



UPPER HUTT SCHOOL

Kia tupu ai ēnei kākano hei rakau nui
May these tender seedlings grow into mighty trees

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Kia Eke te Maunga Fun Run - Friday 28th October, 2022 (Postponement Thursday 3rd November)

Dear Parents/Caregivers,

Every year our school takes part in **Kia Eke Te Maunga (Climb the Mountain)**- the Kingsley Heights Fun Run. This event has two goals- developing fitness and resilience, and raising money. This year sponsorship money will go towards some school swings :)

For some children, the Fun Run is a chance to shine, for many it is a time to test themselves, and for some it is a time that presents some challenges - both physically and emotionally. Therefore there are **4 options that children may select from**, to find the right level of challenge for them.

4 Wero (challenges):

Please discuss with your child, and decide which of the following best suits your child (see map below for route/ distance). The overall distance is 4.5 kms approx. All children can choose their distance and whether to run or walk.

Your child will either:

- 1. Run or walk**
- 2. From school to the bottom of King Charles Drive or to the top of Seymour Grove.**

Children in Year 1 and 2 can select their distance for walking (with teachers/adults). They can run, but only if accompanied by a parent/adult.

We have developed a system to 'manage' the different running / walking groups on the day. The run and walk will be supervised. Police have also been informed of our event. We will need lots of parent helpers along the route or walking with groups. The day will go ahead even with light showers.

Timetable for Fun Run day - Friday 28th October:

9am Parent helper safety briefing.

9.10 School assembles on the courts for briefing.

9.20 Warm up for runners. Walkers assemble to watch the start.

9.30 All runners start.

10.15-10.30 Runners return.

10.30 Walkers leave (accompanied by teachers and adults)-those going up the hill will leave first.

12 midday approx. Whole School presentation of running medals

Runners and walkers will need:

- Suitable shoes
- Shorts and t shirt (house colours encouraged)
- Shower proof jacket (depending on weather)
- Sunhat (walkers only)
- Sunscreen

Classes have been working on building their fitness in preparation for the Fun Run by:



- walking, practising walking with a partner safely, moving further away from the school to practise things such as crossing roads etc
- running longer distances at least three times a week around the school
- block runs for older students
- learning about being 'resilient' and developing strategies for if and when they feel anxious or tired

Route



Start UH School, cross on crossing and head for railway station, enter subway, turn left on Park St, continue to bottom of King Charles Drive (option 3 and 4) OR to King Charles Drive and then the top of Seymour Grove (option 1 and 2), return same route, ending on field.

If you would like any further information, please talk with your class teacher.

You might like to practise some walking or running with your child/ren over the holidays to help prepare for this Fun Run/ Walk. The children have already started training at school and will continue to train next term to prepare them for this wero :)

Information around choosing your child's wero/ challenge, parent help and sponsorship forms, will be sent out at the start of Term 4.