



*Sacred Heart Catholic Primary School & Nursery*  
Headteacher Mr C Beazeley  
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Dear Parent/Carer,

29<sup>th</sup> April 2024

### **Year 5&6 Quad Kids**

Your child has been selected to take part in an athletic event hosted at Garons. This event takes place on **Wednesday 8<sup>th</sup> May**. Your child will **leave Sacred Heart by coach at 12:00pm and will return to school approximately 15:00pm**. Your child will have an early lunch on this day.

Quad kids is an athletic event and your child will participate in four different events.

- 75 M Sprint
- Standing Long Jump
- 600 M run
- Howler Throw

**For your child to participate at this event, consent must be given online through School Money. If you have any difficulties with this then please speak to the school office.**

Parents/Carers are allowed to come watch children at this event.

Children must bring the following items to the event:

- Water bottles to keep fluids up
- Snack like bananas or dried fruit (NO NUTS)
- Trainers must be worn
- Please arrive at school in your PE uniform. Your child can stay in this all day.

**Also please note, we will be attending this event on the basis that we have enough staff on the school site, on the day of the event.**

**If we experience a drop in staff numbers it may be necessary for us to withdraw from this event at late notice.**

Kind regards,

Mr. Jarvis  
PE Lead

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Southend-on-Sea