



ST. JOHN'S ACADEMY

SHAWNIGAN LAKE

2371 Shawnigan Lake Road, V0R 2W5, Shawnigan Lake, BC
Tel: 250-220-4888. Email: info@stjohnsacademy.ca

September 24, 2020

Dear Parents and Guardians,

On **Tuesday, September 29th** (please note we have changed our date from Friday Sept 25th to Tuesday, Sept 29th) we will be holding our 2nd annual Terry Fox Run at the Kinsol Trestle. Please allow your child to come to school wearing their PE kit, they can wear it all day. Please ensure that your child brings **all the required trip list items listed below**.

We will be doing the Terry Fox run in 2 groups. The Grades 4-6 will be heading over to the trestle in Period 1, they will be running approximately 2~3 kms (30 minutes) and then will head back to campus for Period 2.

Grades 7-12 students will be completing their Terry Fox run in Periods 2 and 3 and will be running 5~10 kms (45-60 minutes).

For all students who are not able to run, they may stay with Ms. Nadine in the Library. Parents are asked to send a signed note explaining why they are asking to be excused or if modifications are being requested. We will be taking the school bus to and from the trestle. Students will need to wear a mask while riding the bus. Unfortunately, due to Covid-19 we will not be inviting parents nor family members to participate in the run.

We do encourage donations to the Terry Fox fund, if you would like to donate to the Terry Fox fund online, please use the link; <http://www.terryfox.ca/StJohnsAcademyShawniganLake>
Please find, below, the Trip List for the Terry Fox run.

Trip list items:

- Small backpack to carry your items onto the bus
- PE kit - runners, gym shirt, and shorts (or track pant/ stretch pant) - **all to be worn to school**
- 1L water bottle
- Waterproof Rain jacket – Mandatory – Rain pant optional for the run.
- Light middle layer for the run-in case it is cool.
- Dry clothes for the afternoon in case PE Kit is sweaty or wet – SJASL track suits are a good option
- Inhaler / epi-pens if required
- Hat optional
- Sunscreen optional
- Health refueling snack for after the run
- *(Rain jacket and middle layer may not need to be worn if the weather is good, but are needed at the trailhead - this decision will be made at the trailhead prior to the run) *

Should you have any questions, please do not hesitate to contact Mr. Travis directly at travis.visscher@stjohnsacademy.ca

Yours faithfully,

Travis Visscher
Head of PE and Outdoor Education