



Woodside High School

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20 June 2022

Dear Parent/Carer,

SPORTS DAY - Thursday 14th July

On Thursday 14th July 2022 we are holding our annual Year 7-10 Sports Day. With this being the first Sports Day since 2019, we are very much looking forward to the event. As in previous years we will be holding the event at **New River Sports Centre** where pupils will compete in a range of athletic based events. The day will be split into two sections.

Years 7- 8 will arrive at 8.30am and depart at 11.30am. Pupils will then return home and complete work remotely.

Years 9 -10 will arrive at 12.30pm and depart at 3.30pm. Pupils in the morning will complete work at home remotely and will arrive at New River for 12:00pm.

Students will need to arrive at New River Sports Centre at their designated time and will be registered by their form tutor. Pupils will also be dismissed from New River Sports Centre either at 11.30am or 3.30pm depending on their year group. Whilst not at New River, pupils **should be at home** working remotely.

The school understands that working from home may cause issues with child care and if this is the case please email me and we will make arrangements for your child to complete work in school (matthew.rowling@woodsidehighschool.co.uk).

Students are required to wear **FULL PE KIT** on the day (designated form colour, black bottoms and appropriate footwear). If pupils are unable to wear the designated form colour, they should wear their green PE top. Pupils will not be permitted to wear hoodies, baseball caps, jeans or flip flops/sliders. Students that have lunch provided to them by the school will continue to do so. Year 7 and 8 will collect lunch as they depart. Year 9 and 10 will collect their lunch as they enter the venue.

Please note that there are no onsite facilities for pupils to purchase lunch, therefore those pupils not eligible for free school meals should bring their own lunch. Pupils are not allowed to leave the site until their dismissal time, therefore it is essential that they have food and drink throughout the day. Please keep an eye on the weather and supply your child with adequate drinks and sun cream.

In the event of poor weather, a decision will be made 24 hours in advance of the event and parents will be informed via letter and email. Please also check the school website the day before for further information. Should the event be cancelled then pupils will attend school as per the normal school day.

Head Teacher: Ms Angela Wallace



If you have any queries please do not hesitate to contact the PE department. Please note that attendance is compulsory for all students in Year 7-10. Any student unable to take part physically will still need to attend and will help support the organisation of the day.

Kind Regards,

Matt Rowling

Matt Rowling
Head of Physical Education

Sports Day 2022 Important Information for Parents & Students

1) Getting to and from New River Sports Centre

Students must make their own way to Sports Day. Which is located opposite Woodside High School.

2) Packed lunch

Students must bring a packed lunch for Sports Day as there will be no food available to purchase at the venue. If you are eligible for free school meals and wish to have a packed lunch provided by the canteen, then a sign-up sheet will be available in the PE office from Monday 8th July. It is strongly advised that pupils bring plenty of water to drink on the day.

3) Healthy eating

Students will be performing at a high intensity intermittently throughout the day, therefore poor nutrition can not only hinder performance but lead to sickness and illness. A healthy dinner and breakfast prior to sports day as well as a healthy packed lunch is highly advised. The day is a celebration of leading a healthy, active lifestyle, therefore unhealthy snacks (e.g. sweets, chocolates, cakes) and sugary drinks are not advised.

4) Spectators

Unfortunately due to Health and Safety reasons in particular the capacity of the track, we are unable to allow parents inside the track area.

5) Clothing

Students are required to wear **FULL PE KIT** on the day (designated form colour or green PE top and black bottoms and appropriate footwear).

6) Behaviour

We are extremely privileged to be able to provide the opportunity for students to compete against themselves and others in a venue where national standard athletes train. Because of this, expectations for behaviour are extremely high and anyone found to fall below these expectations will be sanctioned appropriately. School rules for mobile phones and electronic devices still apply.

7) Sun Screen

Whilst much of the venue is undercover there will be points where your child is not undercover. It is advised that your child wears sunscreen on the day with a high UV factor.