

Roadrunner Relays

DATES and TIMES

Our Field Day will be Friday, March 13th. **Grades K-2 times will be 9:00-11:00. Grades 3-5 times will be 12:00-2:00**. Please remind your students to bring sunscreen, hats, a bottle of water to stay cool, and $3 for Kona Ice

SHOW SOME SPIRIT!!

Field Day is fun for everyone if you dress your kids alike with matching shirts, bandanas, socks, etc... You choose, or have your kids vote on it. It's always cool when classes have their own cheers or even their own signs to liven things up. A special prize will be awarded to the class with the most spirit and sportsmanship. Be creative!!

STATIONS

This year's format is designed so your class stays together and participates as a team. You will receive a map with numbered stations and a corresponding schedule for your class to follow. We will rotate stations every 8 minutes so be aware of the times and schedule. An air horn will sound outside and will indicate when it's time to rotate to the next station. Someone will also be inside (probably not with an air horn) to tell you when it's time to rotate inside the school. Most of the stations will be games or activities that we have practiced in P.E. A short description of each station will be provided to each teacher as well. Adult volunteers will be on hand to assist and run the stations. Encourage your students to thank them for coming out to help with our field day.

LUNCH

Be aware that there's a modified lunch schedule for field day. We will need to use the cafeteria for Field Day so NO classes will be eating in the cafeteria that day. Classes will have to eat in their room or find another place outside to eat that **doesn't interfere with the Field Day activities.** Sack lunches and grilled hamburgers will be provided to students.

WATER STATION

There will be a water stations and the kids will get wet. You may want to ask parents to send some dry clothes so the kids aren't soggy the rest of the day.

WATER BOTTLES

Please encourage your students to bring a full water bottle with their name on it. There will be a chance to fill water bottles and use the restroom during the rotations.

HELPFUL HINTS: READ THIS and you'll have a wonderful day!!

To help create an enjoyable day for everyone, please consider the following:

1. Everyone has a schedule to follow. It is important that you are punctual and rotate at the correct times to keep everything flowing. When you are at the wrong place, you are inconveniencing other classes. You may head to your very first station **5-10 minutes** early as long as you stay at that station the entire time. Starting a bit early is better than coming late!! KEEP YOUR SCHEDULE WITH YOU.

2. Follow your map AND the arrows on the grass to find the next station. Your students should listen carefully to the station volunteer for any instructions prior to participating at the station. **Please make sure your students are respectful of the volunteers!** They are giving their own time to help us out and good manners and a "Thank you" will go a long way!!

3. Collect the equipment and leave each station ready for the next group to enjoy. We will be on a tight schedule, so keeping the stations ready will help us be efficient and ensure everybody gets equal time to enjoy each station.

4. Please make sure water bottles are filled and EVERYONE has used the restroom prior to your first event. Students should only fill their water bottles at the designated Water/Bathroom Station *during* Field Day. We don't want kids wandering around.

5. A Teacher Tug-of-War will be held at the conclusion of the morning and afternoon sessions. Please bring your students to the Tug-of-War station after your last station so everyone can watch. Your participation is voluntary, but I would like all the students to take part in the fun!! Don't get hurt!!

