

Tuesday Note

May 9, 2023

But those who wait for the Lord will renew their strength. They shall mount up with wings like eagles. They shall run and not be weary. They shall walk and not be faint. Isaiah 40:31

Running Club

Running Club takes a break this week as our Track and Field events are held.

Running Club will resume next Tuesday at Morning Recess and continue on Tuesday and Friday mornings.

Students should have proper foot wear on these days and a large water bottle. Running shoes are required.



Week at a glance

- Tuesday, May 9 Long Distance Races (9am)
- Wednesday, May 10 Chapel 8:30am
- Wednesday, May 10 Gauss Math (Lunch Hour)
- Friday, May 12 In School Track & Field Meet (9am-Lunch)

Track & Field Update

On May 12th we will hold our In School Track & Field Meet. All students from Grade 1-8 will participate. Besides being a day of great fun and physical activity, we also have the opportunity to choose individuals in each age group who will represent us at the WECSA Track & Field Meet, on June 9th. (Grade 1 students are not eligible for the June Meet but will certainly take part in our own Field Day.)

- **Track & Field events will begin at 9am on Friday, May 12th** and continue through the morning until we are done. We hope to complete all of the events by lunch time.
- **Many volunteers are needed for this event to run.** At a minimum we need 12 Volunteers to help us on Friday. If you can help with timing, measuring, or raking, we would greatly appreciate it! **Please contact the office ASAP to let us know you will be able to help make our Track Meet a successful event.**
- **Volunteers: Please meet in the Lobby at 8:45am.**
- Spectators are welcome!
- Students are competing in Standing Long Jump or Triple Jump in gym classes before this Friday. They will partake in Ball Throw or Shot Put, Running Long Jump, 100m and 200m races, and the 11 and up age group will also race the 400m on May 12th.
- Students can be out of uniform. They will need running shoes and a large bottle of water.



Gauss Math

Students in Grades 6, 7, 8 who are interested in preparing for the **University of Waterloo Gauss Math Competition**, to be held at FLCA in May, will meet Mrs. Eberhard in the Library on Wednesdays during the lunch hour.

The Gauss Math contest will take place on May 17th.



Mark Your Calendars

- May 12 In School Track & Field Meet
- May 14 Mother's Day
- May 17 Gauss Math Contest
- May 18 Ascension
- May 22 Victoria Day
(Holiday, No school)
- May 24 Grade 7 Immunizations
- May 26 FLC Junior Youth
- May 28 Pentecost
- June 9 WECSA Track & Field Meet
(Rain Date: June 12)
- June 15 Grade 8 Graduation
- June 18 Father's Day
- June 23 Last Day of School



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