

HENDON SCHOOL

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'Learning Together Across the World'

10th May 2024

Year 7, 8 & 9 Sports Day – Friday 7th June 2024

Dear Parent/Carer,

I am writing to inform you about this year's Sports Day which will take place at **Willesden Sports Centre** on **Friday 7th June** from **8.30am – 3.20pm**.

The full address for the venue is **Willesden Sports Centre, Donnington Road, London, NW10 3QX**.

Students must make their own way to Sports Day. If driving, please use the postcode mentioned above. Students taking public transport can find details of what buses and trains to get on the reverse of this sheet.

Students must arrive no later than **8.30am**. They will be registered in their forms on the running track at 8.40am. Students should be picked up from Willesden Sports Centre at 3:20pm, otherwise they will be allowed to make their own way home.

The day will be based on a traditional Athletics competition. Students will compete in at least 3 events throughout the day choosing from track and field.

For more information about the day please read the reverse of this sheet. If you have any questions regarding the day, please do not hesitate to contact me via email at harperc@hendonschool.co.uk

Yours faithfully,

Mr C. Harper
Physical Education

Sports Day 2024 Important Information for Parents & Students

1) Packed lunch

Students must bring a packed lunch for Sports Day as there will be **no food available to purchase at the venue.** We recommend healthy food and a 2 litre bottle of still water as this will significantly help your child perform better during the day. Students on Free School Meals will have food provided for them by the school.

2) Healthy eating

Students will be performing at a high intensity intermittently throughout the day, therefore poor nutrition can not only hinder performance but lead to sickness and illness. A healthy dinner and breakfast prior to sports day as well a healthy packed lunch is highly advised. The day is a celebration of leading a healthy, active lifestyle, therefore unhealthy snacks (e.g. sweets, chocolates, cakes) and sugary drinks are not advised.

3) Public Transport

1. From Hendon Central station – Take the 83 bus towards Alperton and get off at Kingsbury Green. Then take the 302 towards Kensal Rise and get off at Hanover Road. From here, it is a 6 min walk to Willesden Sports Centre. **There will be a number of staff leaving from Hendon Central at 7:30am should you want your child to travel with them.**

2. From Colindale Station – Take the 204 bus towards Sudbury Town and get off at Fairfields Crescent. Then take the 302 towards Kensal Rise and get off at Hanover Road. From here, it is a 6 min walk to Willesden Sports Centre.

3. From Golders Green – Take the 226 bus from the Hodford Road stop (beside Café Nero) towards Ealing and get off at Willesden Health and Care Centre. From here, it is an 8-minute walk to Willesden Sports Centre.

4) Format of the day

Each year group will spend 1-hour competing in field events (throwing and jumping), 1-hour competing in track events and 1 hour in the stands (eating their lunch, spectating and partaking in tug of war). The 1500m and relays will follow in the afternoon.

5) Behaviour

We are extremely privileged to be able to provide the opportunity for students to compete against themselves and others in a high-quality venue. Because of this, expectations for behaviour are extremely high and anyone found to fall below these expectations will be sanctioned appropriately. School rules for mobile phones will apply throughout the day.

6) Clothing

Students will be representing their House on Sports Day and therefore are encouraged to wear their colour; **Ruby**, **Emerald**, **Sapphire** or **Amber**, alongside appropriate footwear. If students do not have their house colour they should wear the Hendon School PE kit. Students are also strongly advised to have sun tan lotion with them as the weather is likely to be hot and sunny.

Form	House	Colour
7.1, 8.1, 9.1	Emerald	Green
7.5, 8.5, 8.6	Emerald	Green
7.2, 8.2, 9.2	Sapphire	Blue
7.6, 8.6, 9.6	Sapphire	Blue
7.3, 8.3, 9.3	Ruby	Red
7.7, 8.7, 9.7	Ruby	Red
7.4, 8.4, 9.4	Amber	Yellow
7.8, 8.8, 9.8	Amber	Yellow