

Dear parent and/or carer

Your child has been selected to take part in the Area Cross Country on Wednesday 10th November 2021 at Berwick Academy. We will leave school at 8.50am and return to school at 2.45pm.

Students will need their **full PE kit**, as well as **extra layers** to keep warm- tracksuit bottoms, hoodies, waterproof coat. Students will need **shoes to run in**, these can be trainers, football boots or cross country spikes, however they will also need a **spare pair of shoes** for getting home in as they are bound to get covered in mud. It is also advised to bring **spare socks** and a **carrier bag** to put dirty items in. We will be outside all day in whatever the weather might throw at us so please bring a **coat, hat and gloves** along with **a packed lunch**. If they usually have free school meals a packed lunch will be provided from school.

During the visit we may take some photographs, please make it clear on the online consent form if you give consent for the images taken to be stored on the school data file and may be used in school displays and publicity e.g. local newspapers, magazines, the school website and prospectus and on the school social media sites.

Please provide any information concerning relevant medical conditions including allergies and inhalers and ensure that your child has medication with them if necessary.

Please fill in this link to give consent - [Area Cross Country 2021 Consent](#)

If you have any other questions please do not hesitate to contact us in PE.

Yours faithfully

Mrs S Bell/Mrs K Bryce
Teachers of PE

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