are participating in “Track Attack” beginning Monday Apr. 24 and for two more weeks. Please help to make sure your child comes to school ***every day in running shoes***, prepared for physical activity.

All children are required to participate. If for some reason your child is unable to participate due to illness or injury, please write a note to your child’s teacher.

This is a track and field stations approach as part of our physical education program. Students go outside and rotate through stations for 80 minutes, over the course of 6 to 8 afternoons. Stations are: discus, shot put, long jump, high jump, 100m sprint, 100m relays.

Track Attack and the almost completed Como Lake Relay Races are activities open to all students to participate. The District Track Meet, upcoming on Friday, May 26, is the last true competitive event remaining in Coquitlam at the elementary level. Eagle Ridge students will be invited to attend the Track Meet based on results recorded during our school Track Attack. Students must also meet minimum standards for each event. Our selection process follows district procedures to send only students meeting competition standards – typically this will be the top 4 students for each event / grade / gender.

We look forward to an exciting spring track and field season for all students.

Thank you for supporting your child’s physical education program.



Regards,

Eagle Ridge Elementary Grade 3, 4 and 5 Teachers