



OUR LADY OF SORROWS SCHOOL

In Faith and Love we build Christian Community

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September 11, 2025

Dear parents

Physical fitness is an important component of any Physical Education Program and a part of the PE curriculum. One of our Physical Education Program objectives at Our Lady of Sorrows School is to help each child develop, maintain and maximize their own personal level of physical fitness.

As part of our physical fitness component, **all students in Grades 2-7** will be participating in our Cross Country running program during gym class this term. A portion of their PE classes will be spent on their conditioning and running skills. Students will be bused to local parks for some of their PE classes as well.

Please sign the attached consent forms acknowledging that you have read and understand the content above, and return to the **classroom** teacher as soon as possible. The consent forms give permission for your child to attend PE classes at local parks and to attend any other cross country meets/events.

If you have any further questions, please do not hesitate to contact me at the school.

Sincerely,

Mr. Logan Crozier
OLS Athletic Director
Cross Country Coach