



MUTIARA INTERNATIONAL GRAMMAR SCHOOL SDN BHD

(391277-M)

DISCOVERING POTENTIAL • LEARNING TO CARE • RESPECTING DIFFERENCES

13th February, 2020

MIGS/ADM/T2/PRC/WS/PS/2020-0190

Dear Parents / Guardians,

MIGS ANNUAL CROSS COUNTRY RUN 2019-2020

Please allow me to extend an invitation to all Parents/Guardians of Mutiara International Grammar School to join our MIGS Annual Cross Country Run 2019/2020, at Mutiara International Grammar School Grounds on Friday 21st February 2020 starting at 7:45am.

We would ask you to read through this letter with your children.

We are very much looking forward to your support and anticipate an exciting and enjoyable day blessed, hopefully by good weather. We plan an interactive programme when you will not only be able to watch your children perform, but also to support and spend time with them and perhaps join an event... We would like to take this opportunity to provide some additional details of this year's event.

ARRIVAL OF STUDENTS

We ask that all students be in school by 7.30 am, dressed in their own House T-Shirts, PE Track pants/shorts and running shoes and school caps. They should also bring a water bottle and plenty of sunscreen, insect repellent and an extra change of clothes (we would recommend their PE kit and school shorts for comfort). On arrival students should report to their form tutors teachers for registration. At 7.45am students will be escorted to the upper field in preparation for the opening of our Cross Country.

Please be reminded that students who require inhalers or any other form of medication, it is vital they bring these on the day. With this in mind it is important that students and parents alike are fully aware of the programme so one can plan successfully. Parents and students can refer to the programme of events to establish which races/events your son/daughter will participate in.

TUG OF WAR:

This year we have included this event for the Parents, Teachers and our Non-Teaching Staff of MIGS. It is a 3 way competition with 12 members in each team with 6 women and 6 men. Our Non-teaching staff here at MIGS have been the backbone of all the successful planned school activities in the past years and we would like to include them in our competition as a small acknowledgement of their contribution and tireless commitment. The Tug Of War will be the last event following the Cross country races.

MEDICAL TEAM:

As always our school nurse Ms Reka and a First Aid Team from St John Ambulance Brigade will be available with their Ambulance for our children's safety.

WATER:

Water will be available at various check points during the race.

PROGRAMME OF EVENTS

7.45am	Students are to make their way to the upper field and line up in their houses
8.00am	Welcome by MC – Singing of the National Anthem followed by the School song
8.10am	Brief address by our Principal Mr Birch
8:20am	Zumba warm up and stretching exercises
8:30am	The Race programme begins.
12.30pm	School dismissal.

Race Distances

Time	Age group	Distance
08:20	Reception	300m
08:30	Class 1	500m
08:40	Class 2	600
08:50	U9	750m
09:00	U11	1.5km
09:30	O15	5km
10:30	U15	3 km
11:00	U13	2km
11: 30	Parents/Teachers/Non-Teaching Staff	1.5 km
12:00	Tug of War	
12: 20	Assemble for Final Presentation of Trophy and Closing :Mr Birch	
12:30	Dismissal	

STUDENTS RESPONSIBILITY

Students must ensure they listen to announcements calling them to their events. A programme will be published for the day so they will also be aware of the time of their events. If your child is taking part in an event, he / she must report to the event area as soon as the announcement takes place. If your child is not taking part in a particular category they are free to support their peers in the house tents located on the upper field.

SPECTATORS

We very much wish for you to enjoy the occasion and take great pleasure from watching the abilities of your children. We would ask that you assist us in making the day successful by following these guidelines: -

Please avoid crossing the track and remain in the allocated spectator areas and assist the staff when possible.

Please do follow the programme and inform your child if necessary.

Please do take part in our Parents Vs Teachers race at the end of our event.

MEDALS

Medals will be awarded for the first three places in each race while other participants will be awarded participation certificates for this year's cross country. Reception children may leave with their parents following their prize giving which will take place immediately after their event in the upper field.

All other year group presentations will also follow their event, please do join us on the Upper Field to congratulate our athletes for their awards.

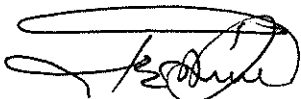
We would also like to thank all staff and teachers in advance for their help towards what I am sure will be an enjoyable and successful day. Finally, we would also like to thank all the parents who are able to attend this year's Cross Country Run for their support and participation. We wish your sons and daughters every success in their events.

Should you have any further questions please do not hesitate to contact the School or Mr Charlie during our usual school hours.

We do hope you have found this information helpful and looking forward to seeing you on Friday, 21st February at the Mutiara International Grammar School Annual Cross Country event.

Thank you.

Yours sincerely,



MR CHARLIE SAMUWAI
Head of Physical Education and CCA



MR JOHN BIRCH
Principal