

Aspiration
Respect
Endeavour

Alderton Hill, Loughton, Essex IG10 3JA
t: 020 8508 1173 e: office@rodingvalley.net
www.rodingvalley.net
Head of School: Mrs S Jenner
Executive Headteacher: Mr P Banks



Roding Valley
HIGH SCHOOL

13th July, 2018

Roding Valley Sports Day on 18th July, 2018 – Years 7-10

Dear Parents / Guardians

Roding Valley's Sports Day is scheduled to take place on Wednesday, 18th July, 2018. A selection of students will be participating in the morning events. However, after lunch at 1:00pm -1:25pm, all students will be spectating or participating all afternoon (from 1:25pm – 3:30pm approx.). All Pupils will be following an alternative school day as followings:

8.50 am – Year 7 field & 800m/1500m competitors come from registration over to PE and head down to the field with the allotted member of staff for that field or track event.

10.00 am – Year 10 field & 800m/1500m competitors come over from Period 1 lesson to PE and head down to the field with the allotted member of staff for that field or track event.

11.00 am – Break Time

11.20 am – Year 8 and 9 field & 800m/1500m competitors come over from break time to PE and head down to the field with the allotted member of staff for that field or track event..

1.00 pm – Lunch for only 25 minutes

(Athletes for the track events can come over the bridge at **1.15pm** so they can head down to the field at 1.25pm)

1.25pm - All non-competitors to the main playground and line up, years 7 to 10 in each House.

1.50 pm – Track events: 400m, 300m, 200m, 100m and 4x100m relays

3.30 pm – Finish, each year group dismissed by their House Leader

Caution – The event is likely to overrun due to double the amount of track events taking place. Pupils will be expected to stay until the day has finished.



Consequently, there are some words of advice that your son/daughter should be aware of to maintain their health and well-being:

- Ensure to bring adequate drinks for the day (**ONLY** still water or squash in a plastic bottle. **No Fizzy or energy drinks in line with the school policy**)
- **Competitors** should wear **perfect** RVHS PE kit to school with appropriate trainers. All other pupils have the option of coming in perfect PE kit or School uniform if they'd prefer.
- Bring sun cream / sun screen and apply regularly
- Wear a hat (preferably wide brimmed)

Unfortunately, Parents/Guardians are not able to attend any part of the day.

I hope the day will be a success and that the sun will shine for us. Let the best House win!

Yours faithfully,

A handwritten signature in black ink, consisting of several fluid, overlapping strokes that form a stylized, somewhat abstract shape.

Mr L Jones
Head of PE

A handwritten signature in black ink, featuring a large, circular loop on the left side that encircles the letters 'S' and 'D', with a horizontal line extending to the right.

Miss S Dyer
Assistant Head teacher