



St Bernadette's Colour Run

22nd October 2018

Dear Parents and Caregivers

On **Thursday 8th of November from 1:30 to 3pm** the school will be hosting a "Colour Run" to raise money for the Epilepsy Foundation in honour of Mrs Burns' son who passed away from epilepsy in 2016. Students will run a short course on the oval, whilst collecting coloured powder on their clothes. Our Year 6 students will be assisting in organising this event.

On the Colour Run day ALL children in Pre-primary to Year 6 are required to wear FREE DRESS, and are asked to wear a cheap/old white or light coloured shirt they are happy to have stained, old shorts/pants, old shoes and a hat or bandana to school, as they will be lightly splashed with non-toxic, coloured cornflour. Remember : the more white clothes you are wearing, the more colourful you will become!!

The cost to take part in the Colour Run is \$5 per student. No sponsorship or other fundraising is required.

At the completion of the event there will be a parent and teacher run. If you would like to participate in this fun event a \$5 entry fee will also be required.

Whilst the powder is safe, washable and non-toxic and will be lightly thrown at children's shirts and not their faces, parents who are concerned about eyes may wish to supply sunglasses or swim goggles for extra safety. More information about the powder and other suggestions is attached.

Please sign the permission and entry form and return to school with the entry fees by **Friday Week 4, 2nd November.**

Any questions please feel free to email me at school by phone or email at Yvette.clifton@cewa.edu.au

Yours sincerely
Yvette Clifton
Assistant Principal

PERMISSION FORM : COLOUR RUN (Return by Friday 2nd November)

I give permission for my child(ren) _____ of class (es) _____ to participate in the School Colour Run on Wednesday 8th November.

I have read the information sheet supplied and understand any risks involved.

I/we _____ will be participating in the Parent/Teacher colour run also.

Number of entries purchased: _____

Fee (\$5 per entry) enclosed : _____

Signed : _____

Date : _____

Colour Run Frequently Asked Questions

What is the colour powder made from?

The coloured powder we use is made from corn-starch and natural food dyes.

Will the colour stain my hair?

The coloured powder does generally wash out of your hair, however we do recommend you take precautions if you're worried! The colour does tend to stick to lighter hair... Blondes you are warned! Oiling your hair before the run will help the colour wash out. If you're having trouble washing it after the event, bi-carb soda and anti-dandruff shampoo will help get the stubborn colour out! We do not take any responsibility for additional costs associated with the removal of colour.

Will the Colour ruin clothes or shoes?

The colour does mostly wash out after the event. As with anything dirty, the sooner you wash it the better. We suggest wearing items that you wouldn't mind getting colourful, so **leave your designer gear and WHITE school shoes at home!**

How can I KEEP the colour on my shirt?

If you would like to preserve the colour in your running shirt, spray it with vinegar, let it dry and then iron it. But if you wash it.... the colour eventually will come out.

Does the powder affect vision or breathing?

The colour powder used is certified non-toxic and free of any heavy material. Our bright colours are cornstarch and FD&C dyes. As with any substance, you want to keep it out of your eyes and our colour throwers make sure to aim low as you pass by. Some Colour Runners opt to wear glasses or goggles for their eyes and use a bandana or dust mask for their mouths.

How will it go on the drive home in the car?

Most people bring some towels for the insides of their cars, just in case. It's like driving home from the swimming pool in your swimsuit.