

# Langley Park School for Girls

Enabling everyone to thrive – acting with kindness, determination and respect.



Headteacher: Mr S Whittle, MA (Cantab), PGCE, NPQH

4 July 2025

Dear Families,

## LPGS SPORTS DAY 2025, TUESDAY 15 JULY, NORMAN PARK ATHLETICS TRACK

The time has come again for our annual Sports Day at Norman Park Athletics Track on Tuesday 15 July 2025. This is a fantastic opportunity for the whole school community to enjoy and compete at a superb local sporting facility. It also gives students the opportunity to demonstrate the LPGS values:

**Belonging:** Students work together in teams, supporting their house or form group, helping everyone feel part of a community.

**Respect:** Respect is shown through fair play, encouraging others, and celebrating everyone's efforts, regardless of the result.

**Equality:** Every student has the chance to participate, regardless of ability, promoting inclusion and valuing everyone's contribution.

**Ambition:** Students push themselves to achieve their personal best, whether through competition or personal improvement, or striving to break school records.

**Kindness:** Pupils cheer each other on, help teammates, and offer support to those who may be nervous or struggling.

**Determination:** Taking part in events, overcoming challenges, and striving to finish races show students' perseverance and resilience.

This is a normal school day and attendance is compulsory. **ALL** students in Years 7, 8, 9 and 10 are required to attend. Students need to arrive at Norman Park at 9:30am and use the main entrance to the athletics track. Students will then be directed to sit in their Houses where registers will be taken. There will be a staggered departure at the end of the day from around 2:30pm. All students will be dismissed around this time regardless of the timing of their event. This is to ensure a positive atmosphere is created and maintained throughout the event.

### Uniform

As well as the usual athletic events, we will be holding a range of other activities for students to participate in, with sufficient events to ensure all pupils are active on this day. For this, we ask that ALL students wear their Langley PE kit. We would like students to represent their Houses on Sports Day and we encourage students to wear their house colours through shoe laces, face painting, or coloured hair bands (excluding glitter). Students may also wear a house-coloured t-shirt or a plain white t-shirt that can be decorated on the back to show their house pride. Please ensure that any face paint is applied before arriving to Norman Park. Any face paint or glitter brought and seen being used will be confiscated, as the toilet facilities cannot be stained by the paints. Vest tops/strappy tops are not permitted, and shorts must be of mid-thigh length, either black or navy. Any student dressed inappropriately will be expected to change into LPGS sports kit which will be made available at Norman Park. Please support us in the smooth running of this event by ensuring your child is suitably dressed.

### Staffing and Facilities

At the track there will be students from four year groups and all school staff. There will also be staff from the athletics track to ensure our students' safety and a First Aider will be available for the duration of the event in case of any medical emergencies. Toilets and water will be available.

### What to bring

We ask that all students bring a packed lunch, plenty of fluids to drink, a hat and sun cream. For those students who receive free school meals, a packed lunch will be provided if notified through the Microsoft form linked here:

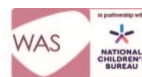
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2022-2025

<https://forms.office.com/Pages/ResponsePage.aspx?id=Dz1RgxaMOkSchS-IAgbuOPs0RUdzM-ICkYFyhiOC19hUNUZHTUI2UkhaUjM3TIIzTVZRTTJFSzY2Sy4u>

**(\*Only complete the Microsoft form if your child is eligible for free school meals.)**

In the event of wet or extremely hot weather where Sports Day has to be cancelled, we will alert all students on the day of Sports Day via the school website, and Instagram accounts, meaning a normal school day would then go ahead.

### **Getting there**

Norman Park is very accessible via train, car, bus or on foot. The nearest train stations are Hayes or Bromley South and Norman Park is served by the 119 bus route (stop on Hayes Lane). If arriving by car, the address is off Hayes Lane, Bromley, BR2 9EF. We request that students are dropped off in local roads and access the track by foot to avoid congestion.

### **Parental support**

Parents/Carers are very welcome and encouraged to watch Sports Day at Norman Park. All parents will be required to have photographic ID and will be asked to sign in before being directed to an area of the track to view the event. Please bring along a chair or picnic blanket for your comfort. Please note that visibility of the events may not be guaranteed from the spectator area, and students will not be able to leave their designated zones to speak with parents or carers during the day. A rough running order is attached below so you can plan your attendance in accordance with the event your child is competing in.

Thank you in advance for your support of this key event in our school calendar.

Yours faithfully,

**Miss Harris**  
**Head of Health Faculty**

## **LPGS SPORTS DAY 2025, TUESDAY 15 JULY, NORMAN PARK ATHLETICS TRACK**

### **Estimated Running Order Sports Day 2025**

**This schedule is a guide and may alter depending on weather and other factors.  
We cannot guarantee that the races will run in this order but we will endeavour to follow this.  
(All Year 7 and 8 track events will include 2 heats).**

**9:30am** All students arrive & register in designated house zones

**9:50am** All students take part in a mass aerobics session for warm up

	<u>Track Events</u>	<u>Field Events</u>
<b>10:00am</b>	Y10 60m Y9 60m Y8 60m Y7 60m Y10 200m Y9 200m Y8 200m Y7 200m	Y8 Discus Y7 Discus Y10 Shot Y9 Shot Y8 Long jump Y7 Long jump Y10 High jump Y9 High jump
<b>11:00am</b>	Y9 & 10 800m Y7 & 8 800m Y10 Egg & Spoon Y9 Egg & Spoon Y8 Egg & Spoon Y7 Egg & Spoon Y10 300m Y9 300m Y8 300m Y7 300m	Y8 Shot Y7 Shot Y10 Discus  Y9 Discus Y10 Long jump Y9 Long jump Y8 High jump Y7 High jump
<b>12:00pm</b>	Y10 Paarluf Relay Y9 Paarluf Relay Y8 Paarluf Relay Y7 Paarluf Relay	
<b>12:30pm</b>	Y10 3-legged relay Y9 3-legged relay Y8 3-legged relay Y7 3-legged relay Y10 100m Y9 100m Y8 100m Y7 100m	Y10 Welly Wang Y9 Welly Wang Y8 Welly Wang Y7 Welly Wang

**1:00pm**

Y10 Clothing race  
Y9 Clothing race  
Y8 Clothing race  
Y7 Clothing race  
Y10 4x100m relay  
Y9 4x100m relay  
Y8 4x100m relay  
Y7 4x100m relay

Y10 Javelin  
Y9 Javelin  
Y8 Javelin  
Y7 Javelin

Teacher Relay as results are being collated

**2:00pm**

Awards Ceremony

**2:20pm**

Registration in house zones

**2:30pm**

End of day – Students dismissed from Norman Park