



## **ASSUMPTION SCHOOL JOGATHON 2020**

**\*\*\*PLEASE READ IMPORTANT JOGATHON REMINDERS\*\*\***

**JOGATHON DATE: Friday, OCTOBER 23, 2020**

**LUNCH WILL NOT BE PROVIDED ON THE DAY OF THE JOGATHON.  
STUDENTS SHOULD BRING A BROWN BAG LUNCH INCLUDING A DRINK THAT  
THEY WILL HAVE AT SCHOOL.**

**ALL STUDENTS MUST WEAR THEIR GYM UNIFORM TO SCHOOL ON THE DAY OF THE JOGATHON.  
CHILDREN SHOULD HAVE LAYERS TO ACCOMMODATE WEATHER/TEMPERATURE CHANGES.  
BE SURE TO LABEL ALL CLOTHING. YOU MAY WISH TO APPLY SUNSCREEN AND/OR BUG REPELLENT BEFORE  
YOUR CHILD COMES TO SCHOOL. PLEASE SEND YOUR CHILD WITH AN EXTRA PAIR OF SOCKS TO WEAR  
WHEN THEY RETURN IN TO SCHOOL.**

**WE WILL HAVE A SUPPLY OF WATER FOR WATER BOTTLES TO BE REFILLED IF NEEDED.  
WE ASK THAT YOU SEND YOUR CHILD TO SCHOOL WITH A FILLED WATER BOTTLE (WATER ONLY). WE WILL  
PROVIDE A LIGHT SNACK WITH DRINK. THEY SHOULD NOT BRING THEIR OWN SNACK OR JUICE. WE NEED TO  
KEEP BEES TO A MINIMUM.**

**CHILDREN DO NOT NEED TO KEEP JOGGING DURING THEIR TURN ON THE COURSE.  
THEY MAY WALK, RUN, JOG OR STOP AT THEIR CLASS AREA IF NECESSARY. THEY SHOULD ONLY DO WHAT IS  
COMFORTABLE. PLEASE REMIND THE STUDENTS THAT THEY WILL NEED TO "WARM UP" BEFORE JOGGING  
OR RUNNING, AND THEY SHOULD "COOL DOWN" BEFORE EACH BREAK PERIOD BY WALKING ONCE AROUND  
THE TRACK (AT LEAST TWO MINUTES). WE WILL BE REMINDING THEM OF THIS THROUGHOUT THE EVENT.**

**BUSINESS SPONSOR FORMS AND PLEDGE SHEETS ARE ALL PAST DUE.  
IF YOU STILL HAVE YOURS, PLEASE SEND IT IN TOMORROW!!**

**ALL PLEDGE PAYMENTS ARE DUE NOVEMBER 6, 2020.  
PLEASE BE PROMPT IN SENDING IN YOUR PAYMENTS. THANK YOU!**