



Shannen Koostachin Elementary School

PROUD SCHOOL OF HAMILTON-WENTWORTH DISTRICT SCHOOL BOARD

110 Bellagio Avenue
Hannon, Ontario L0R 1P0
Phone: 289.768.2755
Fax: 905.692.9880

EMAIL: shannenkoostachin@hwdsb.on.ca
Principal: Maria Marino
Vice-Principal: Christopher Hollingsworth & Heather Pyke
www.hwdsb.on.ca/shannenkoostachin

Dear Parents/Guardians;

Welcome back to another awesome year! Our Shannen Koostachin running club will continue this fall and will take place 2 days a week before school. The hope is to encourage a love of running (something everyone can do, at any age, in any weather) and to help prepare our students for Cross Country which will take place on October 7th (more information to follow). Each practice will include a warm-up, a run around the back school yard and a cool down. The hope is to get each grade running their respective distance for cross country. Grade 3 – 1km, Grade 4 – 1.5km, Grade 5 – 2km, Grade 6, 7 & 8 – 2.5km

Running Club

- For students in grades 3-8
- 8:45am – 9:15am
- Beginning the week of September 8th and running until Cross Country
- No need to sign up ahead of time – come when you can (the more dates you can make, the more improvement you will see in your running!)
- Must have running shoes (no crocs or sandals) and appropriate clothing for running – check the weather prior to leaving your house!
- We will run in light rain (you may want to bring dry shoes and clothes to change into after practice), but if it is raining hard there will be no practice. Any students who show up on rainy days are to come to the gym (use the gym doors) until supervision begins at 9:15am.

Dates are as follows:

Sept.9
Sept. 11
Sept.16
Sept.18
Sept. 23
Sept. 24
Sept. 30
Oct. 2

If you have any questions or concerns, please contact Ms. Celeste. lceleste@hwdsb.on.ca