



St. Ninian's HIGH SCHOOL

Scoil Ard Noo Ninian

Our Ref: DSW/LK/KS3 PE

8th October 2025

Dear Parent/Guardian

Re: Key Stage 3 Cross-Country 2025

Starting next week, we will begin our cross-country module in PE lessons in Years 7, 8 and 9. Over the next three weeks (two before and one after half term), students will take part in a series of running lessons that will include both individual and team challenges.

Our main aim throughout this module is to promote self-improvement, resilience and effort. We understand that every class has a wide range of running abilities, so lessons will focus on each student doing their best and striving to achieve their personal targets.

Each student will:

- Be given a choice of challenge appropriate to their ability.
- Earn ePraise points for the challenge they take on and the effort they show.
- Receive a recorded time each week and score additional points for improving their personal best.

All of this will be explained to students during their first cross-country lesson next week.

At Key Stage 3, the module will culminate in our House Cross-Country Event (during games lessons in the second week after half-term). Students will compete to earn points for their houses, and some may also qualify to represent St. Ninian's in the Inter-School Cross-Country Championships towards the end of term.

Please can you **ensure that your child is appropriately equipped** for these lessons:

- Football boots (hard ground) or trainers can be worn. As the course includes both grass and path sections, an old pair of trainers is recommended as parts of the route may be muddy.
- Full PE kit is required.
- Towel so they can use the shower to get any mud off after the lesson.
- Students with asthma must bring their inhaler to every lesson to ensure it is available if needed.

All students are expected to complete each run, and with your support in ensuring they are properly prepared, we are confident they will enjoy the challenge and see real progress in their running and fitness levels. If you have any questions regarding this module, please do not hesitate to contact me.

For those interested in further improving their fitness or taking part in more running events, the Isle of Man Cross-Country Series begins on Sunday 19th October 2025 at Douglas Rugby Club. These events are fantastic community occasions run in a supportive atmosphere and are a great way to continue developing outside of school. Entries must be in before the day and more details of how to do this, along with a poster and QR code are below.

Thank you for your continued support.

Yours faithfully

Mr D Winrow
Head of Physical Education

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

HEAD TEACHER Mr C. J. Coole

Live to Learn
Learn to Live

Group Eleven Cross Country League Race 1 - Port-e-Chee Meadow, Sunday 19th October 2025.

The first league race is rapidly approaching. Don't miss out, get your entry in online before the first event closing date on Wednesday 15th October 2025 at midnight. The entry system will open for other races after race 1 is over.

You can collect numbers from 11.30am to 1.00pm on Sunday 19th October 2025 at the course in the Rugby Clubhouse.

Let's see a bumper field in this first race of the series. You can use the advert below and QR code to enter.

Note - there is a significant reduction in entry fees if you pay for the whole series of 4 races so check your calendar and enter now. Finally, many thanks to Group Eleven for their sponsorship of the League and Championships this season.

