



Vendredi, le 11 septembre, 2026

Chères familles,

École Rivière-Rouge will begin our 1st extracurricular activity of the year with Cross-Country running! Students in grades 4 and 5 are invited to participate! Practices will begin next week and will continue until the Divisional Cross-Country meet on Monday, October 5th (rain date Wednesday, October 7th). Students will practice twice a week. Practices will take place during the second break. The Divisional Cross-Country meet location has changed this year, location TBA. We will send more information about the event to the families of participating students closer to the date of the run.

Practice schedule - starting September 14th, 2026

Mondays & Wednesdays: Grade 5s

Tuesdays & Thursdays: Grade 4s

If you have any questions and/or concerns, please contact M. Rothney at

alex.rothney@7oaks.org or Mme Cassils at kimberly.cassils@7oaks.org

We look forward to coaching your child! ☺

