



Town-Wide Cross Country Run!

September 23, 2016

Dear Parents,

The Town-Wide Cross Country Run, sponsored by the Wethersfield Physical Education teachers, will be held on **Wednesday, October 12th, 2016, at Webb School**. The run will begin at 3:45 PM. We ask that all participants arrive by 3:35 PM. **We also ask that all student participants wear their school colors (blue and white).**

For the next several weeks during physical education class, students will be participating in a variety of activities that promote the development of cardiovascular endurance and fitness. Many lessons involve creative movement patterns, the use of balls or objects while traveling, as well as the development of a steady pace while running.

This run is an opportunity for boys and girls in grades 4, 5, and 6 to participate in an organized and developmentally appropriate activity that reinforces much of their current learning in physical education. The course for each participant will be one mile. Please encourage your child to be a part of this fun afternoon.

Please fill out the permission slip on the back of this letter and return it to Mr. Diaz. On behalf of the Wethersfield Physical Education teachers, we thank you for your continued support!

Thank you,

Jonathan Diaz
Physical Education Teacher