



# Cedarbank School

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

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7<sup>th</sup> January 2019

Dear Parents/Carers

Regional Schools Sportshall Athletics, Wednesday 30th January  
Linlithgow Academy, Braehead Rd, Linlithgow EH49 6EH

We are delighted to be able to take all S1 pupils to participate in the fun Sportshall Athletics Interschool event on the above date.

Pupils will take part in a series of indoor Decathlon Events as listed below:

Shuttle Runs, Chest Push, Soft Javelin, Speed Bounce, Hi Stepper, Target Throw, Standing long Jump and Fun Relays.

The programme for the event is as follows:

10.00am – Arrive and Registration

10.30am – Warm Up

10.45am – Indoor Sportshall Events x4

11.45am – Lunch

12.15pm – Indoor Sportshall Events x 2

12.45pm – Small Break and Equipment Clear Up

1.00pm – Fun Relays

1.15pm – Thank You and Close

1.30pm – Depart

Pupils will receive a school packed lunch. They are permitted to bring snacks, but no fizzy or energy drinks. There will be no time to buy snacks from vending machines, so please do not give your son / daughter money for this. Pupils will be transported by two minibuses to the venue. We will leave at 9.00am. Please ensure your son / daughter has full indoor PE kit that day. They are permitted to come dressed in PE kit that day but must have a change of shoes for indoor use.

This event will be used to select a team to represent Lothian at the National Event in March.

Please fill in the attached parental consent forms and return to school ASAP or by 23rd January at the latest.

Yours sincerely

Mrs P Lowe  
PE Teacher



@CedarbankSchool



West Lothian Council

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Stage One 2007-2010



Award 2010



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