



中正中学 (义顺)

CHUNG CHENG HIGH SCHOOL (YISHUN)

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PE/285/05/2019

3 May 2019

Dear Parent/Guardian

2.4 KM Run Test for NAPFA

The PE Department will be conducting a 2.4 km Run Test, which is one of the six events of the National Physical Fitness Award, for all Secondary 2, 4, & 5 students. The details of the Test are as follows:

Date	25 th May 2019, Saturday
Venue	Yishun Innova Junior College (YIJC)
Reporting Time	Secondary 2, 4 & 5 Boys: 7.20 am Secondary 2, 4 & 5 Girls: 8.00 am
Assembly Area	Parade Square @ YIJC (Beside Carpark)
Attire	CCHY PE shirt, shorts, and socks Running/sports shoes are permitted
Expected End Time	1 hour 15 minutes from Reporting Time

Students are also to note the following instructions:

Reporting: Students are to report to the Parade Square, seated according to their detail level, at their respective time (7.20 am or 8.00 am).

Students will not be allowed to use the toilet after they have reported, until after they are dismissed. As such, students are advised to bring along a water bottle for hydration, and use the toilet before reporting.

Transportation: Students are to make their own way to venue, and back home. No transportation will be provided. Refer to the map for directions.

Wet Weather: Students are to make their way to venue, regardless of the weather. The decision to continue or cancel the Test will be made after assessing the situation.

Safety Points: Students are advised to have at least seven hours of sleep, on the night before the run. And to have a light breakfast before the run.

Students are also advised to keep themselves healthy a few days prior to the run. Students who are unwell on the morning of the Test will not be allowed to participate, and will therefore have to do so on a separate day on Term 3.

Students who are unwell at any time before, during, or after the run, are to inform their Teachers immediately.

Absentees: Students who are absent, for any reason, with or without a valid Medical Certificate, will be required to do a make-up on a separate day during Term 3.

Please refer to the map for directions to Yishun Innova Junior College.

If you have any queries, please contact the following:

HOD/PE & CCA, Mr Victor Tan at victor_tan@moe.edu.sg 67583912 ext 217.

Sports Secretary, Mr Alvin Tok at tok_wei_ee_alvin@moe.edu.sg 67583912 ext 280.

We thank you for your support towards our school's programmes.

Yours sincerely

Mr Tan Yee Kan
Principal

Map: Public Buses to Yishun Innova Junior College

