

Valmead Elementary Field Day 2019

Dear Parents,

Field Day is scheduled for Wednesday, June 5th 2019. This is an exciting and fun filled day for students and we look forward to your attendance. Field day will take place in different areas all over Valmead's playground and gym.

Field Day will feature numerous activities that students will enjoy. As this is an outside event it is very important for your child to dress appropriately for comfort and safety. On Field Day please remember these important items.

1. Field Day will start at **9:00 am**. We will take a school wide lunch break from **11:00am-12:00pm** Field day will resume at **12:00pm and end at 2:00pm**.
2. **Have your child wear sneakers.** Slip on shoes and flip flops are not appropriate for Field Day. These types of shoes offer no running support and are not secure on your child's feet.
3. **Your child may wear a hat!!**
4. Please apply **sunscreen** to your child before they come to school. There will not be enough time in the morning, nor is it appropriate for teachers to apply sunscreen on your child.
5. **Sportsmanship** and **good behavior** are a must for everyone to have an enjoyable day. Please know that if your child chooses to not follow the rules, and is not a good sport, I will remove them from Field Day.
6. **Snacks-** We need snacks for Field Day. Please start sending these in as soon as possible. I know that we are living in a tough economy right now but if every family could send a little something I would really appreciate it. Capri Suns, juice boxes, fruit, or individually packed snacks would be awesome!!! Please no sodas, chips or candies because these types of foods tend to make you not feel well when you are engaging in physical activities.
7. **Water Stations** - There will be a few stations where children will get a little wet, so you may want to pack an extra shirt and shorts in case your child needs to change.

Thank you, so much for sharing your children with me. I love being here at Valmead School!!!

Chad Keller
Valmead Elementary School
Physical Education Teacher
ckeller@caldwellschools.com