



Meelup Run

Start - Term 3, Wednesday, 4 September

Finish - Term 4, Friday, 22 November

Excursion - Term 4, Thursday, 28 November

Purpose

The aim of the program is to increase each student's fitness level and perseverance by encouraging him or her to run twice a week for 30 minutes. This is a fun, voluntary program.

How

Students will need to complete 100 laps of the 500m course. Running sessions will be Wednesdays and Fridays from 8.00am-8.30am, and at lunchtime on Wednesday and Friday around the Primary grassed area adjacent to the Irene Bourne Centre. Students will collect their card from a House box outside of 5H. After each lap their card is marked.

Students will be asked to register for the run on **Wednesday, 21 August** (Week 5), either before school, or at recess or lunchtime, at the Multi-Purpose Hall. Students who do not register on this day can still register by coming along to any session.

Incentive Scheme

Each student that reaches 'Meelup' (100 laps) will be taken to Meelup in Term 4 (Thursday, 28 November) for a picnic and beach fun session.

Students

Students in Years 1–6 are welcome to participate.

Under parent supervision, Pre-primary and Kindy students are welcome to complete the run and attend the excursion to Meelup. Pre-primary and Kindy students do not need to have completed the run to attend the excursion but should have participated regularly.

Any student who is unable to complete the run due to a permanent disability or injury can assist with marking the cards at least twice per week. However, being away from school because of illness, School camps, or any other reason will not be taken into account.

Cards

Each card will have 100 spaces. Cards will be collected after each running session. Cards will be laminated (A5 size) and have a piece of elastic attached so students can hang the card around their wrist when running.

Sports Uniform

Students running on Wednesdays will run in their normal School uniform. Therefore, it is suggested that students bring their joggers in their bag to wear when running. On Friday, they will wear their sports uniform as per normal.