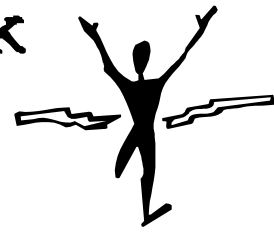


# 25th Annual Sequoia 5k & 8th Annual Activity Expo!



Attention Parents and Students!

It's time to mark your calendar for the 25<sup>th</sup> Annual Sequoia 5k and 8<sup>th</sup> Annual Activity Expo. The Sequoia 5k & Activity Expo is the largest student centered event on the Sequoia campus. This year the 5k will take place on Tuesday, November 20<sup>th</sup> from approximately 1:00 to 3:00 p.m.

Students!

We hope that you will be a part of this special event. All you need to do to be a part of the 5k is make sure that you register for the event before the deadline. Registration forms will be given to you in your physical education class beginning on Monday, November 5<sup>th</sup>. Registration will begin on Wednesday, November 7<sup>th</sup> and will end on Friday, November 16<sup>th</sup>. It's that simple!

Parents!

We hope that you will be a part of this special event as well. There are many ways for you to be involved that range from volunteering your time to making a donation. Parents interested in volunteering the day of the event should look for a yellow volunteer letter coming home with your child in early November. For those parents that would like to make a donation, a 5k "Wish List" follows for your perusal:

- Water (suggested donation is a case)
- Fruit (oranges, bananas, apples)
- Flour- large bags (this is our high tech course marking material)

Monetary donations are also welcome. Monetary donations will go toward such things as 5k t-shirts, race numbers, and other course and Activity Expo materials.

Once again, don't forget to mark your calendar... The Sequoia 5k is just around the corner. We are looking forward to yet another successful event that could not be made possible without the help and support of the wonderful Newbury Park community. If you should have any questions regarding the Sequoia 5k and Activity Expo, please contact Ms. Leavitt at (805) 498-3617 ext. 1506 or visit <http://www.movingyou4life.com> and follow the 5k link.

Healthfully,

The Sequoia Physical Education Department