



## St. Ninian's HIGH SCHOOL

Scoil Ard Noo Ninian

LOWER SCHOOL (Years 7 – 9)

Heywood Avenue, Onchan

Isle of Man, IM3 3AR

+44 (0) 1624 648900

UPPER SCHOOL (Years 10 – 13)

Ballaquayle Road, Douglas

Isle of Man, IM2 5RA

+44 (0) 1624 648800

[WWW.SNHS.IM](http://WWW.SNHS.IM)

HEAD TEACHER Mr C. J. Coole

Our Ref: DSW/LK/Cross-Country 2024

11<sup>th</sup> October 2024

Dear Parent/Guardian

### RE: Cross-Country

Starting next week, we have our cross-country module in PE at Key Stage 3 and in Games at Key Stage 4, where over the next 3 weeks we will be running each lesson. These will be run as both individual and team challenges, and we hope to see everybody doing their best and trying to achieve their own personal targets.

We appreciate that every class is mixed ability when it comes to running so these modules will be about self-improvement and giving 100% effort more than anything else. Every student will be provided with a challenge option and will receive Epraise points for the challenge they take on and the effort they put into it. They will receive a time each week and will score additional points for beating their personal best time, which should be a target for every student each week. This will all be explained to the students on their first cross country lesson next week.

At Key Stage 3 the module will culminate in a House Cross Country event in Games lessons the second week back after half term, where students will all compete against each other and score points for their houses. Some students may also qualify to represent the school in the Inter School Cross Country Championships held at Douglas Rugby Club on Thursday 21st November 2024.

Please can parents ensure that all pupils have appropriate kit and footwear for these lessons, so they are not running in their school shoes/trainers, or in their socks they have on for the rest of the day. The course is on part path and part grass so trainers must be worn and not football boots, but I advise on bringing an old pair of trainers as parts of the course may well be muddy.

We appreciate that some children do struggle with Asthma, so can we please ensure that if your child does have asthma that they bring their inhaler out with them so they have it on hand for whenever they need it. Everyone should be completing each run, so if we can ensure that they are adequately prepared it would be appreciated.

I hope to see lots of pupils improve their running and fitness levels over the coming weeks and I will look forward to seeing everybody breaking their own personal targets on a weekly basis.

If you have any questions regarding this, please do not hesitate to contact me.

Yours faithfully

Mr D Winrow  
Subject Leader of Physical Education

*Live to Learn*  
*Learn to Live*