 PERMISSION SLIP

January 2018

Dear parent,

Your child has signed up for a relay challenge between Grand-Falls and Edmundston.

What?: This is a challenge organized by the Francophone District-North West. All French and English schools are invited to participate in the challenge.

When?: Saturday, June 9, 2018

Where?: Grand Falls Walmart. All participants will meet at the Walmart in Grand Falls.

Time?: 8:00 am

Cost: Free!! The organization provides transportation from Grand Falls to Edmundston and back to Grand Falls. You will have to pack a lunch and snacks for your child. The snacks should be healthy such as, yogurt, cheese, crackers, sandwich, fruits and vegetables, granola bars, and lots of water (4 L). The week before the challenge, your child should be hydrating with water.

How does this relay work?

This is the fourth edition of the relay ‘Je bouge, j’apprends’ (I move, I learn). Last year, there were over 800 participants. This year, the goal is to reach 1000 participants.

Everybody will walk/run (to their own pace) the first 3 km. Once everybody has arrived at the buses, the relay run will start.

The run is 1km at a time with two students and one adult. Once ALL participants have arrived, the next leg (1Km) will start. The last 3 km will be done as a whole group again. The destination is downtown Edmundston and the projected arrival time is 5:30 pm. There will be music, photos and presentations at the finish line.

At 6:30, the buses will load to return to Grand Falls.

You are invited to run/walk the last 3 km with your child, or to be at the finish line. However, if you cannot make it, the bus will provide them a ride to Grand Falls.

Is this safe?: The committee has been planning all year for this event. Security will be in place, especially at the end of each leg where the flag exchange will be done between the runners. There will also be an escort car following the runners. The route is on the old TransCanada Highway. This year, most of the old TransCanada will be closed to traffic and will be reserved for the runners and buses only.

No runner is left behind. The next leg will only start once ALL runners are done.

Training: We will start next week with 1 session per week (Thursday). After March break, we will do two sessions per week. If running is possible at home, it is highly encouraged.

There is a website, however, it is only in French. There are various information videos that you can view about last year’s relay run.

<http://jebougejapprends.wix.com/mieux-etre>

If you have any questions, please call

Vicki Lafrance

273-4760

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I give permission to (student’s name) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to participate in the relay/challenge run on June 9, 2018.

Parent signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_