



# Tri School Sports Day

## Wednesday 19<sup>th</sup> June 2013

### Meadowmill Sports Centre, Prestonpans



Parents are welcome to join us for the above event. It is an all-day event so you may want to spectate in the afternoon only. The children can join you for a picnic lunch if you or they wish. There are stands for spectators but we would recommend a blanket in case it is cold.

Children will need to bring the following:

- Sunhat and cream (hopefully)!
- Waterproofs (hopefully not)!
- Cosy Top/Jacket in case it is cold
- Packed Lunch (if you require a packed lunch please let Mrs Baillie know)
- PE Kit and trainers/plimsolls. McHaggis colour is blue and McSporran red. Your child will know which clan they are in and if you have a tshirt or shorts, in that colour, then perhaps you could send them with this. Please do not go out and buy one specifically for the day.

All three schools have been mixed up into two clans - the McHaggis and McSporran's. We hope that this will become an annual event. We see this as a good way of building friendships between the schools within year stages in preparation for Ross High School. The outline of the day is as follows:

- 9.30 Pupils arrive and join their Clan.
- 9.45 Opening Ceremony and pupils walk around the track with their clans and banners. The children will also sing 'Flower of Scotland'.
- 10-12 8 stations - 7 event stations and one rest station.  
Events include: Hurdles, Boccia, Hurl the Wellie, Luge, Javelin, Long Jump and High Jump. The rest station gives each group the opportunity to have a drink, eat an orange and go to the toile if they need to.
- 12-1300 Pupils can join their families for a picnic lunch on the fields.
- 13-1400 Relays for all year groups. There will be an adults' race too!
- 1400 Prize Giving

Children are being transported to and from the venue by bus however you can take your child/children home with you once the games have finished but we would ask that you sign them out with a member of staff.