



**McAdam Avenue School
Track and Field Day**

McAdam Avenue and Royal Road School will be teaming up together in a Track and Field Meet at Nashwaaksis Middle School Athletic Field on **Friday, May 25th, from 8:45-11:45 (Rain Date: Monday May 28th. NOTE: If we use this rain date, track and field will be RELOCATED to Leo Hayes Athletic Field).**

The purpose of this meet is to give all boys and girls in Grade 3, 4 and 5 the opportunity to participate in the following four track and field events: running races, long jump, ball throw, and discus throw. The meet is considered a physical education enrichment opportunity and all students are asked to participate and try their best. The school may also use this meet to help select a team to participate in the Anglophone West Northside Schools Track and Field Meet scheduled for June 2nd at Nashwaaksis middle school.

Each student should wear to school that morning his/her Phys Ed clothes (t-shirts and shorts) under a track suit or sweat pants and shirt, depending on the weather. Please also ensure that your child is wearing proper footwear for running and jumping. Please remember that “cros” are not considered proper footwear for participation in athletic events. It may also be cooler in the morning, so it is important to have the children wear layers of clothes rather than one heavy layer. The students will also bring their backpacks to carry their snack, water, hat and sunscreen. Lunch will be eaten back at school when the meet is over.

Please return the parent signature portion of this notice to the school. Parents and/or university aged brothers or sisters are important for making this day a success. We welcome (and need) volunteers. If you or a family member is able to volunteer, please indicate on the volunteer line of this notice that is to be returned to the school.

Cancellations will be announced as early as possible through school email, website and synervice.

Thank you in advance for your assistance in making this day a positive one for your child.

I read the notice about the Track and Field Meet on Friday, May 25th from 8:45-11:45 am at Nashwaaksis Middle School (rain date ONLY: Monday, May 28th at Leo Hayes).

Parent signature: _____ Student’s name: _____

I can volunteer: Yes _____ No _____

(if yes) Ph# _____

(if yes) Email: _____