



Immaculate Conception School

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September 16, 2026

Dear Parents:

Welcome back! I am excited that our new season of athletics is underway. Our first sports activity of the year is cross-country running. The meets are open to all students in Grades 2 through 7 and are a great way to keep our KODIAK spirit high and our students active. Our first cross-country meet will be held at College Heights Elementary School on Thursday, October 1st. Our school will be hosting the Annual Kodiak Country Meet on Wednesday, October 7th.

For younger runners (Grades 2, 3, and 4); the route is not more than 1km in length. For older students, the route is not more than 2km. We will be practicing at recess on Monday, Wednesday and Friday, but I encourage practice outside of school as well.

Parents will be responsible for ensuring their children have a ride to the College Heights meet. Please arrange for your child to be picked up at the cross-country venue when the event is over (no later than 4:00pm).

Our school runs an excellent cross-country meet. I am looking forward to hosting again this year. We will once again need parent volunteers to ensure the meet runs smoothly. If you are able to help set up on October 7th, please let me know (e-mail is best): kames@cispg.ca

Thank you,

K. Ames

PLEASE RETURN THIS PORTION TO THE SCHOOL BY Monday, September 21st

I give permission for my child, _____, to take part in the cross-country program.

☐ I can help with the KODIAK COUNTRY meet on October 7th. (Please e-mail me as well, if you are able to help!)

Signature of Parent/Guardian