



# Cedarbank School

**HEAD TEACHER: Ms Ann M. O'Hagan**

Ladywell East  
Livingston  
EH54 6DR

Tel: 01506 442172

e-mail: [cedarbank@westlothian.org.uk](mailto:cedarbank@westlothian.org.uk)

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28<sup>th</sup> September 2018

Dear Parents / Carers

West Lothian Cross Country Championships, Dechmont Law, Deans 3.10.18

I am delighted to inform you that the West Lothian Cross Country Championships has been extended to include pupils with learning, physical or sensory difficulties. A new 1km event is being introduced and several of our pupils have expressed an interest to participate. We are excited that some of our senior boys have opted to participate in the mainstream longer distance race of 3.25km.

Pupils from the Deans Annexe will be escorted by Mrs Downey and a pupil support worker to the starting point for 12.30pm. Pupils from the Armadale Annexe and the S1-3 pupils in Cedarbank, will be collected by minibus at 11.30am by Mrs Lowe and a Pupil Support Worker. All pupils involved will be given packed lunches that day. All pupils will return to school for their normal transport home.

Please ensure that your son / daughter brings full PE kit with them on that day. They will have an opportunity in school to get changed before departure. They can bring extra snacks and water but no fizzy or energy drinks please. This can be a muddy course, so it is essential that pupils have appropriate footwear for the race and other clean footwear to change back into after the race. Any pupils who have running spikes are encouraged to bring them.

I apologise for the short notice given for this event. Please can you have the attached parental consent form back by Tuesday 2nd October

Yours Sincerely



West Lothian Council

healthyschools<sup>+</sup>  
Edinburgh and Lothians  
Stage One 2007-2010



Award 2010



INVESTOR IN PEOPLE