

January 27, 2011

Dear Parents,

We love snow! We love winter! Aurora has some new ski equipment and we can't wait to try it out!

The Grade 4 classes will be going cross-country skiing on the following dates: January 28, February 4, February 14th, and February 25th. We will be skiing on the east school playground, possibly at Eldorado, at the Rotary Trails located at the east end of 50 avenue, and at the Pembina Nordic Ski Trails. Please see the table on the reverse of this sheet that outlines dates, times and the volunteer requirements. **Please note if there is inclement weather or we do not have the required number of volunteers, we may be forced to cancel or postpone a ski session.**

Cross-country skiing fits in with our Physical Education and Health curriculum. Our focus in this unit is on having fun, learning the skills to be successful in a winter sport, and getting some great exercise! It is important that children be dressed properly to have a comfortable and enjoyable experience.

Children need to dress in layers for skiing. They should wear a long sleeve T-shirt or sweater underneath a jacket. If the weather is -5C or above, a light jacket over top of these layers is all that is necessary. Winter coats should be brought to school for recess time but probably won't be necessary for skiing on a warm day. If the weather is cold, children should wear a shirt, a long sleeved sweater and a fleece jacket or winter jacket on top. All children are expected to have mittens and toques or headbands. Snow pants or slush pants worn over regular pants will keep everyone dry and warm. Please send extra socks and mittens to school if possible so that children have a dry pair for recess; they must have mittens or gloves and something to cover their ears. **Children without proper clothing will not be taken skiing.** We will be rolling and playing in the snow!

The final ski session, February 25th, will be our wind up at the Pembina Nordic Trails with both classes! For the last session, it is critical that you send with your child a good supply of water and two nutritious high energy snacks. Granola bars, peanut free trail mix, sliced oranges, or a fruit bar would be excellent snacks to consider. If your child can not eat hot dogs for his or her lunch, please send a packed lunch.

As we plan on serving the students hot dogs for the last session, and we will have bussing costs associated with this program, we are asking that each child contribute \$3.00. Please complete the attached form, and indicate if you are able to volunteer for any or all of the sessions.

Cross Country Ski Times by Class and Location

Date	Time	Location	Number of Volunteers Required
January 28, 2011	4G 1:00-2:00 PM 4S 9:00-10:00	Playground	Minimum – 2 per class
February 4, 2011	4G 8:45-10:10 4S 12:45-1:45	Eldorado or Rotary Trails	Minimum – 3 per class
February 14	4G 8:45-10:10 4S 12:45-1:45	Rotary Trails	Minimum 3 per class
February 25	4G and 4S 8:45-12:30	Pembina Nordic Ski Trails	Minumum5 per class We also need a volunteer to start a fire in the chalet before we get there.

Please note if there is inclement weather or we do not have the required number of volunteers, we may be forced to cancel or postpone a ski session.

I can volunteer on the following dates:

_____ Jan 28	4G 1:00-2:00	4S 9:00-10:00
_____ February 4	4G 8:45- 10:10	4S 12:45-1:45
_____ February 14	4G 8:45-10:10	4S 12:45 -1:45
_____ February 25	Wind up All Grade 4	8:45-12:30

I request my child, _____ participate in the cross-country ski sessions that will take place on the school ground as well as at locations away from the school such as the Rotary Trails, possibly Eldorado School ground and the Pembina Nordic Ski Trails. _____

(Parent/ Guardian Signature)

Parent/Guardian Name

February 25 Ski Wind Up

_____ I can volunteer to prepare the hot dogs at the chalet

_____ I can volunteer to start a fire

_____ I can help supervise a group of skiers

Please note if there is inclement weather or we do not have the required number of volunteers, we may be forced to cancel or postpone a ski session.

